

Kings Canyon USD
KCUSD HIGH SCHOOL LUNCH
High School Lunch

July 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Jul - 1 Beef/Cheese Taco Stick WGR Hot Dog CARROT STICKS GREEN BEANS, SPANISH 1 Cup Fruit Variety MILK - Variety* Assorted Condiments	Jul - 2 DELI SANDWICH Bean/Cheese Burrito POTATO WEDGES Harvest Salad 1 Cup Fruit Variety MILK - Variety* Assorted Condiments	Jul - 3 ORANGE CHICKEN; 6-12 WGR Grilled Cheese Harvest Salad Vegetable Medley 1 Cup Fruit Variety MILK - Variety* Assorted Condiments	Jul - 4 HOLIDAY	Jul - 5 Stuffed Pizza Pocket Cheese Quesadilla Harvest Salad CARROTS GLAZED 1 Cup Fruit Variety MILK - Variety* Assorted Condiments
Jul - 8 Cheezy Bites 6-12 WGR Hot Dog CARROTEENIES Sweet Corn 1 Cup Fruit Variety MILK - Variety* Assorted Condiments	Jul - 9 Taco, CrispUps, 6-12 Beef/Cheese Taco Stick Harvest Salad GREEN BEANS 1 Cup Fruit Variety MILK - Variety* Assorted Condiments	Jul - 10 Chicken Burger WGR Corn Dog Harvest Salad POTATO WEDGES 1 Cup Fruit Variety MILK - Variety* Assorted Condiments	Jul - 11 WGR Beef Rib Q Chicken Smackers Vegetable Medley Harvest Salad 1 Cup Fruit Variety MILK - Variety* Assorted Condiments	Jul - 12 Stuffed Pizza Pocket WGR French Bread Pizza BAKED BEANS Harvest Salad 1 Cup Fruit Variety MILK - Variety* Assorted Condiments
Jul - 15 NO SCHOOL TODAY	Jul - 16 NO SCHOOL TODAY	Jul - 17 NO SCHOOL TODAY	Jul - 18 NO SCHOOL TODAY	Jul - 19 NO SCHOOL TODAY
Jul - 22 Cheese Quesadilla WGR Beef Rib Q CARROTEENIES Sweet Corn 1 Cup Fruit Variety MILK - Variety* Assorted Condiments	Jul - 23 Taco, CrispUps, 6-12 WGR Grilled Cheese Harvest Salad GREEN BEANS, SPANISH 1 Cup Fruit Variety MILK - Variety* Assorted Condiments	Jul - 24 Chicken Burger Beef/Cheese Taco Stick BAKED BEANS Harvest Salad 1 Cup Fruit Variety MILK - Variety* Assorted Condiments	Jul - 25 Carnitas burrito w salsa Cheeseburger Buddies CARROTEENIES Harvest Salad 1 Cup Fruit Variety MILK - Variety* Assorted Condiments	Jul - 26 Stuffed Pizza Pocket WGR Pizza Wedge SWEET POTATO FRIES Harvest Salad 1 Cup Fruit Variety MILK - Variety* Assorted Condiments
Jul - 29 BEEFY NACHOS WGR Hot Dog Sweet Corn CARROTEENIES 1 Cup Fruit Variety MILK - Variety* Assorted Condiments	Jul - 30 WGR Grilled Cheese WGR TexMex Bowl Harvest Salad CARROT STICKS 1 Cup Fruit Variety MILK - Variety* Assorted Condiments	Jul - 31 WGR Carnita/Rice Burrit Cheese Quesadilla Corn on the Cob Harvest Salad 1 Cup Fruit Variety MILK - Variety* Assorted Condiments		

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.