

Lakeport Unified School District

September 2019 K-8 Lunch Menu

Jul 9, 2019

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Monday	Tuesday	Wednesday	Thursday	Friday
	Sep - 3 Popcorn Chicken Bowl Fresh Roll BROCCOLI Salad Bar Fresh Fruit Assorted Milk- Variety	Sep - 4 Hot Italian Beef Sandwich Macaroni Salad Salad Bar Fresh Fruit Assorted Milk- Variety	Sep - 5 Twisted Nacho Fries Refried Beans Salad Bar Fresh Fruit Assorted Milk- Variety	Sep - 6 Beef Ravioli Green Beans Salad Bar APPLESAUCE Milk- Variety
Sep - 9 Egg Rolls w/ Rice & Veg Fortune Cookie Salad Bar Fresh Fruit Assorted Milk- Variety	Sep - 10 Hamburger with Bun Lettuce Tomato Pickles Corn Salad Bar Fresh Fruit Assorted Milk- Variety	Sep - 11 Pasta Bake Garlic Bread Green Beans Salad Bar Fresh Fruit Assorted Milk- Variety	Sep - 12 Chicken BBQ Sand FRENCH FRIES Salad Bar Fresh Fruit Assorted Milk- Variety	Sep - 13 Pizza Cheese Round Salad Bar Fresh Fruit Assorted Milk- Variety
Sep - 16 Ranch Baked Chicken Macaroni Salad Salad Bar Fresh Fruit Assorted veggie fruit juice Milk- Variety	Sep - 17 Hot Dog on a Bun Baked Beans Salad Bar Fresh Fruit Variety Milk- Variety	Sep - 18 Orange Chicken Steamed Brown Rice Veggie Sticks Fresh Fruit Variety Milk- Variety	Sep - 19 Cincinnati Chili Cornbread Salad Bar Fresh Fruit Variety Milk- Variety	Sep - 20 BBQ Pork Nachos Refried Beans Salad Bar Fresh Fruit Variety Milk- Variety
Sep - 23 Hot Ham & Cheese Sand. FRENCH FRIES Salad Bar Fresh Fruit Variety Milk- Variety	Sep - 24 Pork Carnitas Taco Spanish Rice Salad Bar Fresh Fruit Variety Milk- Variety	Sep - 25 Spaghetti Garlic Bread Green Beans Salad Bar Fresh Fruit Variety Milk- Variety	Sep - 26 Chicken Fajitas Black Bean Salsa Salad Bar Fresh Fruit Variety Milk- Variety	Sep - 27 chicken alfredo sandwich Salad Bar Fresh Fruit Variety Milk- Variety
Sep - 30 Popcorn Chicken Bowl Fresh Roll BROCCOLI Salad Bar Fresh Fruit Assorted 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.