

Kings Canyon USD
LUNCH with SALAD BAR
MIDDLE SCHOOL MENU

July 2022

Monday	Tuesday	Wednesday	Thursday	Friday
				Jul - 1 WGR Pizza Wedge SWEET POTATO FRIES Fruit Cup, Variety MILK - Variety* Assorted Condiments
Jul - 4 HOLIDAY	Jul - 5 Cheese Quesadilla SALAD Harvest 1/2 Cup Fresh Fruit MILK - Variety* Assorted Condiments	Jul - 6 WGR Corn Dog POTATO WEDGES SEASON Fruit Cup, Variety MILK - Variety* Assorted Condiments	Jul - 7 Chicken Smackers Vegetable Medley 1/2 Cup Fresh Fruit MILK - Variety* Assorted Condiments	Jul - 8 WGR French Bread Pizza SALAD Harvest 1/2 Cup Fresh Fruit MILK - Variety* Assorted Condiments
Jul - 11 Smokey's Cheeseburger POTATO WEDGES SEASON 1/2 Cup Fresh Fruit MILK - Variety* Assorted Condiments	Jul - 12 WGR Cheeseburger Buddie SALAD Harvest Fruit Cup, Variety MILK - Variety* Assorted Condiments	Jul - 13 Grilled Chicken Burrito CARROTEENIES RAISINS MILK - Variety* Assorted Condiments	Jul - 14 WGR Hot Dog SALAD Harvest Fruit Cup, Variety MILK - Variety* Assorted Condiments	Jul - 15 WGR Pizza Wedge Sweet Potato Tots 1/2 Cup Fresh Fruit MILK - Variety* Assorted Condiments
Jul - 18 Chicken/Cheese Taquitos Sweet Corn Fruit Cup, Variety MILK - Variety* Assorted Condiments	Jul - 19 WGR Grilled Cheese GREEN BEANS, SPANISH 1/2 Cup Fresh Fruit MILK - Variety* Assorted Condiments	Jul - 20 WGR Chicken Burger Corn on the Cob 1/2 Cup Fresh Fruit MILK - Variety* Assorted Condiments	Jul - 21 DELI SANDWICH SALAD Harvest RAISINS MILK - Variety* Assorted Condiments	Jul - 22 WGR Pizza Wedge SWEET POTATO FRIES Fruit Cup, Variety MILK - Variety* Assorted Condiments
Jul - 25 Cheezy Bites 6-12 Sweet Corn Fruit Cup, Variety MILK - Variety* Assorted Condiments	Jul - 26 Cheese Quesadilla SALAD Harvest 1/2 Cup Fresh Fruit MILK - Variety* Assorted Condiments	Jul - 27 Grilled Chicken Burrito CARROTEENIES Fruit Cup, Variety MILK - Variety* Assorted Condiments	Jul - 28 WGR Beef Rib Q Steamed Broccoli 1/2 Cup Fresh Fruit MILK - Variety* Assorted Condiments	Jul - 29 PIZZA MAX STIX CHEESE 6- SALAD Harvest 1/2 Cup Fresh Fruit MILK - Variety* Assorted Condiments

WGR*: Whole Grain Rich
Menu is Subject to Change
This Institution is an equal opportunity provider.

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.