

Oakland Unified School District

High School Lunch
AUGUST 2018

Jul 30, 2018

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Monday	Tuesday	Wednesday	Thursday	Friday
Aug - 13 All Beef Hot Dog Buffalo Chicken Salad Combo Pizza (P) Baked Beans Mini Baby Carrots Fresh Fruit Raisins MILK: Non - Fat & 1% Chocolate Milk Soy Butter n Jelly Sandwich (V)	Aug - 14 Spaghetti w Meat Sauce Chicken Salad w/Roll Pepperoni Pizza (P) Spicy Chicken Sandwich Spinach Salad Mini Baby Carrots Fresh Fruit Raisins MILK: Non - Fat & 1% Soy Butter n Jelly Sandwich (V)	Aug - 15 Wings w/ a Roll Cobb Salad Crispy Potato Wedges Mini Baby Carrots Shape-Up Raisins MILK: Non - Fat & 1%	Aug - 16 Beef Tacos Chicken Cesear Salad Grilled Cheese (V) Sweet Corn Salad Mini Baby Carrots Fresh Fruit Raisins MILK: Non - Fat & 1%	Aug - 17 Egg Roll & Fried Rice Chicken Salad w/Roll Cheese Pizza (V) Quesadilla (V) Stir Fry Vegetables Mini Baby Carrots Fresh Fruit Raisins MILK: Non - Fat & 1%
Aug - 20 Hamburger or Cheeseburger Buffalo Chicken Salad Combo Pizza (P) Sriracha Beans Mini Baby Carrots Fresh Fruit Raisins MILK: Non - Fat & 1% Chocolate Milk	Aug - 21 Chicken Tikka Marsala w/ Rice Chicken Salad w/Roll Pepperoni Pizza (P) Spicy Chicken Tender w/ Roll Peas and Carrots Mini Baby Carrots Fresh Fruit Raisins MILK: Non - Fat & 1% Soy Butter n Jelly Sandwich (V)	Aug - 22 Wings w/ a Roll Cobb Salad Baked French Fries Mini Baby Carrots Shape-Up Raisins MILK: Non - Fat & 1% Soy Butter n Jelly Sandwich (V)	Aug - 23 Italian Chicken w Basil Parmesan Rice Chicken Cesear Salad BRC Burrito Cranberry Spinach Salad Mini Baby Carrots Fresh Fruit Raisins MILK: Non - Fat & 1%	Aug - 24 Turkey Nachos Chicken Salad w/Roll Grilled Turkey Ham & Cheese Grilled Cheese (V) Cauliflower w Ranch Dres Mini Baby Carrots Fresh Fruit Raisins MILK: Non - Fat & 1%

**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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AUGUST 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Aug - 27 Orange Chicken w Rice Buffalo Chicken Salad Combo Pizza (P) Teriyaki Chicken Sand Stir Fry Vegetables Mini Baby Carrots Peach Raisins MILK: Non - Fat & 1% Chocolate Milk Soy Butter n Jelly Sandwich (V)	Aug - 28 Chicken Fajita w Rice Chicken Salad w/Roll Pepperoni Pizza (P) Egg Salad Sandwich Sriracha Beans Mini Baby Carrots Plum Raisins MILK: Non - Fat & 1%	Aug - 29 Wings w/ a Roll Cobb Salad Spicy Chicken Sandwich Carrot and Celery Sticks Mini Baby Carrots Shape-Up Raisins MILK: Non - Fat & 1% Soy Butter n Jelly Sandwich (V)	Aug - 30 Fish Tostada with Rice + Beans Chicken Cesear Salad Grilled Cheese (V) Romaine Salad Mini Baby Carrots Nectarine Raisins MILK: Non - Fat & 1%	Aug - 31 Chicken Parmesan & Pasta Chicken Salad w/Roll Cheese Pizza (V) Mindful Meats: Hamburger Sweet Corn Salad Hamburger Bar Mini Baby Carrots Strawberries Raisins MILK: Non - Fat & 1%

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