

Oakland Unified School District
High School Satellite Lunch
HHFKA - 9-12
NOVEMBER 2019

Sep 23, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				Nov - 1 Penne w/Meat Sauce Combo Pizza (P) Cheese Pizza (V) Chicken Ceseear Salad Corn Cobette Spinach Salad Mini Baby Carrots Fresh Fruit MILK: Non - Fat & 1%
Nov - 4 Chicken Burrito Bean and Cheese Tostad Grilled Chicken Salad w/ Roll BBQ Beef Rib Sandwich Supreme Refried Beans Veggie Cup 1 Deli Roasted Potatoes Fresh Fruit MILK: Non - Fat & 1% Chocolate Milk	Nov - 5 Thai Chili Chicken with Rice Veggie Nachos (V) Salad, Chef's Teriyaki Chicken Sand Stir Fry Vegetables Romaine Salad Corn & Black Bean Salad Fresh Fruit MILK: Non - Fat & 1%	Nov - 6 Korean BBQ Wings w/ Rice Cobb Salad Spicy Chicken Sandwich Grilled Cheese (V) Peas and Carrots Veggie Cup 1 Three Bean Salad Fresh Fruit MILK: Non - Fat & 1%	Nov - 7 Orange Chicken w Rice Beef Tacos Tuna Salad Sandwich (FP) Creamy Mac & Cheese California Vegetables Veggie Cup2 Cilantro Lime Slaw Fresh Fruit MILK: Non - Fat & 1%	Nov - 8 Spaghetti w Meat Sauce Pizza, Meatlovers HSMS Cheese Pizza (V) Chicken Ceseear Salad Corn Cobette Spinach Salad Mini Baby Carrots Fresh Fruit 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 - 11	Nov - 12 Chicken Tikka Marsala w/ Rice Three Cheese Enchilada Salad, Chef's Meatloaf Sandwich Broccoli Slaw Romaine Salad CAULIFLOWER, Fresh Fresh Fruit MILK: Non - Fat & 1%	Nov - 13 Lemon Garlic Wings w/ Pita Cobb Salad Grilled Turkey Ham & Cheese Vegetable Fried Rice Peas and Carrots Veggie Cup 1 Three Bean Salad Fresh Fruit MILK: Non - Fat & 1%	Nov - 14 Honey Sriracha Drumstick w Rice Quesadilla (V) Fresh Chicken Salad w Roll Spicy Chicken Tender w/ Roll Supreme Refried Beans Veggie Cup2 Cucumber & Tomato Sala Fresh Fruit MILK: Non - Fat & 1%	Nov - 15 Chicken Parmesan & Pasta Pizza, Hawiian MSHS Cheese Pizza (V) Chicken Cesear Salad Corn Cobette Spinach Salad Mini Baby Carrots Fresh Fruit MILK: Non - Fat & 1%
Nov - 18 Hamburger or Cheeseburger Chicken Patty Sandwich Gardenburger (V) Hamburger Bar Buffalo Chicken Salad Crispy Potato Wedges Baked Beans Cucumber & Tomato Sala Fresh Fruit MILK: Non - Fat & 1% Chocolate Milk	Nov - 19 Korean BBQ Chicken w/ Rice Bean and Cheese Burrito Salad, Chef's BBQ Chicken Sandwich California Vegetables Asian Slaw Romaine Salad Fresh Fruit MILK: Non - Fat & 1%	Nov - 20 Jerk Wings w/ Rice Cobb Salad Meatball Sub Chow Mein (V) Peas and Carrots Veggie Cup 1 Three Bean Salad Fresh Fruit MILK: Non - Fat & 1%	Nov - 21 Chicken Teriyaki Bowl (FP) Pepper Jack Enchilada (V) Egg Salad Sandwich All Beef Hot Dog Stir Fry Vegetables Veggie Cup2 Corn & Black Bean Salad Fresh Fruit MILK: Non - Fat & 1%	Nov - 22 Penne w/Meat Sauce Combo Pizza (P) Cheese Pizza (V) Chicken Cesear Salad Corn Cobette Spinach Salad Mini Baby Carrots Fresh Fruit MILK: Non - Fat & 1%
Nov - 25	Nov - 26	Nov - 27	Nov - 28	Nov - 29

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Monday				Tuesday				Wednesday				Thursday				Friday			
				Average				Weekly % of Target Target				Average % of Calories				Weekly Target			
				Calories	727			750-850	97%			Sugars	30.58*	g	16.82%				
				Cholesterol	94	mg						Protein	35.37*	g	19.46%				
				Sodium	1407	mg		1420				Carbohyd	86.31	g	47.48%				
				Fiber	11.90*	g													

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