

# Oakland Unified School District

High School Satellite Lunch

HHFKA - 9-12

DECEMBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Dec - 3  Chicken Burrito Buffalo Chicken Salad Deli Sandwich Pinto Beans Mini Baby Carrots Pear Raisins MILK: Non - Fat & 1% Chocolate Milk *	Dec - 4  Cheese Pizza Pepperoni Pizza Grilled Chicken Salad w/ Roll California Vegetables Mini Baby Carrots Kiwi Raisins MILK: Non - Fat & 1% *	Dec - 5  BBQ Wings w/ Pita Chicken Cesezar Salad Gardenburger (V) Garlic Fries Mini Baby Carrots Banana Raisins MILK: Non - Fat & 1%	Dec - 6  Honey Sriracha Drumstick w Rice Grilled Chicken Salad w/ Roll Quesadilla (V) Cranberry Spinach Salad Mini Baby Carrots Tangerine/Mandarin Raisins MILK: Non - Fat & 1%	Dec - 7  Egg Roll & Fried Rice All Beef Hot Dog Cilantro Lime Slaw Mini Baby Carrots Fuji Apple Raisins MILK: Non - Fat & 1%
Dec - 10  Chicken Tikka Marsala w/ Rice Buffalo Chicken Salad Grilled Cheese (V) Peas and Carrots Mini Baby Carrots Pear Raisins MILK: Non - Fat & 1% Chocolate Milk	Dec - 11  Cheese Pizza Pepperoni Pizza Grilled Chicken Salad w/ Roll Green Beans Mini Baby Carrots Persimmons Raisins MILK: Non - Fat & 1%	Dec - 12  BBQ Wings w/ Pita Cobb Salad Spicy Chicken Sandwich Sriracha Beans Mini Baby Carrots Banana Raisins MILK: Non - Fat & 1% *	Dec - 13  Beef Chili w/Chips Chicken Cesezar Salad Grilled Cheese (V) Romaine Salad Mini Baby Carrots Tangerine/Mandarin Raisins MILK: Non - Fat & 1%	Dec - 14  Managers Choice Grilled Chicken Salad w/ Roll Mindful Meats: Hamburger Crispy Potato Wedges Mini Baby Carrots Pink Lady Apple 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.

# Oakland Unified School District

High School Satellite Lunch

HHFKA - 9-12

DECEMBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Dec - 17	Dec - 18	Dec - 19	Dec - 20	Dec - 21
Chicken Enchilada Casserole w Rice Buffalo Chicken Salad Cheesy Toast Sriracha Beans Mini Baby Carrots Pear Raisins MILK: Non - Fat & 1% Chocolate Milk	Cheese Pizza Pepperoni Pizza Grilled Chicken Salad w/ Roll Cilantro Lime Slaw Mini Baby Carrots Kiwi Raisins MILK: Non - Fat & 1%	BBQ Wings w/ Pita Chicken Cesear Salad Gardenburger (V) Carrot and Celery Sticks Mini Baby Carrots Banana Raisins MILK: Non - Fat & 1%	Jerk Chicken w/ Pita Bread Grilled Chicken Salad w/ Roll Quesadilla (V) Romaine Salad Mini Baby Carrots Tangerine/Mandarin Raisins MILK: Non - Fat & 1%	Oven Roasted Turkey w/ Mashed Potato & Roll Chicken Cesear Salad Corn Mini Baby Carrots Apple Cranberry Crisp Raisins MILK: Non - Fat & 1%

	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	812*	750-850	100%	Protein	34.06* g	16.78%	
Cholesterol	89* mg			Carbohyd	116.30* g	57.30%	
Sodium	1130* mg	1420		Sat. Fat	7.83* g	8.68%	<10.00%
Fiber	15.30* g						

\*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.