

Oakland Unified School District

K-8 Satellite w Salad Bar

October 2017

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

Oakland Unified School District

K-8 Satellite w Salad Bar

October 2017

Aug 31, 2017

Page 2

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

	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	622	600-650	100%	Sugars	29.56* g	19.00%	
Cholesterol	53* mg			Protein	29.21* g	18.78%	
Sodium	1083 mg	1230		Carbohyd	87.75 g	56.42%	
Fiber	12.97* g			Tot. Fat	18.80 g	27.21%	<10.00%
Vitamin C	59.48* mg			Sat. Fat	6.18* g	8.94%	

**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.