

# Oakland Unified School District

K8 Satellite  
October 2017

Aug 31, 2017

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Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 2  All Beef Hamburger Veggie Burrito Baked Beans Pear 1% Milk Chocolate Milk	Oct - 3  Pepperoni Pizza Cheese Pizza (V) Mini Baby Carrots Gala Apple 1% Milk Non-Fat Milk	Oct - 4  Vegetable Fried Rice Veggie Chili w Chips Green Beans Banana 1% Milk Non-Fat Milk	Oct - 5  Italian Chicken w Basil Parmesan Rice Grilled Cheese (V) Romaine Salad Pink Lady Apple 1% Milk Non-Fat Milk	Oct - 6  Chicken Enchilada Casserole w Rice Soy Butter n Jelly Sandwich (V) Corn Cobette Orange 1% Milk Non-Fat Milk
Oct - 9  Grass Fed Beef Hot Dog Vegetarian Nachos (V/FP) Deli Roasted Potatoes Pear 1% Milk Chocolate Milk	Oct - 10  Pepperoni Pizza Cheese Pizza (V) Mini Baby Carrots Fuji Apple 1% Milk Non-Fat Milk	Oct - 11  Lasagna w Roll (V) Beefy Cheese Burrito (V) Pinto Beans Banana 1% Milk Non-Fat Milk	Oct - 12  Mojo Chicken Drumstick w/ Pita Quesadilla (V) Cranberry Spinach Salad Granny Smith Apple 1% Milk Non-Fat Milk	Oct - 13
Oct - 16  Meatloaf w Biscuit Soy Butter n Jelly Sandwich (V) Mashed Potatoes w Gravy Pear 1% Milk Chocolate Milk	Oct - 17  Pepperoni Pizza Cheese Pizza (V) Mini Baby Carrots Gala Apple 1% Milk Non-Fat Milk	Oct - 18  Veggie Chili w Chips Penne Marinara (V) Romaine Salad Banana 1% Milk Non-Fat Milk	Oct - 19  Beef Chili with Tortilla Chips (FP) Grilled Cheese (V) Broccoli Slaw Pink Lady Apple 1% Milk Non-Fat Milk	Oct - 20  Egg Roll w/ Fried Rice Vegetarian Nachos (V/FP) Edamame Beans Orange 1% Milk Non-Fat Milk

*\*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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Oct - 23  Nachos (FP) Mac & Cheese (V) Fiesta Corn Salad Pear 1% Milk Chocolate Milk	Oct - 24  Pepperoni Pizza Cheese Pizza (V) Mini Baby Carrots Fuji Apple 1% Milk Non-Fat Milk	Oct - 25  Vegetable Fried Rice Veggie Chili w Chips Spinach Salad Banana 1% Milk Non-Fat Milk	Oct - 26  Turkey Tacos & Rice Quesadilla (V) Baked Beans Granny Smith Apple 1% Milk Non-Fat Milk	Oct - 27  Orange Chicken Cheese Ravioli (V) Stir Fry Vegetables Orange 1% Milk Non-Fat Milk
Oct - 30  All Beef Hamburger Beefy Cheese Burrito (V) Baked Beans Pear 1% Milk Chocolate Milk	Oct - 31  Pepperoni Pizza Cheese Pizza (V) Mini Baby Carrots Gala Apple 1% Milk Non-Fat Milk			

	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	621	600-650	100%	Sugars	32.54* g	20.96%	
Cholesterol	59* mg			Protein	29.72* g	19.14%	
Sodium	1030 mg	1230		Carbohyd	85.98 g	55.37%	
Fiber	10.54* g			Tot. Fat	18.99 g	27.52%	<10.00%
Vitamin C	37.01* mg			Sat. Fat	6.37* g	9.23%	

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