

Oakland Unified School District
High School Satellite Lunch
NOVEMBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			Nov - 1 Chorizo + Greens (P, FP) Chicken Salad w/Roll Quesadilla (V) Broccoli Slaw Mini Baby Carrots Tangerine Raisins MILK: Non - Fat & 1%	Nov - 2 Egg Roll & Fried Rice Bean & Cheese Pupusa () All Beef Hot Dog Cilantro Lime Slaw Mini Baby Carrots Fuji Apple Raisins MILK: Non - Fat & 1%
Nov - 5 Chicken Tikka Marsala w/ Rice Buffalo Chicken Salad Grilled Turkey Ham & Cheese Peas and Carrots Mini Baby Carrots Pear Raisins MILK: Non - Fat & 1% Chocolate Milk	Nov - 6 Cheese Pizza Pepperoni Pizza Chicken Salad w/Roll Corn Cobette Mini Baby Carrots Kiwi Raisins MILK: Non - Fat & 1%	Nov - 7 Korean BBQ Wings w/ Rice Cobb Salad Spicy Chicken Sandwich Pinto Beans Mini Baby Carrots Banana Raisins MILK: Non - Fat & 1%	Nov - 8 Buffalo Chicken w/ Pita Chicken Cesear Salad Grilled Cheese (V) Spinach Salad Mini Baby Carrots Tangerine/Mandarin Raisins MILK: Non - Fat & 1%	Nov - 9 Managers Choice Chicken Salad w/Roll Mindful Meats: Hamburger Green Beans Mini Baby Carrots Fuji Apple Raisins MILK: Non - Fat & 1%
Nov - 12	Nov - 13 Cheese Pizza Pepperoni Pizza Chicken Salad w/Roll Corn Cobette Mini Baby Carrots Persimmons Raisins MILK: Non - Fat & 1%	Nov - 14 Lemon Garlic Wings w/ Pita Chicken Cesear Salad Gardenburger (V) Carrot and Celery Sticks Mini Baby Carrots Banana Raisins MILK: Non - Fat & 1%	Nov - 15 Korean BBQ Chicken w/ Rice Chicken Salad w/Roll Quesadilla (V) Romaine Salad Mini Baby Carrots Tangerine/Mandarin Raisins MILK: Non - Fat & 1%	Nov - 16 Oven Roasted Turkey w/ Mashed Potato & Roll Chicken Cesear Salad All Beef Hot Dog Corn Mini Baby Carrots Apple Cranberry Crisp 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
Nov - 19	Nov - 20	Nov - 21	Nov - 22	Nov - 23
Nov - 26	Nov - 27	Nov - 28	Nov - 29	Nov - 30
Chicken Burrito Buffalo Chicken Salad Deli Sandwich Pinto Beans Mini Baby Carrots Pear Raisins MILK: Non - Fat & 1% Chocolate Milk	Cheese Pizza Pepperoni Pizza Chicken Salad w/Roll Corn Cobette Mini Baby Carrots Persimmons Raisins MILK: Non - Fat & 1%	Buffalo Wings w/ Pita Chicken Cesear Salad Gardenburger (V) Garlic Fries Mini Baby Carrots Banana Raisins MILK: Non - Fat & 1%	Jerk Chicken w/ Pita Bread Chicken Cesear Salad Grilled Cheese (V) Spinach Salad Mini Baby Carrots Tangerine/Mandarin Raisins MILK: Non - Fat & 1%	Cherry Blossom Bowl Chicken Salad w/Roll Mindful Meats: Hamburger California Vegetables Mini Baby Carrots Pink Lady Apple Raisins MILK: Non - Fat & 1%

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