

Kings Canyon USD

High School Lunch

October 2022

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 3 Beef/Cheese Taco Stick WGR Hot Dog CORN DOG Combo CHINESE CHIX SALAD SALAD BAR 1 MILK - Variety* Assorted Condiments	Oct - 4 Chicken & Gravy WGR Bean/Cheese Burrito SOUTHWEST SALAD BURRITO Combo SALAD BAR 2 MILK - Variety* Assorted Condiments	Oct - 5 ORANGE CHICKEN; 6-12 WGR Grilled Cheese SALAD CHICKEN CAESAR; CHEESEBURGER Combo SALAD BAR 3 MILK - Variety* Assorted Condiments	Oct - 6 WGR Beef Rib Q WGR Cheeseburger Buddie Chicken Fajita Salad CHICKEN BURGER COMBO SALAD BAR 4 MILK - Variety* Assorted Condiments	Oct - 7 PIZZA MAX STIX CHEESE 6- Cheese Quesadilla Spicy Chix Strip Salad Spicy Chix Strip Combo SALAD BAR 5 MILK - Variety* Assorted Condiments
Oct - 10 Cheezy Bites 6-12 WGR Hot Dog CHINESE CHIX SALAD BURRITO Combo SALAD BAR 1 MILK - Variety* Assorted Condiments	Oct - 11 WGR Cheeseburger Buddie Beef/Cheese Taco Stick Taco Salad CORN DOG Combo SALAD BAR 2 MILK - Variety* Assorted Condiments	Oct - 12 WGR Chicken Burger WGR Corn Dog Spicy Chix Strip Salad CHEESEBURGER Combo SALAD BAR 3 MILK - Variety* Assorted Condiments	Oct - 13 Ravioli 6-12 Chicken Smackers Chicken Fajita Salad CHICKEN BURGER COMBO SALAD BAR 4 MILK - Variety* Assorted Condiments	Oct - 14 WGR Grilled Cheese WGR French Bread Pizza SOUTHWEST SALAD Spicy Chix Strip Combo SALAD BAR 5 APPLE CRISP - ALL MILK - Variety* Assorted Condiments
Oct - 17 WGR Chicken Strips Smokey's Cheeseburger Taco Salad CORN DOG Combo SALAD BAR 1 MILK - Variety* Assorted Condiments	Oct - 18 MEATLOAF & MASHERS 6- WGR Cheeseburger Buddie CHINESE CHIX SALAD BURRITO Combo SALAD BAR 2 MILK - Variety* Assorted Condiments	Oct - 19 BEEFY NACHOS Chicken Smackers Spicy Chix Strip Salad CHEESEBURGER Combo SALAD BAR 3 MILK - Variety* Assorted Condiments	Oct - 20 SPAGHETTI & MEAT SAUCE WGR Hot Dog SOUTHWEST SALAD Spicy Chix Strip Combo SALAD BAR 4 MILK - Variety* Assorted Condiments	Oct - 21 Mac and Cheese WGR Pizza Wedge Chicken Fajita Salad CHICKEN BURGER COMBO SALAD BAR 5 MILK - Variety* Assorted Condiments
Oct - 24 Cheese Quesadilla BEEFY NACHOS Taco Salad CORN DOG Combo SALAD BAR 1 MILK - Variety* Assorted Condiments	Oct - 25 WGR Carnita/Rice Burrito WGR Grilled Cheese Spicy Chix Strip Salad CHEESEBURGER Combo SALAD BAR 2 MILK - Variety* Assorted Condiments	Oct - 26 WGR Chicken Burger Beef/Cheese Taco Stick CHINESE CHIX SALAD BURRITO Combo SALAD BAR 3 MILK - Variety* Assorted Condiments	Oct - 27 OVEN FRIED CHICKEN WGR Cheeseburger Buddie Mashed Potatoes/Gravy Chicken Fajita Salad Spicy Chix Strip Combo SALAD BAR 4 MILK - Variety* Assorted Condiments	Oct - 28 WGR Bean/Cheese Burrito WGR Pizza Wedge SOUTHWEST SALAD CHICKEN BURGER COMBO SALAD BAR 5 MILK - Variety* Assorted Condiments
Oct - 31 Deep Dish Pizza 5" WGR Hot Dog CHINESE CHIX SALAD CHEESEBURGER Combo SALAD BAR 1 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.