

**Kings Canyon USD**  
**MIDDLE SCHOOL LUNCH**  
**MIDDLE SCHOOL MENU**  
**LUNCH MENU**  
**October 2024**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	Oct - 1 ORANGE CHICKEN; K-5 WGR Grilled Cheese SOUTHWEST SALAD Corn on the Cob Stir Fry Veggie Blend Fruit Cup, Variety MILK - Variety* Assorted Condiments	Oct - 2 WGR Beef Rib Q Chili Cheese Burrito SALAD CHICKEN CAESAR Harvest Salad BAKED BEANS Fruit Cup, Variety MILK - Variety* Assorted Condiments	Oct - 3 Cheeseburger Buddies Chicken Nuggets Chicken Fajita Salad Steamed Broccoli Harvest Salad 1/2 Cup Fresh Fruit MILK - Variety* Assorted Condiments	Oct - 4 WGR Cheezy Bites Spicy Chix Strip Salad Harvest Salad CARROT STICKS 1/2 Cup Fresh Fruit MILK - Variety* Assorted Condiments
Oct - 7 Chicken Burger Mini Corndogs CHINESE CHIX SALAD SWEET POTATO FRIES Sweet Corn Fruit Cup, Variety MILK - Variety* Assorted Condiments	Oct - 8 DELI SANDWICH Bean/Cheese Burrito Taco Salad Harvest Salad GREEN BEANS 1/2 Cup Fresh Fruit MILK - Variety* Assorted Condiments	Oct - 9 Chili Beans & Corn Muffin Stuffed Pizza Pocket Spicy Chix Strip Salad Harvest Salad CARROTEENIES Fruit Cup, Variety MILK - Variety* Assorted Condiments	Oct - 10 Carnitas burrito w salsa Chicken Nuggets Chicken Fajita Salad Vegetable Medley Harvest Salad 1/2 Cup Fresh Fruit MILK - Variety* Assorted Condiments	Oct - 11 WGR French Bread Pizza SOUTHWEST SALAD SWEET POTATO FRIES Harvest Salad 1/2 Cup Fresh Fruit MILK - Variety* Assorted Condiments
Oct - 14 BEEFY NACHOS WGR Hot Dog Taco Salad CARROTEENIES Sweet Corn 1/2 Cup Fresh Fruit MILK - Variety* Assorted Condiments	Oct - 15 Chicken & Gravy Cheeseburger Buddies CHINESE CHIX SALAD Vegetable Medley Fruit Cup, Variety MILK - Variety* Assorted Condiments	Oct - 16 Bean/Cheese Burrito Beef/Cheese Taco Stick Spicy Chix Strip Salad Vegetable Medley Harvest Salad 1/2 Cup Fresh Fruit MILK - Variety* Assorted Condiments	Oct - 17 Spaghetti Cheezy Bites 6-12 SOUTHWEST SALAD Harvest Salad CARROTEENIES Fruit Cup, Variety MILK - Variety* Assorted Condiments	Oct - 18 WGR Pizza Wedge Chicken Fajita Salad Harvest Salad POTATO WEDGES 1/2 Cup Fresh Fruit MILK - Variety* Assorted Condiments
Oct - 21 Cheese Quesadilla Crispy Chicken Taco 6-12 Taco Salad BEANS REFRIED SPICY Sweet Corn Fruit Cup, Variety MILK - Variety* Assorted Condiments	Oct - 22 Teriyaki Bowl 6-12 Chicken Nuggets Spicy Chix Strip Salad Stir Fry Veggie Blend GREEN BEANS, SPANISH 1/2 Cup Fresh Fruit MILK - Variety* Assorted Condiments	Oct - 23 Chicken Burger PIZZA MAX STIX CHEESE CHINESE CHIX SALAD Vegetable Medley Harvest Salad 1/2 Cup Fresh Fruit MILK - Variety* Assorted Condiments	Oct - 24 Chili Cheese Burrito Bean & Cheese Tostada Chicken Fajita Salad TATER TOTS Harvest Salad Fruit Cup, Variety MILK - Variety* Assorted Condiments	Oct - 25 WGR Pizza Wedge SOUTHWEST SALAD SWEET POTATO FRIES Harvest Salad Fruit Cup, Variety 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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MIDDLE SCHOOL LUNCH  
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October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 28	Oct - 29	Oct - 30	Oct - 31	
OVEN FRIED CHICKEN Chicken Nuggets CHINESE CHIX SALAD Corn on the Cob Mashed Potatoes/Gravy Fruit Cup, Variety MILK - Variety* Assorted Condiments	WGR Grilled Cheese Teriyaki Beef Dunkers 6- Taco Salad Stir Fry Veggie Blend CARROT STICKS 1/2 Cup Fresh Fruit MILK - Variety* Assorted Condiments	WGR Beef Rib Q Stuffed Pizza Pocket SOUTHWEST SALAD Corn on the Cob Harvest Salad 1/2 Cup Fresh Fruit MILK - Variety* Assorted Condiments	Mini Corndogs Cheeseburger Buddies Chicken Fajita Salad Steamed Broccoli Harvest Salad 1/2 Cup Fresh Fruit MILK - Variety* Assorted Condiments	

This Institution is an equal opportunity provider.

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