

# Oakland Unified School District

High School Satellite Lunch

HHFKA - 9-12

FEBRUARY 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				Feb - 1  Egg Roll & Fried Rice Bean & Cheese Pupusa ( ) All Beef Hot Dog Cilantro Lime Slaw Mini Baby Carrots Fuji Apple Raisins MILK: Non - Fat & 1%
Feb - 4  Chicken Tikka Marsala w/ Rice Buffalo Chicken Salad Peas and Carrots Mini Baby Carrots Asian Pear Raisins MILK: Non - Fat & 1% Chocolate Milk	Feb - 5  Cheese Pizza Pepperoni Pizza Grilled Chicken Salad w/ Roll Baked Beans Mini Baby Carrots Kiwi Raisins MILK: Non - Fat & 1% *	Feb - 6  Lemon Garlic Wings w/ Pita Cobb Salad Spicy Chicken Sandwich Crispy Potato Wedges Mini Baby Carrots Banana Raisins MILK: Non - Fat & 1% *	Feb - 7  Kung Pao Chicken w/ Rice (FP) Chicken Ceseear Salad Grilled Cheese (V) Spinach Salad Mini Baby Carrots Tangerine/Mandarin Raisins MILK: Non - Fat & 1%	Feb - 8  Cherry Blossom Bowl Grilled Chicken Salad w/ Roll All Beef Hamburger Stir Fry Vegetables Mini Baby Carrots Pink Lady Apple Raisins MILK: Non - Fat & 1%

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.

\* - denotes combined nutrient totals with either missing or incomplete nutrient data.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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Monday	Tuesday	Wednesday	Thursday	Friday
Feb - 11  Spaghetti w Meat Sauce Buffalo Chicken Salad Cheesy Toast Sriracha Beans Mini Baby Carrots Pear Raisins MILK: Non - Fat & 1% Chocolate Milk	Feb - 12  Cheese Pizza Pepperoni Pizza Grilled Chicken Salad w/ Roll California Vegetables Mini Baby Carrots Kiwi Raisins MILK: Non - Fat & 1% *	Feb - 13  Buffalo Wings w/ Pita Chicken Cesear Salad Gardenburger (V) Carrot and Celery Sticks Mini Baby Carrots Banana Raisins MILK: Non - Fat & 1%	Feb - 14  Bean and Cheese Tostad Grilled Chicken Salad w/ Roll Quesadilla (V) Romaine Salad Mini Baby Carrots Tangerine/Mandarin Raisins MILK: Non - Fat & 1%	Feb - 15  Managers Choice Chicken Cesear Salad Fish Sticks w Roll Crispy Potato Wedges Mini Baby Carrots Gala Apple Raisins MILK: Non - Fat & 1%
Feb - 18	Feb - 19  Cheese Pizza Pepperoni Pizza Grilled Chicken Salad w/ Roll California Vegetables Mini Baby Carrots Blood Orange Raisins MILK: Non - Fat & 1%	Feb - 20  Korean BBQ Wings w/ Rice Cobb Salad Spicy Chicken Sandwich Carrot and Celery Sticks Mini Baby Carrots Banana Raisins MILK: Non - Fat & 1% *	Feb - 21  Chorizo + Greens (P, FP) Chicken Cesear Salad Grilled Cheese (V) Spinach Salad Mini Baby Carrots Tangerine/Mandarin Raisins MILK: Non - Fat & 1%	Feb - 22  Chicken Parmesan & Pasta Tuna Salad Sandwich (FP) All Beef Hamburger Fiesta Corn Salad Mini Baby Carrots Pink Lady Apple Raisins MILK: Non - Fat & 1%

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Monday	Tuesday	Wednesday	Thursday	Friday
Feb - 25  Chicken Burrito Buffalo Chicken Salad Deli Sandwich Pinto Beans Mini Baby Carrots Asian Pear Raisins MILK: Non - Fat & 1% Chocolate Milk *	Feb - 26  Cheese Pizza Pepperoni Pizza Grilled Chicken Salad w/ Roll Green Beans Mini Baby Carrots Blood Orange Raisins MILK: Non - Fat & 1%	Feb - 27  BBQ Wings w/ Pita Chicken Cesezar Salad Gardenburger (V) Deli Roasted Potatoes Mini Baby Carrots Banana Raisins MILK: Non - Fat & 1%	Feb - 28  Lemon Garlic Chicken w/ Pita Chicken Cesezar Salad Grilled Cheese (V) Spinach Salad Mini Baby Carrots Tangerine/Mandarin Raisins MILK: Non - Fat & 1%	

	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	791*	750-850	100%	Protein	33.01* g	16.68%	
Cholesterol	69* mg			Carbohyd	116.64* g	58.95%	
Sodium	1081* mg	1420		Sat. Fat	7.15* g	8.14%	<10.00%
Fiber	14.29* g						

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