

Lakeport Unified School District

NOVEMBER 2018 High School Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
			Nov - 1 Chick Chow Mein Egg Roll Mini Corn Dogs Taquito's Chicken Guacamole & Sour Cream Beef Ravioli Breadsticks Salad Bar Fresh Fruit Variety Milk- Variety	Nov - 2 Pizza Cheese Round Chili Cheese Fries Salad Garden-Ranch Fresh Fruit Variety Milk- Variety
Nov - 5 Hamburger w/ Cheese W.G. Corn Dog French Fries Burrito Roast Beef & Swiss Sub Turkey & Cheese Sub Salad Bar Lettuce Tomato Pickles Fresh Fruit Variety Milk- Variety	Nov - 6 Lasagna Breadsticks Chicken Burger Turkey Pesto Wrap Egg Salad Sandwich Lettuce Tomato Pickles Salad Bar Fresh Fruit Variety Milk- Variety	Nov - 7 White Chicken Chili Cracker Oyster Bacon Cheese Burger Fish & Chips Meatball Sub Baked Potato Salad Bar Fresh Fruit Variety Milk- Variety	Nov - 8 Texas Straw Hats Beef & Bean Burrito Tornado Pork Chili Verde Salad Bar Fresh Fruit Variety Milk- Variety Salsa	Nov - 9 Pizza Pep W.G. Corn Dog French Fries Salad Garden-Ranch Fresh Fruit Variety Milk- Variety
Nov - 12 HOLIDAY	Nov - 13 BBQ Pulled Pork Sandwich Chicken Fritters Steamed Brown Rice Burrito Salad Bar Fresh Fruit Variety Milk- Variety	Nov - 14 Chili Dog Hamburger w/ Cheese Rib B Que on a Bun Tuna Salad Sandwich Salad Bar Fresh Fruit Variety Baked Potato Milk- Variety	Nov - 15 Turkey Gravy & Mashed Potatoes Green Beans Ham Pesto Wrap Turkey & Cheese Wrap Salad Bar Fresh Fruit Variety Milk- Variety	Nov - 16 Pizza Cheese Round Chicken Burger Lettuce Tomato Pickles Salad Garden-Italian Fresh Fruit Variety Milk- Variety
Nov - 19 NO SCHOOL TODAY	Nov - 20 NO SCHOOL TODAY	Nov - 21 NO SCHOOL TODAY	Nov - 22 NO SCHOOL TODAY	Nov - 23 NO SCHOOL TODAY
Nov - 26 Rib B Que on a Bun Hot Ham & Cheese Sand. Fish & Chips Burrito Corn Salad Bar Fresh Fruit Variety Milk- Variety	Nov - 27 Spaghetti Breadsticks Turkey & Cheese Sub Roast Beef & Swiss Sub Tamale Salad Bar Fresh Fruit Variety Milk- Variety Lettuce Tomato	Nov - 28 BBQ Pulled Pork Sandwich W.G. Corn Dog Tuna Sand Clam Chow Chicken Caesar Wraps Salad Bar Fresh Fruit Variety Baked Potato Milk- Variety	Nov - 29 Tamale Pie Hamburger w/ Cheese Grilled Cheese Sandwich Egg Salad Sandwich Salad Bar Fresh Fruit Variety Milk- Variety	Nov - 30 Pizza Cheese Round Mini Corn Dogs Salad Garden-Ranch Fresh Fruit Variety Milk- Variety

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.