

# Kings Canyon USD

KCUSD K-5 LUNCH

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OCTOBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	Oct - 1  ORANGE CHICKEN; K-5 WGR Grilled Cheese Corn on the Cob Stir Fry Veggie Blend Fruit Cup, Variety MILK - Variety* Assorted Condiments	Oct - 2  WGR Beef Rib Q Chili Cheese Burrito Harvest Salad BAKED BEANS Fruit Cup, Variety MILK - Variety* Assorted Condiments	Oct - 3  Cheeseburger Buddies Chicken Nuggets Steamed Broccoli Harvest Salad 1/2 Cup Fresh Fruit MILK - Variety* Assorted Condiments	Oct - 4  WGR Cheezy Bites CARROT STICKS Harvest Salad 1/2 Cup Fresh Fruit MILK - Variety* Assorted Condiments
Oct - 7  Chicken Burger Mini Corndogs SWEET POTATO FRIES Sweet Corn Fruit Cup, Variety MILK - Variety* Assorted Condiments	Oct - 8  DELI SANDWICH Bean/Cheese Burrito Harvest Salad GREEN BEANS 1/2 Cup Fresh Fruit MILK - Variety* Assorted Condiments	Oct - 9  Chili Beans & Corn Muffin Stuffed Pizza Pocket Harvest Salad CARROTEENIES Fruit Cup, Variety MILK - Variety* Assorted Condiments	Oct - 10  Carnitas burrito w salsa Chicken Nuggets Vegetable Medley Harvest Salad 1/2 Cup Fresh Fruit MILK - Variety* Assorted Condiments	Oct - 11  WGR French Bread Pizza SWEET POTATO FRIES Harvest Salad 1/2 Cup Fresh Fruit MILK - Variety* Assorted Condiments
Oct - 14  BEEFY NACHOS WGR Hot Dog CARROTEENIES Sweet Corn 1/2 Cup Fresh Fruit MILK - Variety* Assorted Condiments	Oct - 15  Chicken & Gravy Cheeseburger Buddies Vegetable Medley Fruit Cup, Variety MILK - Variety* Assorted Condiments	Oct - 16  Bean/Cheese Burrito Beef/Cheese Taco Stick Vegetable Medley Harvest Salad 1/2 Cup Fresh Fruit MILK - Variety* Assorted Condiments	Oct - 17  Spaghetti WGR Cheezy Bites Harvest Salad CARROTEENIES Fruit Cup, Variety MILK - Variety* Assorted Condiments	Oct - 18  WGR Pizza Wedge Harvest Salad POTATO WEDGES 1/2 Cup Fresh Fruit MILK - Variety* Assorted Condiments
Oct - 21  Cheese Quesadilla Crispy Chicken Taco K-5 Sweet Corn BEANS REFRIED SPICY Fruit Cup, Variety MILK - Variety* Assorted Condiments	Oct - 22  Teriyaki Bowl K-5 Chicken Nuggets Stir Fry Veggie Blend GREEN BEANS 1/2 Cup Fresh Fruit MILK - Variety* Assorted Condiments	Oct - 23  Chicken Burger WGR Pizza Max Stix Vegetable Medley Harvest Salad 1/2 Cup Fresh Fruit MILK - Variety* Assorted Condiments	Oct - 24  Chili Cheese Burrito Bean & Cheese Tostada TATER TOTS Harvest Salad Fruit Cup, Variety MILK - Variety* Assorted Condiments	Oct - 25  WGR Pizza Wedge SWEET POTATO FRIES Harvest Salad Fruit Cup, Variety MILK - Variety* Assorted Condiments
Oct - 28  OVEN FRIED CHICKEN Chicken Nuggets Mashed Potatoes/Gravy Corn on the Cob Fruit Cup, Variety MILK - Variety* Assorted Condiments	Oct - 29  WGR Grilled Cheese Teriyaki Beef Dunkers K- Stir Fry Veggie Blend CARROT STICKS 1/2 Cup Fresh Fruit MILK - Variety* Assorted Condiments	Oct - 30  WGR Beef Rib Q Stuffed Pizza Pocket Corn on the Cob Harvest Salad 1/2 Cup Fresh Fruit MILK - Variety* Assorted Condiments	Oct - 31  Mini Corndogs Cheeseburger Buddies Steamed Broccoli Harvest Salad 1/2 Cup Fresh Fruit 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.**