

Oakland Unified School District

Middle School Lunch
September 2017

Aug 13, 2017

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Monday	Tuesday	Wednesday	Thursday	Friday
	Sep - 5 Thai Chili Chicken with Rice Buffalo Chicken Salad Spicy Chicken Sandwich Stir Fry Vegetables Salad Bar Plum 1% Milk Non-Fat Milk Soy Butter n Jelly Sandwich (V)	Sep - 6 Chicken Burrito (FP) Chicken Salad w Croutons Grass Fed Beef Hot Dog Sriracha Beans Salad Bar Shape-Up 1% Milk Non-Fat Milk Soy Butter n Jelly Sandwich (V)	Sep - 7 Kung Pao Chicken w/ Rice (FP) Buffalo Chicken Salad Grilled Cheese (V,FP) Broccoli Slaw Salad Bar White Peach 1% Milk Non-Fat Milk	Sep - 8 Spaghetti w Meat Sauce Cheese Pizza (V) Chicken Cheese Steak Mini Baby Carrots Salad Bar Nectarine 1% Milk Non-Fat Milk
Sep - 11 Turkey Nachos (FP) Buffalo Chicken Salad Deli Sandwich Romaine Salad Salad Bar Peach 1% Milk Chocolate Milk Soy Butter n Jelly Sandwich (V)	Sep - 12 Fish Sticks w Roll Pepperoni Pizza (P) Spicy Chicken Tender w/ Roll Mini Baby Carrots Salad Bar Plum 1% Milk Non-Fat Milk Soy Butter n Jelly Sandwich (V)	Sep - 13 Chicken Fajita w Rice Buffalo Chicken Salad All Beef Cheeseburger Pinto Beans Salad Bar Shape-Up 1% Milk Non-Fat Milk Soy Butter n Jelly Sandwich (V)	Sep - 14 Honey Sriracha Drumstick w Rice Chicken Salad w Croutons BRC Burrito Asian Coleslaw Salad Bar White Peach 1% Milk Non-Fat Milk	Sep - 15 Orange Chicken Cheese Pizza (V) Grilled Turkey Ham & Cheese Sandwich Stir Fry Vegetables Salad Bar Nectarine 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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Monday	Tuesday	Wednesday	Thursday	Friday
Sep - 18 Egg Roll w/ Fried Rice Combo Pizza (P) Berry Parfait Edamame Beans Salad Bar Peach 1% Milk Chocolate Milk	Sep - 19 Chicken and Waffles Chicken Salad w Croutons Spicy Chicken Sandwich Spinach Salad Salad Bar Plum 1% Milk Non-Fat Milk Soy Butter n Jelly Sandwich (V)	Sep - 20 Pepper Jack Enchiladas Buffalo Chicken Salad Grass Fed Beef Hot Dog Cilantro Lime Slaw Salad Bar Shape-Up 1% Milk Non-Fat Milk	Sep - 21 Beef Tacos Chicken Salad w Croutons Grilled Cheese (V,FP) Fiesta Corn Salad Salad Bar White Peach 1% Milk Non-Fat Milk	Sep - 22 Chicken Parmesan w Past Cheese Pizza (V) Chicken Cheese Steak Mini Baby Carrots Salad Bar Nectarine 1% Milk Non-Fat Milk
Sep - 25 Mac & Cheese (V) Buffalo Chicken Salad Deli Sandwich Green Beans Salad Bar Peach 1% Milk Chocolate Milk	Sep - 26 Chicken Tikka Marsala Pepperoni Pizza (P) Spicy Chicken Tender w/ Roll Peas and Carrots Salad Bar Plum 1% Milk Non-Fat Milk Soy Butter n Jelly Sandwich (V)	Sep - 27 Turkey Nachos (FP) Chicken Salad w Croutons All Beef Cheeseburger Sriracha Beans Salad Bar Shape-Up 1% Milk Non-Fat Milk Soy Butter n Jelly Sandwich (V)	Sep - 28 Fish Tostada with Rice + Beans Buffalo Chicken Salad BRC Burrito Broccoli Slaw Salad Bar White Peach 1% Milk Non-Fat Milk	Sep - 29 Managers Choice Cheese Pizza (V) Grilled Turkey Ham & Cheese Sandwich Deli Roasted Potatoes Salad Bar Nectarine 1% Milk Non-Fat Milk

	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	685	600-700	100%	Sugars	31.00* g	18.09%	
Cholesterol	57* mg			Protein	32.80 g	19.14%	
Sodium	1205 mg	1360		Carbohydr	91.16 g	53.21%	
Fiber	12.98* g			Tot. Fat	22.08 g	29.00%	<10.00%
Vitamin C	72.03* mg			Sat. Fat	5.89* g	7.73%	

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