

# Oakland Unified School District

## Middle School Lunch

October 2017

Aug 31, 2017

Page 1

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 2  Meatloaf w Biscuit Combo Pizza (P) BBQ Chicken Sandwich Crispy Potato Wedges Salad Bar Pear 1% Milk Chocolate Milk	Oct - 3  Thai Chili Chicken with Rice Buffalo Chicken Salad Spicy Chicken Sandwich Stir Fry Vegetables Salad Bar Gala Apple 1% Milk Non-Fat Milk Soy Butter n Jelly Sandwich (V)	Oct - 4  Chicken Burrito (FP) Chicken Salad w Croutons Grass Fed Beef Hot Dog Sriracha Beans Salad Bar Banana 1% Milk Non-Fat Milk Soy Butter n Jelly Sandwich (V)	Oct - 5  Italian Chicken w Basil Parmesan Rice Buffalo Chicken Salad Grilled Cheese (V,FP) Broccoli Slaw Salad Bar Pink Lady Apple 1% Milk Non-Fat Milk	Oct - 6  Spaghetti w Meat Sauce Cheese Pizza (V) Chicken Cheese Steak Mini Baby Carrots Salad Bar Orange 1% Milk Non-Fat Milk
Oct - 9  Turkey Nachos (FP) Buffalo Chicken Salad Deli Sandwich Romaine Salad Salad Bar Pear 1% Milk Chocolate Milk Soy Butter n Jelly Sandwich (V)	Oct - 10  Fish Sticks w Roll Pepperoni Pizza (P) Spicy Chicken Tender w/ Roll Mini Baby Carrots Salad Bar Fuji Apple 1% Milk Non-Fat Milk Soy Butter n Jelly Sandwich (V)	Oct - 11  Chicken Fajita w Rice Buffalo Chicken Salad All Beef Cheeseburger Pinto Beans Salad Bar Banana 1% Milk Non-Fat Milk Soy Butter n Jelly Sandwich (V)	Oct - 12  Mojo Chicken Drumstick w/ Pita Chicken Salad w Croutons BRC Burrito Asian Coleslaw Salad Bar Granny Smith Apple 1% Milk Non-Fat Milk	Oct - 13

*\*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

October 2017

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 16  Egg Roll w/ Fried Rice Combo Pizza (P) BBQ Chicken Sandwich Edamame Beans Salad Bar Pear 1% Milk Chocolate Milk	Oct - 17  Chicken and Waffles Chicken Salad w Croutons Spicy Chicken Sandwich Spinach Salad Salad Bar Gala Apple 1% Milk Non-Fat Milk Soy Butter n Jelly Sandwich (V)	Oct - 18  Pepper Jack Enchiladas Buffalo Chicken Salad Grass Fed Beef Hot Dog Cilantro Lime Slaw Salad Bar Banana 1% Milk Non-Fat Milk	Oct - 19  Beef Chili with Tortilla Chips (FP) Chicken Salad w Croutons Grilled Cheese (V,FP) Fiesta Corn Salad Salad Bar Pink Lady Apple 1% Milk Non-Fat Milk	Oct - 20  Chicken Parmesan w Past Cheese Pizza (V) Chicken Cheese Steak Mini Baby Carrots Salad Bar Orange 1% Milk Non-Fat Milk
Oct - 23  Mac & Cheese (V) Buffalo Chicken Salad Deli Sandwich Green Beans Salad Bar Pear 1% Milk Chocolate Milk	Oct - 24  Chicken Tikka Marsala Pepperoni Pizza (P) Spicy Chicken Tender w/ Roll Peas and Carrots Salad Bar Fuji Apple 1% Milk Non-Fat Milk Soy Butter n Jelly Sandwich (V)	Oct - 25  Turkey Nachos (FP) Chicken Salad w Croutons All Beef Cheeseburger Sriracha Beans Salad Bar Banana 1% Milk Non-Fat Milk Soy Butter n Jelly Sandwich (V)	Oct - 26  Mexican Pizza Buffalo Chicken Salad BRC Burrito Broccoli Slaw Salad Bar Granny Smith Apple 1% Milk Non-Fat Milk	Oct - 27  Managers Choice Cheese Pizza (V) Grilled Turkey Ham & Cheese Sandwich Deli Roasted Potatoes 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

Middle School Lunch

October 2017

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 30  Meatloaf w Biscuit Combo Pizza (P) BBQ Chicken Sandwich Mashed Potatoes w Gravy Salad Bar Pear 1% Milk Chocolate Milk	Oct - 31  Thai Chili Chicken with Rice Buffalo Chicken Salad Spicy Chicken Sandwich Stir Fry Vegetables Salad Bar Gala Apple 1% Milk Non-Fat Milk Soy Butter n Jelly Sandwich (V)			

	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	692	600-700	100%	Sugars	30.03* g	17.35%	
Cholesterol	60* mg			Protein	32.85* g	18.97%	
Sodium	1152 mg	1360		Carbohyd	93.62 g	54.09%	
Fiber	13.98* g			Tot. Fat	22.43 g	29.15%	<10.00%
Vitamin C	65.93* mg			Sat. Fat	6.29* g	8.18%	

*\*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.*