

Oakland Unified School District

High School Lunch

HHFKA - 9-12

JANUARY 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 7 Chicken Tikka Marsala w/ Rice Buffalo Chicken Salad Combo Pizza (P) Grilled Turkey Ham & Cheese Peas and Carrots Mini Baby Carrots Asian Pear Raisins MILK: Non - Fat & 1% Chocolate Milk	Jan - 8 Turkey Nachos Grilled Chicken Salad w/ Roll Pepperoni Pizza (P) BBQ Chicken Sandwich Pinto Beans Mini Baby Carrots Kiwi Raisins MILK: Non - Fat & 1%	Jan - 9 Buffalo Wings w/ Pita Cobb Salad Spicy Chicken Sandwich Crispy Potato Wedges Mini Baby Carrots Banana Raisins MILK: Non - Fat & 1% *	Jan - 10 Turkey Tacos (FP) Chicken Cesear Salad Grilled Cheese (V) Spinach Salad Mini Baby Carrots Tangerine/Mandarin Raisins MILK: Non - Fat & 1%	Jan - 11 Spaghetti w Meat Sauce Grilled Chicken Salad w/ Roll Cheese Pizza (V) Mindful Meats: Hamburger Hamburger Bar Stir Fry Vegetables Mini Baby Carrots Pink Lady Apple Raisins MILK: Non - Fat & 1%
Jan - 14 Chicken Enchilada Casserole w Rice Buffalo Chicken Salad Combo Pizza (P) Broccoli Cheese Soup with Crackers Sriracha Beans Mini Baby Carrots Pear Raisins MILK: Non - Fat & 1% Chocolate Milk *	Jan - 15 Bean & Cheese Pupusa (Grilled Chicken Salad w/ Roll Pepperoni Pizza (P) Spicy Chicken Tender w/ Roll Cilantro Lime Slaw Mini Baby Carrots Persimmons Raisins MILK: Non - Fat & 1%	Jan - 16 Lemon Garlic Wings w/ Pita Chicken Cesear Salad Gardenburger (V) Carrot and Celery Sticks Mini Baby Carrots Banana Raisins MILK: Non - Fat & 1%	Jan - 17 Buffalo Chicken w/ Pita Grilled Chicken Salad w/ Roll Quesadilla (V) Romaine Salad Mini Baby Carrots Tangerine/Mandarin Raisins MILK: Non - Fat & 1%	Jan - 18 Managers Choice Chicken Cesear Salad Cheese Pizza (V) All Beef Hot Dog Corn Cobette Mini Baby Carrots Gala 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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Jan - 21	Jan - 22 Chicken Fajita w Rice Grilled Chicken Salad w/ Roll Pepperoni Pizza (P) BBQ Chicken Sandwich California Vegetables Mini Baby Carrots Kiwi Raisins MILK: Non - Fat & 1%	Jan - 23 Jerk Wings w/ Rice Cobb Salad Spicy Chicken Sandwich Carrot and Celery Sticks Mini Baby Carrots Banana Raisins MILK: Non - Fat & 1% *	Jan - 24 Beef Chili w/Chips Chicken Cesezar Salad Grilled Cheese (V) Broccoli w/Ranch Dressin Mini Baby Carrots Tangerine/Mandarin Raisins MILK: Non - Fat & 1%	Jan - 25 Chicken Parmesan & Pasta Grilled Chicken Salad w/ Roll Cheese Pizza (V) Mindful Meats: Hamburger Hamburger Bar Garlic Fries Mini Baby Carrots Pink Lady Apple Raisins MILK: Non - Fat & 1%
Jan - 28 Chicken Burrito Buffalo Chicken Salad Combo Pizza (P) Broccoli Cheese Soup with Crackers Pinto Beans Mini Baby Carrots Asian Pear Raisins MILK: Non - Fat & 1% Chocolate Milk *	Jan - 29 Thai Chili Chicken with Rice Grilled Chicken Salad w/ Roll Pepperoni Pizza (P) Tuna Salad Sandwich (FP) Stir Fry Vegetables Mini Baby Carrots Persimmons Raisins MILK: Non - Fat & 1% *	Jan - 30 BBQ Wings w/ Pita Chicken Cesezar Salad Gardenburger (V) Garlic Fries Mini Baby Carrots Banana Raisins MILK: Non - Fat & 1%	Jan - 31 Korean BBQ Chicken w/ Rice Chicken Cesezar Salad Grilled Cheese (V) Spinach Salad Mini Baby Carrots Tangerine/Mandarin Raisins MILK: Non - Fat & 1%	

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Monday	Tuesday	Wednesday	Thursday	Friday		
	Average	Weekly Target	% of Target	Average	% of Calories	Weekly Target
	Calories 818*	750-850	100%	Protein 34.83* g	17.03%	
	Cholesterol 76* mg			Carbohyd 116.49* g	56.95%	
	Sodium 1212* mg	1420		Sat. Fat 8.41* g	9.25%	<10.00%
	Fiber 14.84* g					

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