

Kings Canyon USD

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 3 Beef/Cheese Taco Stick WGR Hot Dog CARROT STICKS GREEN BEANS RAISINS MILK - Variety* Assorted Condiments	Oct - 4 Chicken & Gravy WGR Bean/Cheese Burrito SALAD Harvest CARROTEENIES Fruit Cup, Variety MILK - Variety* Assorted Condiments	Oct - 5 ORANGE CHICKEN; K-5 WGR Grilled Cheese SALAD Harvest BAKED BEANS (VEGETARIAN) Fruit Cup, Variety MILK - Variety* Assorted Condiments	Oct - 6 WGR Beef Rib Q WGR Cheeseburger Buddie Steamed Broccoli SALAD Harvest 1/2 Cup Fresh Fruit MILK - Variety* Assorted Condiments	Oct - 7 WGR Pizza Max Stix Cheese Quesadilla CARROTS GLAZED SALAD Harvest 1/2 Cup Fresh Fruit MILK - Variety* Assorted Condiments
Oct - 10 WGR Cheezy Bites WGR Hot Dog CARROTEENIES Sweet Corn Fruit Cup, Variety MILK - Variety* Assorted Condiments	Oct - 11 Cheese Quesadilla Beef/Cheese Taco Stick SALAD Harvest GREEN BEANS 1/2 Cup Fresh Fruit MILK - Variety* Assorted Condiments	Oct - 12 WGR Chicken Burger WGR Corn Dog SALAD Harvest POTATO WEDGES SEASON Fruit Cup, Variety MILK - Variety* Assorted Condiments	Oct - 13 Ravioli 6-12 Chicken Smackers Vegetable Medley SALAD Harvest 1/2 Cup Fresh Fruit MILK - Variety* Assorted Condiments	Oct - 14 WGR Grilled Cheese WGR French Bread Pizza BAKED BEANS (VEGETARIAN) SALAD Harvest 1/2 Cup Fresh Fruit MILK - Variety* Assorted Condiments
Oct - 17 WGR Chicken Strips Smokey's Cheeseburger CARROTEENIES Sweet Corn 1/2 Cup Fresh Fruit MILK - Variety* Assorted Condiments	Oct - 18 MEATLOAF & MASHERS K-5 WGR Cheeseburger Buddie SALAD Harvest BEANS REFRIED SPICY Fruit Cup, Variety MILK - Variety* Assorted Condiments	Oct - 19 BEEFY NACHOS Chicken Smackers Vegetable Medley SALAD Harvest RAISINS MILK - Variety* Assorted Condiments	Oct - 20 WGR Spaghetti WGR Bean/Cheese Burrito SALAD Harvest CARROTEENIES Fruit Cup, Variety MILK - Variety* Assorted Condiments	Oct - 21 WGR TexMex Bowl WGR Pizza Wedge SALAD Harvest Spudsters, potatoes 1/2 Cup Fresh Fruit MILK - Variety* Assorted Condiments
Oct - 24 Cheese Quesadilla BEEFY NACHOS Sweet Corn CARROTEENIES Fruit Cup, Variety MILK - Variety* Assorted Condiments	Oct - 25 WGR Carnita/Rice Burrito WGR Grilled Cheese SALAD Harvest GREEN BEANS 1/2 Cup Fresh Fruit MILK - Variety* Assorted Condiments	Oct - 26 WGR Chicken Burger Beef/Cheese Taco Stick BAKED BEANS (VEGETARIAN) SALAD Harvest 1/2 Cup Fresh Fruit MILK - Variety* Assorted Condiments	Oct - 27 OVEN FRIED CHICKEN WGR Cheeseburger Buddie Mashed Potatoes/Gravy SALAD Harvest RAISINS MILK - Variety* Assorted Condiments	Oct - 28 WGR Bean/Cheese Burrito WGR Pizza Wedge SWEET POTATO FRIES SALAD Harvest Fruit Cup, Variety MILK - Variety* Assorted Condiments
Oct - 31 Deep Dish Pizza 5" WGR Hot Dog Sweet Corn CARROTEENIES Sidekicks, Fruit Isee Cup MILK - Variety* Assorted Condiments				

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.