

Kings Canyon USD
MIDDLE SCHOOL MENU
LUNCH MENU
October 2022

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

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