

Lakeport Unified School District

September 2019 High School Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
	Sep - 3 Popcorn Chicken Bowl Fresh Roll Hamburger with Bun W.G. Corn Dog Turkey & Cheese Sub Ham & Cheese Sub Salad Bar Fresh Fruit Variety Milk- Variety	Sep - 4 Hot Italian Beef Sandwich Chicken Breaded Rib B Que on a Bun Macaroni Salad Tuna Salad Sandwich Salad Bar Fresh Fruit Variety Milk- Variety	Sep - 5 Twisted Nacho Fries Chicken Strips Beef Ravioli Refried Beans Tornado Pork Chili Verde Tuna Salad Sandwich Chicken Salad Pocket Salad Bar Fresh Fruit Assorted Milk- Variety	Sep - 6 Pizza Pep Chicken Strips Beef Ravioli Turkey & Cheese Wrap Ham & Cheese Sub Salad Bar Fresh Fruit Assorted Milk- Variety
Sep - 9 Egg Rolls w/ Rice & Veg Chicken Breaded Spicy Black Bean Burger Lettuce Tomato Pickles Beef & Bean Burrito P. B. & J. Bar Turkey Sand Salad Bar Fresh Fruit Assorted Milk- Variety	Sep - 10 Chicken Enchilada Spanish Rice Hamburger with Bun Grilled Cheese Sandwich chicken curry quinoa wrap Salad Bar Fresh Fruit Assorted Milk- Variety	Sep - 11 Pasta Bake Garlic Bread Taquito's Chicken Guacamole Tuna Salad Sandwich Roast Beef & Swiss Sub Salad Bar Fresh Fruit Assorted Milk- Variety	Sep - 12 Taco Boat Fish & Chips Chicken BBQ Sand Turkey & Cheese Sub Ham & Cheese Sub FRENCH FRIES Salad Bar Fresh Fruit Assorted Milk- Variety	Sep - 13 Pizza Cheese Round Mac and Cheese Spicy Black Bean Burger Fresh Roll Ham & Cheese Sub Salad Bar Fresh Fruit Assorted Milk- Variety
Sep - 16 Ranch Baked Chicken Meatball Sub Burrito Grilled Cheese Sandwich P. B. & J. Bar Macaroni Salad Salad Bar Fresh Fruit Variety Milk- Variety	Sep - 17 Hot Dog on a Bun CHEESEBURGER ON A BUN Lettuce Tomato Pickles BBQ Pulled Pork Sandwich Tomado Pepperjack Baked Beans Turkey & Cheese Sub Tuna Salad Sandwich Salad Bar Fresh Fruit Variety Milk- Variety	Sep - 18 Orange Chicken Steamed Brown Rice tamale Fish Sandwich Mini Corn Dogs chicken salad sandwich Baked Potato 7th & 8th Salad Bar Fresh Fruit Variety Milk- Variety	Sep - 19 Cincinnati Chili Cornbread Chicken Breaded Spicy Black Bean Burger Ham Pesto Wrap Roast Beef & Swiss Sub Salad Bar Fresh Fruit Variety Milk- Variety	Sep - 20 Pizza Cheese Round BBQ Pork Nachos Burrito Salad Bar Fresh Fruit Variety Milk- Variety
Sep - 23 Hot Ham & Cheese Sand. Chicken Strips Taquitos Beef & Cheese Guacamole Spicy Black Bean Burger FRENCH FRIES Turkey & Cheese Sub chicken salad sandwich Salad Bar Fresh Fruit Variety Milk- Variety	Sep - 24 Pork Carnitas Taco Chicken BBQ Sand Meatball Sub Spanish Rice Roast Beef & Swiss Sub Tuna Salad Sandwich Peanut Butter and Jelly Salad Bar Fresh Fruit Variety Milk- Variety	Sep - 25 Spaghetti Garlic Bread Hamburger w/ Cheese Cheese Quesadilla Rib B Que on a Bun Turkey Sand Baked Potato w/Toppings Salad Bar Fresh Fruit Variety Milk- Variety	Sep - 26 Chicken Fajitas Hot Italian Beef Sandwich Tornado Pepperjack Spicy Black Bean Burger chicken salad sandwich Ham & Cheese Sub Salad Bar Fresh Fruit Variety Milk- Variety	Sep - 27 Pizza Cheese Round chicken alfredo sandwich Grilled Cheese Sandwich Turkey & Cheese Sub Mini Corn Dogs Ham & Cheese Sub Salad Bar Fresh Fruit Variety Milk- Variety
Sep - 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

**NA* - 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.