

# Oakland Unified School District

Middle School Lunch  
HHFKA - 6-8

May 2, 2017

Page 1

August 21 - September 1, 2017

Monday	Tuesday	Wednesday	Thursday	Friday
Aug - 21 Combo Pizza (P) Buffalo Chicken Salad Chicken Tenders w Roll Plum Mashed Potatoes w Gravy Gravy, chicken 1% Milk Chocolate Milk Soy Butter n Jelly Sandwich (V)	Aug - 22 Cheese Pizza (V) Grilled Chicken Salad w Croutons Hamburger or Cheeseburger Peach Broccoli Slaw 1% Milk Non-Fat Milk	Aug - 23 Buffalo Chicken Salad Deli Sandwich Spaghetti w Meat Sauce Shape-Up Corn Cobette 1% Milk Non-Fat Milk	Aug - 24 Pepperoni Pizza (P) Quesadilla (V,FP) BBQ Chicken Sandwich Nectarine Cilantro Lime Slaw 1% Milk Non-Fat Milk	Aug - 25 Sausage Pizza (P) Spicy Chicken Sandwich Egg Roll w/ Fried Rice Strawberries Edamame Beans 1% Milk Non-Fat Milk Soy Butter n Jelly Sandwich (V)
Aug - 28 Combo Pizza (P) Deli Sandwich Chicken Fajita w Rice Plum Pinto Beans 1% Milk Chocolate Milk Soy Butter n Jelly Sandwich (V)	Aug - 29 Cheese Pizza (V) Grilled Chicken Salad w Croutons Chicken Tenders w Roll White Peach Sweet Corn Salad 1% Milk Non-Fat Milk	Aug - 30 Buffalo Chicken Salad Deli Sandwich Beef Chili with Tortilla Chips (FP) Shape-Up Spinach Salad 1% Milk Non-Fat Milk	Aug - 31 Pepperoni Pizza (P) Grilled Cheese (V) Beef Tacos White Nectarine California Carrot Salad 1% Milk Non-Fat Milk	Sep - 1 Sausage Pizza (P) Grass Fed Beef Hot Dog Fish Sticks w Roll Strawberries Chili Cheese Fries 1% Milk Non-Fat Milk Soy Butter n Jelly Sandwich (V)

*\*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  
 Middle School Lunch  
 HHFKA - 6-8  
 August 21 - September 1, 2017

Monday	Tuesday	Wednesday		Thursday	Friday	
	Average	Weekly Target	% of Target	Average	% of Calories	Weekly Target
	Calories 637	600-700	100%	Sugars 29.77* g	18.68%	
	Cholesterol 58 mg			Protein 31.42 g	19.72%	
	Sodium 1106 mg	1360		Carbohyd 80.42 g	50.47%	
	Fiber 8.99 g			Tot. Fat 22.31 g	31.50%	
				Sat. Fat 7.06 g	9.97%	<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 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.