

# Lakeport Unified School District

## DECEMBER 2018 High School Lunch

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Nov 19, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Dec - 3 Chicken Taco Boat Refried Beans Fish & Chips Chicken Chow Mein Salad Bar Fresh Fruit Variety Milk- Variety Salsa	Dec - 4 Lasagna Breadsticks Meatball Sub Burrito Salad Bar Fresh Fruit Variety Milk- Variety Salsa	Dec - 5 Grilled Cheese Sandwich Hamburger with Bun Mini Corn Dogs Salad Bar Lettuce Tomato Pickles Fresh Fruit Variety Baked Potato 7th & 8th Milk- Variety	Dec - 6 Burrito Beef Ravioli Breadsticks Chicken Burger Lettuce Tomato Pickles Salad Bar Fresh Fruit Variety Milk- Variety Salsa	Dec - 7 BBQ Pulled Pork Sandwich Baked Beans Tornado Pork Chili Verde Steamed Brown Rice Chicken Caesar Wraps Salad Garden-Ranch Fresh Fruit Variety Milk- Variety
Dec - 10 Hamburger w/ Cheese Pizza Cheese Round Clam Chowder & Bread Bow Hot Ham & Cheese Sand. Lettuce Tomato Pickles Salad Bar Fresh Fruit Variety Milk- Variety	Dec - 11 Spaghetti Breadsticks Fish & Chips Meatball Sub Salad Bar Fresh Fruit Variety Milk- Variety	Dec - 12 Hot Ham & Cheese Sand. BBQ Pulled Pork Sandwich Orange Popcorn Chicken Steamed Brown Rice Chicken Caesar Wraps Salad Bar Fresh Fruit Variety Baked Potato 7th & 8th Milk- Variety	Dec - 13 Turkey Gravy & Mashed Potatoes Green Beans Burrito Salad Bar Fresh Fruit Variety Pumpkin Bread Milk- Variety	Dec - 14 Pizza Pep Taquito's Chicken Guacamole & Sour Cream Salad Garden-Ranch Fresh Fruit Variety Milk- Variety Cookie
Dec - 17 Rib B Que on a Bun French Fries Fish & Chips Chick Chow Mein Egg Roll Salad Bar Fresh Fruit Variety Milk- Variety	Dec - 18 Tamale Pie Fresh Roll Chicken Burger W.G. Corn Dog French Fries Salad Bar Fresh Fruit Variety Milk- Variety	Dec - 19 Pork Carnitas Taco Bacon Cheese Burger Burrito Lettuce Tomato Pickles Salad Garden-Ranch Fresh Fruit Variety Baked Potato 7th & 8th Milk- Variety	Dec - 20 Chili Cheese Nacho's Grilled Cheese Sandwich Chicken Burger Lettuce Tomato Pickles Salad Garden-Ranch Fresh Fruit Variety Milk- Variety	Dec - 21 Mini Corn Dogs French Fries Clam Chowder & Bread Bow Burrito Salad Garden-Ranch Fresh Fruit Variety Milk- Variety
Dec - 24 Dec - 31	Dec - 25	Dec - 26	Dec - 27	Dec - 28

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.**