

Oakland Unified School District

Middle School Lunch

October 2017

Aug 31, 2017

Page 1

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 2 Meatloaf w Biscuit Combo Pizza (P) BBQ Chicken Sandwich Crispy Potato Wedges Salad Bar Pear 1% Milk Chocolate Milk	Oct - 3 Thai Chili Chicken with Rice Buffalo Chicken Salad Spicy Chicken Sandwich Stir Fry Vegetables Salad Bar Gala Apple 1% Milk Non-Fat Milk Soy Butter n Jelly Sandwich (V)	Oct - 4 Chicken Burrito (FP) Chicken Salad w Croutons Grass Fed Beef Hot Dog Sriracha Beans Salad Bar Banana 1% Milk Non-Fat Milk Soy Butter n Jelly Sandwich (V)	Oct - 5 Italian Chicken w Basil Parmesan Rice Buffalo Chicken Salad Grilled Cheese (V,FP) Broccoli Slaw Salad Bar Pink Lady Apple 1% Milk Non-Fat Milk	Oct - 6 Spaghetti w Meat Sauce Cheese Pizza (V) Chicken Cheese Steak Mini Baby Carrots Salad Bar Orange 1% Milk Non-Fat Milk
Oct - 9 Turkey Nachos (FP) Buffalo Chicken Salad Deli Sandwich Romaine Salad Salad Bar Pear 1% Milk Chocolate Milk Soy Butter n Jelly Sandwich (V)	Oct - 10 Fish Sticks w Roll Pepperoni Pizza (P) Spicy Chicken Tender w/ Roll Mini Baby Carrots Salad Bar Fuji Apple 1% Milk Non-Fat Milk Soy Butter n Jelly Sandwich (V)	Oct - 11 Chicken Fajita w Rice Buffalo Chicken Salad All Beef Cheeseburger Pinto Beans Salad Bar Banana 1% Milk Non-Fat Milk Soy Butter n Jelly Sandwich (V)	Oct - 12 Mojo Chicken Drumstick w/ Pita Chicken Salad w Croutons BRC Burrito Asian Coleslaw Salad Bar Granny Smith Apple 1% Milk Non-Fat Milk	Oct - 13

**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.

Oakland Unified School District

Middle School Lunch

October 2017

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 16 Egg Roll w/ Fried Rice Combo Pizza (P) BBQ Chicken Sandwich Edamame Beans Salad Bar Pear 1% Milk Chocolate Milk	Oct - 17 Chicken and Waffles Chicken Salad w Croutons Spicy Chicken Sandwich Spinach Salad Salad Bar Gala Apple 1% Milk Non-Fat Milk Soy Butter n Jelly Sandwich (V)	Oct - 18 Pepper Jack Enchiladas Buffalo Chicken Salad Grass Fed Beef Hot Dog Cilantro Lime Slaw Salad Bar Banana 1% Milk Non-Fat Milk	Oct - 19 Beef Chili with Tortilla Chips (FP) Chicken Salad w Croutons Grilled Cheese (V,FP) Fiesta Corn Salad Salad Bar Pink Lady Apple 1% Milk Non-Fat Milk	Oct - 20 Chicken Parmesan w Past Cheese Pizza (V) Chicken Cheese Steak Mini Baby Carrots Salad Bar Orange 1% Milk Non-Fat Milk
Oct - 23 Mac & Cheese (V) Buffalo Chicken Salad Deli Sandwich Green Beans Salad Bar Pear 1% Milk Chocolate Milk	Oct - 24 Chicken Tikka Marsala Pepperoni Pizza (P) Spicy Chicken Tender w/ Roll Peas and Carrots Salad Bar Fuji Apple 1% Milk Non-Fat Milk Soy Butter n Jelly Sandwich (V)	Oct - 25 Turkey Nachos (FP) Chicken Salad w Croutons All Beef Cheeseburger Sriracha Beans Salad Bar Banana 1% Milk Non-Fat Milk Soy Butter n Jelly Sandwich (V)	Oct - 26 Mexican Pizza Buffalo Chicken Salad BRC Burrito Broccoli Slaw Salad Bar Granny Smith Apple 1% Milk Non-Fat Milk	Oct - 27 Managers Choice Cheese Pizza (V) Grilled Turkey Ham & Cheese Sandwich Deli Roasted Potatoes Salad Bar Orange 1% Milk Non-Fat Milk

**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.

Oakland Unified School District

Middle School Lunch

October 2017

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 30 Meatloaf w Biscuit Combo Pizza (P) BBQ Chicken Sandwich Mashed Potatoes w Gravy Salad Bar Pear 1% Milk Chocolate Milk	Oct - 31 Thai Chili Chicken with Rice Buffalo Chicken Salad Spicy Chicken Sandwich Stir Fry Vegetables Salad Bar Gala Apple 1% Milk Non-Fat Milk Soy Butter n Jelly Sandwich (V)			

	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	692	600-700	100%	Sugars	30.03* g	17.35%	
Cholesterol	60* mg			Protein	32.85* g	18.97%	
Sodium	1152 mg	1360		Carbohyd	93.62 g	54.09%	
Fiber	13.98* g			Tot. Fat	22.43 g	29.15%	<10.00%
Vitamin C	65.93* mg			Sat. Fat	6.29* g	8.18%	

**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.

Oakland Unified School District

High School Lunch

October 2017

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 2 Meatloaf w Biscuit Buffalo Chicken Salad Combo Pizza (P) BBQ Chicken Sandwich Crispy Potato Wedges Mini Baby Carrots Salad Bar Pear Raisins 1% Milk Chocolate Milk	Oct - 3 Thai Chili Chicken with Rice Ravioli w Roll (V) Pepperoni Pizza (P) Spicy Chicken Sandwich Stir Fry Vegetables Mini Baby Carrots Salad Bar Gala Apple Raisins 1% Milk Non-Fat Milk Soy Butter n Jelly Sandwich (V)	Oct - 4 Chicken Burrito (FP) Chicken Salad w Croutons Grass Fed Beef Hot Dog Sriracha Beans Mini Baby Carrots Salad Bar Banana Raisins 1% Milk Non-Fat Milk Soy Butter n Jelly Sandwich (V)	Oct - 5 Italian Chicken w Basil Parmesan Rice Buffalo Chicken Salad Grilled Cheese (V,FP) Broccoli Slaw Mini Baby Carrots Salad Bar Pink Lady Apple Raisins 1% Milk Non-Fat Milk	Oct - 6 Spaghetti w Meat Sauce Chicken Salad w Croutons Cheese Pizza (V) Chicken Cheese Steak Spinach Salad Mini Baby Carrots Salad Bar Orange Raisins 1% Milk Non-Fat Milk
Oct - 9 Turkey Nachos (FP) Buffalo Chicken Salad Combo Pizza (P) Deli Sandwich Romaine Salad Mini Baby Carrots Salad Bar Pear Raisins 1% Milk Chocolate Milk Soy Butter n Jelly Sandwich (V)	Oct - 10 Fish Sticks w Roll Chicken Salad w Croutons Pepperoni Pizza (P) Spicy Chicken Tender w/ Roll Corn Mini Baby Carrots Salad Bar Fuji Apple Raisins 1% Milk Non-Fat Milk Soy Butter n Jelly Sandwich (V)	Oct - 11 Chicken Fajita w Rice Buffalo Chicken Salad All Beef Cheeseburger Pinto Beans Mini Baby Carrots Salad Bar Banana Raisins 1% Milk Non-Fat Milk Soy Butter n Jelly Sandwich (V)	Oct - 12 Mojo Chicken Drumstick w/ Pita Chicken Salad w Croutons BRC Burrito Asian Coleslaw Mini Baby Carrots Salad Bar Granny Smith Apple Raisins 1% Milk Non-Fat Milk	Oct - 13

**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.

Oakland Unified School District

High School Lunch

October 2017

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 16 Egg Roll w/ Fried Rice Buffalo Chicken Salad Combo Pizza (P) BBQ Chicken Sandwich Edamame Beans Mini Baby Carrots Salad Bar Pear Raisins 1% Milk Chocolate Milk	Oct - 17 Chicken and Waffles Ravioli w Roll (V) Pepperoni Pizza (P) Spicy Chicken Sandwich Spinach Salad Mini Baby Carrots Salad Bar Gala Apple Raisins 1% Milk Non-Fat Milk Soy Butter n Jelly Sandwich (V)	Oct - 18 Pepper Jack Enchiladas Chicken Salad w Croutons Grass Fed Beef Hot Dog Cilantro Lime Slaw Mini Baby Carrots Salad Bar Banana Raisins 1% Milk Non-Fat Milk	Oct - 19 Beef Chili with Tortilla Chips (FP) Buffalo Chicken Salad Grilled Cheese (V,FP) Fiesta Corn Salad Mini Baby Carrots Salad Bar Pink Lady Apple Raisins 1% Milk Non-Fat Milk	Oct - 20 Chicken Parmesan w Past Chicken Salad w Croutons Cheese Pizza (V) Chicken Cheese Steak Steamed CA Blend Mini Baby Carrots Salad Bar Orange Raisins 1% Milk Non-Fat Milk
Oct - 23 Mac & Cheese (V) Buffalo Chicken Salad Combo Pizza (P) Deli Sandwich Green Beans Mini Baby Carrots Salad Bar Pear Raisins 1% Milk Chocolate Milk	Oct - 24 Chicken Tikka Marsala Chicken Salad w Croutons Pepperoni Pizza (P) Spicy Chicken Tender w/ Roll Peas and Carrots Mini Baby Carrots Salad Bar Fuji Apple Raisins 1% Milk Non-Fat Milk Soy Butter n Jelly Sandwich (V)	Oct - 25 Turkey Nachos (FP) Buffalo Chicken Salad All Beef Cheeseburger Sriracha Beans Mini Baby Carrots Salad Bar Banana Raisins 1% Milk Non-Fat Milk Soy Butter n Jelly Sandwich (V)	Oct - 26 Mexican Pizza Chicken Salad w Croutons BRC Burrito Broccoli Slaw Mini Baby Carrots Salad Bar Granny Smith Apple Raisins 1% Milk Non-Fat Milk	Oct - 27 Managers Choice Buffalo Chicken Salad Cheese Pizza (V) Grilled Turkey Ham & Cheese Sandwich Deli Roasted Potatoes Mini Baby Carrots Salad Bar Orange Raisins 1% Milk Non-Fat Milk

**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.

Oakland Unified School District

High School Lunch

October 2017

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 30 Meatloaf w Biscuit Buffalo Chicken Salad Combo Pizza (P) BBQ Chicken Sandwich Mashed Potatoes w Gravy Mini Baby Carrots Salad Bar Pear Raisins 1% Milk Chocolate Milk	Oct - 31 Thai Chili Chicken with Rice Ravioli w Roll (V) Pepperoni Pizza (P) Spicy Chicken Sandwich Stir Fry Vegetables Mini Baby Carrots Salad Bar Gala Apple Raisins 1% Milk Non-Fat Milk Soy Butter n Jelly Sandwich (V)			

	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	845	750-850	100%	Sugars	47.15* g	22.32%	
Cholesterol	63* mg			Protein	36.62* g	17.34%	
Sodium	1319 mg	1420		Carbohyd	125.86 g	59.58%	
Fiber	17.65* g			Tot. Fat	24.52 g	26.11%	<10.00%
Vitamin C	74.87* mg			Sat. Fat	7.22* g	7.69%	

**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.