

# Klamath County School District

## k-5 Lunch

Page 1

Aug 28, 2013

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 24g fruit cocktail 14g carrots 17g ketchup pack 2g mustard pack 0g	Sep - 4  spaghetti 31g or turkey sandwich 23g mandarin oranges 18g green beans 8g	Sep - 5  beef nachos 17g or cheese quesadilla 20g cantaloupe 10g broccoli 6g sour cream 3g salsa 2g	Sep - 6  grill chick sandwich 41g or tuna salad sandwich 24g orange 9g bell peppers 4g mayonnaise pack 0g mustard pack 0g	Sep - 7
Sep - 8  Served daily 1% white milk 11g chocolate milk ff 30g	Sep - 9  toasted cheese 35g or egg salad sandwich 25g tomato soup 20g pears 20g corn 26g	Sep - 10  chicken strips 12g or burrito 40g sliced peaches 14g broccoli 6g salsa 2g ranch cup 1g	Sep - 11  ravioli 30g or turkey sandwich 23g mandarin oranges 18g green salad 3g	Sep - 12  sloppy joe 33g or tuna salad sandwich 24g applesauce 15g radishes 6g cucumber spears 3g	Sep - 13  chicken and noodles 23g 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 32g or tuna salad sandwich 24g pears 20g pork and beans 21g cucumber spears 3g	Sep - 17  beef tacos 9g or ham sandwich 24g applesauce 15g shredded lettuce 2g tomato 7g sour cream 3g taco sauce 1g	Sep - 18  macaroni and cheese 13g or egg salad sandwich 25g sliced peaches 14g green beans 8g	Sep - 19  chili w/beans 4g or turkey sandwich 23g fruit cocktail 14g green salad 3g	Sep - 20  baked chicken white 0g baked chicken dark 0g dinner roll 22g or sub sandwich 24g pineapple tidbits 18g bell peppers 4g	Sep - 21
Sep - 22	Sep - 23  beef stroganoff 23g or tuna salad sandwich 24g sliced peaches 14g green beans 8g	Sep - 24  fish sandwich 39g or baked potato 19g mandarin oranges 18g broccoli 6g Shredded cheese 1g tartar sauce 0g	Sep - 25  meatloaf 11g or cheese quesadilla 20g pineapple tidbits 18g black beans 14g corn 26g sour cream 3g salsa 2g	Sep - 26  beef lasagna 26g dinner roll 22g or ham sandwich 24g grapes 20g bell peppers 4g	Sep - 27  tuna and noodles 14g or sub sandwich 24g fruit cocktail 14g jicama 8g	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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## k-5 Lunch

Page 2

Aug 28, 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sep - 29	Sep - 30 cheeseburger 28g or tuna salad sandwich 24g orange 9g hot carrots 10g					

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.

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