

# Klamath County School District

## 9-12 Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sep - 1	Sep - 2  This institution is an equal opportunity provider	Sep - 3  hot dog 22g or sub sandwich 25g fruit cocktail 30g carrots 24g ketchup pack 2g mustard pack 0g	Sep - 4  spaghetti 42g or turkey sandwich 32g mandarin oranges 38g green beans 10g	Sep - 5  beef nachos 26g or cheese quesadilla 40g cantaloupe 19g broccoli 12g sour cream 3g salsa 2g	Sep - 6  grill chick sandwich 41g or tuna salad sandwich 29g orange 19g bell peppers 5g mayonnaise pack 0g mustard pack 0g	Sep - 7
Sep - 8  Served daily 1% white milk 11g chocolate milk ff 30g	Sep - 9  toasted cheese 36g or egg salad sandwich 35g tomato soup 40g pears 40g corn 34g	Sep - 10  chicken strips 18g or burrito 40g sliced peaches 28g broccoli 12g salsa 2g ranch cup 1g	Sep - 11  ravioli 45g or turkey sandwich 32g mandarin oranges 38g green salad 3g	Sep - 12  sloppy joe 36g or tuna salad sandwich 27g applesauce 15g radishes 6g cucumber spears 3g	Sep - 13  chicken and noodles 29g or toasted cheese 35g fruit cocktail 14g carrots 17g	Sep - 14
Sep - 15  Served daily with sandwiches turkey, ham, sub mayonnaise pack 0g mustard pack 0g	Sep - 16  bbq chicken sandwich 37g or tuna salad sandwich 29g pears 40g pork and beans 21g cucumber spears 3g	Sep - 17  beef tacos 26g or ham sandwich 31g applesauce 30g shredded lettuce 2g tomato 6g sour cream 3g taco sauce 1g	Sep - 18  macaroni and cheese 27g or egg salad sandwich 35g sliced peaches 28g green beans 10g	Sep - 19  chili w/beans 9g or turkey sandwich 32g fruit cocktail 30g green salad 3g	Sep - 20  baked chicken white 0g baked chicken dark 0g dinner roll 22g or sub sandwich 25g pineapple tidbits 35g bell peppers 5g	Sep - 21
Sep - 22	Sep - 23  beef stroganoff 35g or tuna salad sandwich 29g sliced peaches 28g green beans 10g	Sep - 24  fish sandwich 39g or baked potato 38g mandarin oranges 38g broccoli 12g Shredded cheese 1g tartar sauce 0g	Sep - 25  meatloaf 18g or cheese quesadilla 40g pineapple tidbits 35g black beans 14g corn 34g sour cream 3g salsa 2g	Sep - 26  beef lasagna 32g dinner roll 22g or ham sandwich 31g grapes 39g bell peppers 5g	Sep - 27  tuna & noodles 27g or sub sandwich 25g fruit cocktail 30g jicama 10g	Sep - 28

*\*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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9-12 Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sep - 29	Sep - 30 cheeseburger 28g or tuna salad sandwich 29g orange 19g hot carrots 13g					

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