

Lakeport Unified School District

August 2019 High School Lunch

Jul 8, 2019

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Monday	Tuesday	Wednesday	Thursday	Friday
	Aug - 13 Chicken Breaded Spicy Black Bean Burger Roast Beef & Swiss Sub Chicken Caesar Wraps Lettuce And Tomato Salad Bar Fresh Fruit Variety Milk- Variety	Aug - 14 BBQ Pulled Pork Sandwich Sidewinders BBQ Chicken Caesar Wraps Ham & Cheese Sub Turkey & Cheese Sub Egg Salad Sandwich Chicken Burger Lettuce Tomato Pickles Salad Bar Fresh Fruit Variety Milk- Variety	Aug - 15 Chicken Fajitas Refried Beans Beef Ravioli Breadsticks Tuna Salad Sandwich Ham Pesto Wrap Salad Bar Fresh Fruit Assorted Milk- Variety	Aug - 16 Pizza, Stuffed Crust Chicken Strips tamale Steamed Brown Rice Guacamole Turkey & Cheese Sub Salad Bar Fresh Fruit Variety Milk- Variety
Aug - 19 Chicken Taco Boat Hamburger with Bun Spicy Black Bean Burger Turkey & Cheese Sub Ham Chipotle Wrap Salad Bar Fresh Fruit Variety Milk- Variety	Aug - 20 Chili Cheese Nacho's Pasta Bake Breadsticks Burrito Chicken Salad Pocket Tuna Salad Sandwich Grilled Cheese Sandwich Salad Bar Fresh Fruit Assorted Milk- Variety	Aug - 21 Rib B Que on a Bun Meatball Sub Chicken Pesto Patty Turkey Sand FRENCH FRIES Lettuce And Tomato Salad Bar Fresh Fruit Assorted Milk- Variety	Aug - 22 Egg Rolls w/ Rice & Veg Taquito's Chicken Hot Ham & Cheese Sand. Chicken Caesar Wraps Roast Beef & Swiss Sub Salad Bar Fresh Fruit Assorted Milk- Variety	Aug - 23 Pizza Pep Refried Beans Hamburger with Bun Turkey & Cheese Sub Ham & Cheese Sub Salad Bar Fresh Fruit Variety Milk- Variety
Aug - 26 BBQ Pulled Pork Sandwich Spicy Black Bean Burger Lettuce Tomato Pickles Chicken Caesar Salad Breadsticks Ham & Cheese Sub Turkey & Cheese Wrap Salad Bar Fresh Fruit Assorted Milk- Variety	Aug - 27 Bacon Cheese Burger Chicken Taco Boat Beef Ravioli Quesadilla Cheese Tuna Salad Sandwich Ham Pesto Wrap Baked Beans Salad Bar Fresh Fruit Assorted Milk- Variety	Aug - 28 Mac and Cheese W Ham Fresh Roll Chicken BBQ Sand Fish Tacos Tomado Pork Chili Verde Peanut Butter and Jelly Salad Bar Fresh Fruit Variety Milk- Variety	Aug - 29 Pizza Pep W.G. Corn Dog Beef & Bean Burrito Grilled Cheese Sandwich Ham & Cheese Sub FRENCH FRIES Salad Bar Fresh Fruit Assorted Milk- Variety	Aug - 30

In operation of child feeding programs, no child will be discriminated against because of race, color, national origin, age, or handicap. If you believe you have been discriminated against write immediately to the Secretary of Agriculture, Washington D.C. 20250

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.