

SALAD BAR

Middle School
Lunch
JUNE 2017



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Ready... Set... SUMMER!</p>		<p>Jun - 1</p> <p>Pepperoni Pizza (P) Grilled Cheese (V,FP) Beef Chili with Tortilla Chips (FP) Plum Romaine Salad Salad Bar 1% Milk Non-Fat Milk</p>	<p>Jun - 2</p> <p>Sausage Pizza (P) Chicken Cheese Steak Spaghetti w Meat Sauce Strawberries California Carrot Salad Salad Bar 1% Milk Non-Fat Milk Soy Butter n Jelly Sandwich (V)</p>
<p>Jun - 5</p> <p>Combo Pizza (P) Deli Sandwich Chicken Tenders w Roll Peach Mashed Potatoes w Gravy Salad Bar 1% Milk Chocolate Milk Soy Butter n Jelly Sandwich (V)</p>	<p>Jun - 6</p> <p>Grilled Chicken Salad w Croutons Hamburger or Cheeseburger Chicken and Waffles Nectarine Broccoli Slaw Salad Bar 1% Milk Non-Fat Milk</p>	<p>Jun - 7</p> <p>Chicken Salad w Croutons Deli Sandwich Chicken Tenders w Roll Shape-Up Spinach Salad Salad Bar 1% Milk Non-Fat Milk</p>	<p>Jun - 8</p> <p>Pepperoni Pizza (P) Quesadilla (V,FP) BBQ Chicken w Cornbread Plum Cilantro Lime Slaw Salad Bar 1% Milk Non-Fat Milk</p>	<p>Jun - 9</p> <p>Sausage Pizza (P) Spicy Chicken Sandwich Egg Roll w/ Fried Rice Strawberries Edamame Beans Salad Bar 1% Milk Non-Fat Milk Soy Butter n Jelly Sandwich (V)</p>

P=pork; V=vegetarian; FP=freshly prepared in our kitchen; CA=California Thursday means freshly prepared & locally sourced; Lean & Green Wednesday – vegetarian

Strawberries-organically grown by Coke Farms in Hollister, CA. www.cokefarm.com

Shape-Up – frozen 100% juice cup

All grain products are whole-grain rich.



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	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	698	600-700	100%	Sugars	21.41* g	12.28%	
Sodium	1134 mg	1360		Protein	38.36 g	21.99%	
Fiber	11.36 g			Carbohyd	81.99 g	47.01%	
				Tot. Fat	24.83 g	32.03%	
				Sat. Fat	6.34 g	8.18%	<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 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.



Kids don't need to attend summer school to eat in school cafeterias. Call 510.434.3335 for school sites and mealtimes. For other locations like libraries and parks, call 1-800-870-FOOD. No registration, no paperwork.