

Kings Canyon USD
MIDDLE SCHOOL LUNCH
MIDDLE SCHOOL MENU
September 2026

Jun 3, 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	Sep - 1 Teriyaki Beef Dunkers K-5 Spicy Chix Strip Salad WGR Grilled Cheese Harvest Salad Stir Fry Veggie Blend 1/2 Cup Fresh Fruit MILK - Variety* Assorted Condiments	Sep - 2 Chicken Burger Beef/Cheese Taco Stick Fresh Cucumber BAKED BEANS 1/2 Cup Fresh Fruit MILK - Variety* Assorted Condiments	Sep - 3 DELI SANDWICH Cheeseburger Buddies CHINESE CHIX SALAD CARROTEENIES Harvest Salad 1/2 Cup Fresh Fruit MILK - Variety* Assorted Condiments	Sep - 4 Bean/Cheese Burrito WGR Pizza Wedge SALAD CHICKEN CAESAR; R Waffle Fries Harvest Salad Fruit Cup, Variety MILK - Variety* Assorted Condiments
Sep - 7 HOLIDAY	Sep - 8 WGR Grilled Cheese Spaghetti Spicy Chix Strip Salad Harvest Salad CARROT STICKS 1/2 Cup Fresh Fruit MILK - Variety* Assorted Condiments	Sep - 9 WGR TexMex Bowl Bean/Cheese Burrito Zucchini Sticks BEANS REFRIED SPICY 1/2 Cup Fresh Fruit MILK - Variety* Assorted Condiments	Sep - 10 WGR Beef Rib Q Stuffed Pizza Pocket SOUTHWEST SALAD Steamed Broccoli Harvest Salad 1/2 Cup Fresh Fruit MILK - Variety* Assorted Condiments	Sep - 11 WGR Cheezy Bites DELI SANDWICH SALAD CHICKEN CAESAR; R Vegetable Medley Harvest Salad 1/2 Cup Fresh Fruit MILK - Variety* Assorted Condiments
Sep - 14 Bean & Cheese Tostada WGR Chicken Strips Taco Salad CARROTEENIES Sweet Corn Fruit Cup, Variety MILK - Variety* Assorted Condiments	Sep - 15 Carnitas and Rice Bowl WGR Corn Dog Spicy Chix Strip Salad Harvest Salad BEANS REFRIED SPICY 1/2 Cup Fresh Fruit MILK - Variety* Assorted Condiments	Sep - 16 Beef/Cheese Taco Stick WGR Grilled Cheese Fresh Cucumber Waffle Fries Fruit Cup, Variety MILK - Variety* Assorted Condiments	Sep - 17 Smokey's Cheeseburger Chicken Nuggets CHINESE CHIX SALAD Vegetable Medley Harvest Salad 1/2 Cup Fresh Fruit MILK - Variety* Assorted Condiments	Sep - 18 BEEFY NACHOS WGR French Bread Pizza SALAD CHICKEN CAESAR; R CELERY STICKS Harvest Salad Fruit Cup, Variety MILK - Variety* Assorted Condiments
Sep - 21 Chili Beans & Corn Muffin WGR Cheezy Bites Taco Salad Sweet Corn CARROTEENIES Fruit Cup, Variety MILK - Variety* Assorted Condiments	Sep - 22 Teriyaki Beef Dunkers K-5 Spicy Chix Strip Salad WGR Grilled Cheese Harvest Salad Stir Fry Veggie Blend 1/2 Cup Fresh Fruit MILK - Variety* Assorted Condiments	Sep - 23 Chicken Burger Beef/Cheese Taco Stick Fresh Cucumber BAKED BEANS 1/2 Cup Fresh Fruit MILK - Variety* Assorted Condiments	Sep - 24 DELI SANDWICH Cheeseburger Buddies CHINESE CHIX SALAD CARROTEENIES Harvest Salad 1/2 Cup Fresh Fruit MILK - Variety* Assorted Condiments	Sep - 25 Bean/Cheese Burrito WGR Pizza Wedge SALAD CHICKEN CAESAR; R Waffle 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
MIDDLE SCHOOL MENU
September 2026

Jun 3, 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Sep - 28	Sep - 29	Sep - 30		
BEEFY NACHOS WGR Hot Dog Taco Salad Sweet Corn CARROTEENIES Fruit Cup, Variety MILK - Variety* Assorted Condiments	WGR Grilled Cheese Spaghetti Spicy Chix Strip Salad Harvest Salad CARROT STICKS 1/2 Cup Fresh Fruit MILK - Variety* Assorted Condiments	WGR TexMex Bowl Bean/Cheese Burrito Zucchini Sticks BEANS REFRIED SPICY 1/2 Cup Fresh Fruit MILK - Variety* Assorted Condiments		

This Institution is an equal opportunity provider.
Menu is subject to change.

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