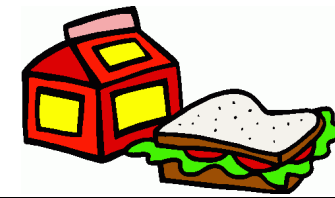


Oakland Unified School District
Middle School Lunch
MAY 2017

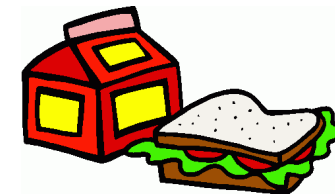



Monday	Tuesday	Wednesday	 Thursday	Friday
May - 1 Buffalo Chicken Salad Deli Sandwich Meatloaf w/ Mashed Potato & Biscuit Tangerine/Mandarin Cranberry Spinach Salad Salad Bar 1% Milk Chocolate Milk Soy Butter n Jelly Sandwich (V)	May - 2 Cheese Pizza (V) Grass Fed Beef Hot Dog Chicken Chow Mein Tangerine Baked Beans Salad Bar 1% Milk Non-Fat Milk	May - 3 Chicken Salad Sandwich Deli Sandwich Thai Chili Chicken with Rice Shape-Up Fiesta Corn Salad Salad Bar 1% Milk Non-Fat Milk Soy Butter n Jelly Sandwich (V)	May - 4 Pepperoni Pizza (P) Grilled Cheese (V,FP) Beef Chili with Tortilla Chips (FP) Pink Lady Apple Romaine Salad Salad Bar 1% Milk Non-Fat Milk	May - 5 Sausage Pizza (P) Chicken Cheese Steak Spaghetti w Meat Sauce Strawberries California Carrot Salad Salad Bar 1% Milk Non-Fat Milk Soy Butter n Jelly Sandwich (V)
May - 8 Combo Pizza (P) Deli Sandwich Chicken Tenders w Roll Gala Apple Mashed Potatoes w Gravy Salad Bar 1% Milk Chocolate Milk Soy Butter n Jelly Sandwich (V)	May - 9 Grilled Chicken Salad w Croutons Hamburger or Cheeseburger Chicken and Waffles Tangerine Broccoli Slaw Salad Bar 1% Milk Non-Fat Milk	May - 10 Chicken Salad w Croutons Deli Sandwich Chicken Tenders w Roll Shape-Up Spinach Salad Salad Bar 1% Milk Non-Fat Milk	May - 11 Pepperoni Pizza (P) Quesadilla (V,FP) Fish Tostada with Rice + Beans Pink Lady Apple Cilantro Lime Slaw Salad Bar 1% Milk Non-Fat Milk	May - 12 Sausage Pizza (P) Spicy Chicken Sandwich Egg Roll w/ Fried Rice Strawberries Edamame Beans Salad Bar 1% Milk Non-Fat Milk Soy Butter n Jelly Sandwich (V)



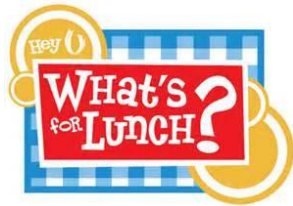


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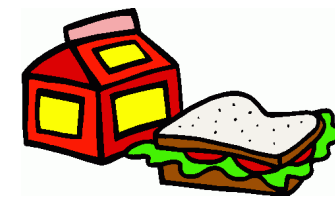



Monday	Tuesday	Wednesday		Friday
<p>May - 15</p> <p>Buffalo Chicken Salad Deli Sandwich Chicken Fajita w Rice Granny Smith Apple Pinto Beans Salad Bar 1% Milk Chocolate Milk Soy Butter n Jelly Sandwich (V)</p>	<p>May - 16</p> <p>Cheese Pizza (V) Chicken Tenders w Roll Chicken Teriyaki Bowl (FP) Tangerine Sweet Corn Salad Salad Bar 1% Milk Non-Fat Milk</p>	<p>May - 17</p> <p>Chicken Salad Sandwich Deli Sandwich Veggie Chili w Chips Shape-Up Spinach Salad Salad Bar 1% Milk Non-Fat Milk</p>	<p>May - 18</p> <p>Pepperoni Pizza (P) Grilled Cheese (V,FP) Beef Tacos Pink Lady Apple California Carrot Salad Salad Bar 1% Milk Non-Fat Milk</p>	<p>May - 19</p> <p>Sausage Pizza (P) Grass Fed Beef Hot Dog Fish Sticks w Roll Strawberries Chili Cheese Fries Salad Bar 1% Milk Non-Fat Milk Soy Butter n Jelly Sandwich (V)</p>
<p>May - 22</p> <p>Combo Pizza (P) Deli Sandwich Turkey Nachos (FP) Peach Broccoli Slaw Salad Bar 1% Milk Chocolate Milk</p>	<p>May - 23</p> <p>Grilled Chicken Salad w Croutons Hamburger or Cheeseburger Kung Pao Chicken w/ Rice (FP) Nectarine Fiesta Corn Salad Salad Bar 1% Milk Non-Fat Milk</p>	<p>May - 24</p> <p>Chicken Salad w Croutons Deli Sandwich Chicken Tenders w Roll Shape-Up Baked Beans Salad Bar 1% Milk Non-Fat Milk Soy Butter n Jelly Sandwich (V)</p>	<p>May - 25</p> <p>Pepperoni Pizza (P) Quesadilla (V,FP) Honey Sriracha Drumstick w Rice Plum Spinach Salad Salad Bar 1% Milk Non-Fat Milk</p>	<p>May - 26</p>





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MAY 2017



Monday	Tuesday	Wednesday	Thursday	Friday
May - 29	May - 30	May - 31	 Harvest of the Month™   <u>STRAWBERRIES</u>	
	Cheese Pizza (V) Grass Fed Beef Hot Dog Chicken Chow Mein Nectarine Baked Beans Salad Bar 1% Milk Non-Fat Milk	Chicken Salad Sandwich Deli Sandwich Thai Chili Chicken with Rice Shape-Up Fiesta Corn Salad Salad Bar 1% Milk Non-Fat Milk Soy Butter n Jelly Sandwich (V)		

P=pork; V=vegetarian; FP=freshly prepared in our kitchen; CA=California Thursday means freshly prepared & locally sourced; Lean & Green Wednesday – vegetarian
 Strawberries-organically grown by Coke Farms in Hollister, CA. www.cokefarm.com
 Shape-Up – frozen 100% juice cup



	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	685	600-700	100%	Sugars	20.45* g	11.94%	
Sodium	1250 mg	1360		Protein	33.22 g	19.39%	
Fiber	12.61* g			Carbohyd	88.10 g	51.43%	
				Tot. Fat	23.17 g	30.44%	
				Sat. Fat	5.73 g	7.53%	<10.00%

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 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.

