

Oakland Unified School District
Elementary Cooking Kitchen
October 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Oct - 2</p> <p>All Beef Hamburger Veggie Burrito Crispy Potato Wedges Salad Bar Pear 1% Milk Chocolate Milk</p>	<p>Oct - 3</p> <p>Pepperoni Pizza (P) Cheese Pizza (V) Salad Bar Gala Apple 1% Milk Non-Fat Milk</p>	<p>Oct - 4</p> <p>Vegetable Fried Rice Veggie Chili w Chips Salad Bar Banana 1% Milk Non-Fat Milk</p>	<p>Oct - 5</p> <p>Italian Chicken w Basil Parmesan Rice Grilled Cheese (V,FP) Salad Bar Pink Lady Apple 1% Milk Non-Fat Milk</p>	<p>Oct - 6</p> <p>Chicken Enchilada Casserole w Rice Soy Butter n Jelly Sandwich (V) Salad Bar Orange 1% Milk Non-Fat Milk</p>
<p>Oct - 9</p> <p>Grass Fed Beef Hot Dog Vegetarian Nachos (V/FP) Salad Bar Pear 1% Milk Chocolate Milk</p>	<p>Oct - 10</p> <p>Pepperoni Pizza (P) Cheese Pizza (V) Salad Bar Fuji Apple 1% Milk Non-Fat Milk</p>	<p>Oct - 11</p> <p>Lasagna w Roll (V) Beefy Cheese Burrito (V) Salad Bar Banana 1% Milk Non-Fat Milk</p>	<p>Oct - 12</p> <p>Mojo Chicken Drumstick w/ Pita Quesadilla (V) Salad Bar Granny Smith Apple 1% Milk Non-Fat Milk</p>	<p>Oct - 13</p>
<p>Oct - 16</p> <p>Meatloaf w Biscuit Soy Butter n Jelly Sandwich (V) Mashed Potatoes w Gravy Salad Bar Pear 1% Milk Chocolate Milk</p>	<p>Oct - 17</p> <p>Pepperoni Pizza (P) Cheese Pizza (V) Salad Bar Gala Apple 1% Milk Non-Fat Milk</p>	<p>Oct - 18</p> <p>Veggie Chili w Chips Penne Marinara (V) Salad Bar Banana 1% Milk Non-Fat Milk</p>	<p>Oct - 19</p> <p>Beef Chili with Tortilla Chips (FP) Grilled Cheese (V,FP) Salad Bar Pink Lady Apple 1% Milk Non-Fat Milk</p>	<p>Oct - 20</p> <p>Egg Roll w/ Fried Rice Vegetarian Nachos (V/FP) Salad Bar Orange 1% Milk Non-Fat Milk</p>

**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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Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 23 Turkey Nachos (FP) Mac & Cheese (V) Salad Bar Pear 1% Milk Chocolate Milk	Oct - 24 Pepperoni Pizza (P) Cheese Pizza (V) Salad Bar Fuji Apple 1% Milk Non-Fat Milk	Oct - 25 Vegetable Fried Rice Veggie Chili w Chips Salad Bar Banana 1% Milk Non-Fat Milk	Oct - 26 Mexican Pizza Quesadilla (V) Salad Bar Granny Smith Apple 1% Milk Non-Fat Milk	Oct - 27 Orange Chicken Cheese Ravioli (V) Salad Bar Orange 1% Milk Non-Fat Milk
Oct - 30 All Beef Hamburger Beefy Cheese Burrito (V) Salad Bar Pear 1% Milk Chocolate Milk	Oct - 31 Pepperoni Pizza (P) Cheese Pizza (V) Salad Bar Plum 1% Milk Non-Fat Milk			

	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	633	550-650	100%	Sugars	27.77* g	17.56%	
Cholesterol	54* mg			Protein	29.66* g	18.75%	
Sodium	1072 mg	1230		Carbohyd	88.05 g	55.68%	
Fiber	13.79* g			Tot. Fat	19.64 g	27.94%	<10.00%
Vitamin C	69.00* mg			Sat. Fat	6.48* g	9.22%	

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