

Kings Canyon USD

PRE-K LUNCH

PRE-K LUNCH MENU

OCTOBER 2022

Sep 9, 2022

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