

Lakeport Unified School District

October 2018 High School Lunch

Sep 25, 2018

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Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 1 Chicken Burger BBQ Pulled Pork Sandwich Burrito Chicken Caesar Wraps Lettuce Tomato Pickles Salad Bar Fresh Fruit Variety Milk- Variety	Oct - 2 Beef Tomato Mac Soup Fresh Roll Bacon Cheese Burger Meatball Sub Ham & Cheese Sub Turkey & Cheese Sub Lettuce Tomato Salad Bar Fresh Fruit Variety Milk- Variety	Oct - 3 Chicken Pot Pie Fresh Roll Fish & Chips W.G. Corn Dog Turkey Pesto Wrap Ham Pesto Wrap Salad Bar Baked Potato Fresh Fruit Variety Milk- Variety	Oct - 4 Chili Cheese Nacho's Egg Rolls w/ Rice & Veg Burrito Salad Bar Fresh Fruit Variety Milk- Variety Salsa	Oct - 5 Pizza Cheese Round Lettuce Tomato Pickles Hamburger w/ Cheese Salad Bar Fresh Fruit Variety Milk- Variety
Oct - 8 NO SCHOOL TODAY	Oct - 9 Turkey Gravy & Mashed Potatoes Fresh Roll Burrito Chicken Caesar Wraps Salad Bar Fresh Fruit Variety Milk- Variety Salsa	Oct - 10 Chili Cornbread Grilled Cheese Sandwich Fish & Chips Meatball Sub Chicken Caesar Wraps Salad Bar Baked Potato Fresh Fruit Variety Milk- Variety	Oct - 11 Lasagna Breadsticks Bacon Cheese Burger Roast Beef & Cheese Wrap Salad Bar Fresh Fruit Variety Milk- Variety	Oct - 12 Pizza Cheese Round Chick Chow Mein Egg Roll Salad Garden-Ranch Fresh Fruit Variety Milk- Variety
Oct - 15 Beef & Bean Burrito Rib B Que on a Bun Beef Ravioli Breadsticks Salad Bar Fresh Fruit Variety Milk- Variety	Oct - 16 Spaghetti Breadsticks Hot Ham & Cheese Sand. Meatball Sub Chicken Caesar Wraps Salad Bar Fresh Fruit Variety Milk- Variety	Oct - 17 Chicken Noodle Soup 1/2 Turkey Sandwich Tamale Fish & Chips Mini Corn Dogs French Fries Baked Potato Lettuce Tomato Salad Bar Fresh Fruit Variety Milk- Variety	Oct - 18 BBQ Pulled Pork Sandwich Bacon Cheese Burger Roast Beef & Swiss Sub Turkey & Cheese Sub Lettuce Tomato Pickles Salad Bar Fresh Fruit Variety Milk- Variety	Oct - 19 Pizza Cheese Round Burrito Salad Garden-Ranch Fresh Fruit Variety Milk- Variety Salsa
Oct - 22 Rib B Que on a Bun Sidewinders BBQ Chicken Chow Mein Steamed Brown Rice Hamburger w/ Cheese Lettuce Tomato Pickles Salad Bar Fresh Fruit Variety Milk- Variety	Oct - 23 Burrito Casserole Chicken Burger Lettuce Tomato Pickles Tamale Salad Bar Fresh Fruit Variety Milk- Variety	Oct - 24 Chicken Tetrizzini Breadsticks Meatball Sub Chicken Nuggets French Fries Baked Potato Salad Bar Fresh Fruit Variety Milk- Variety	Oct - 25 Bacon Cheese Burger Chicken Caesar Wraps Hot Ham & Cheese Sand. Roast Beef & Cheese Wrap Salad Bar Fresh Fruit Variety Milk- Variety	Oct - 26 Pizza Cheese Round Sloppy Joe on a bun Salad Garden-Ranch Fresh Fruit Variety Milk- Variety
Oct - 29 Sloppy Joe on a bun Beef & Bean Burrito Mini Corn Dogs Rib B Que on a Bun French Fries Salad Bar Fresh Fruit Variety Milk- Variety	Oct - 30 Cincinnati Chili Chicken Caesar Wraps Meatball Sub Egg Salad Sandwich Salad Bar Fresh Fruit Variety Milk- Variety	Oct - 31 Chicken Taco Boat Refried Beans Grilled Cheese Sandwich Spicy Black Bean Burger Hamburger w/ Cheese Lettuce Tomato Pickles Baked Potato 7th & 8th Salad Bar Fresh Fruit Variety Milk- Variety		

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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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				

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** - denotes combined nutrient totals with either missing or incomplete nutrient data.*

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