

Kings Canyon USD
WASHINGTON ELEMENTARY LUNCH
September 2016

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| Sep - 5 NO SCHOOL TODAY | Sep - 6 BEEFY NACHOS SALAD Harvest CARROT STICKS Fresh Fruit Seasonal 2 MILK 1% or NON FAT CHOC CONDIMENTS ASSORT | Sep - 7 CHEESEBURGER BUDDIES Sweet Potato Tots SALAD Harvest RAISINS MILK 1% or NON FAT CHOC CONDIMENTS ASSORT | Sep - 8 CHEESE ENCHILADA Sweet Corn SALAD Harvest JUICE ASSORTED SUN CUP MILK 1% or NON FAT CHOC CONDIMENTS ASSORT | Sep - 9 TANGERINE CHICKEN; K-5 SALAD Harvest BAKED BEANS (VEGETARIA Fresh Fruit Seasonal 2 MILK 1% or NON FAT CHOC CONDIMENTS ASSORT |
| Sep - 12 MEATLOAF & MASHERS K-5 CARROTEENIES BROCCOLI, raw JUICE ASSORTED SUN CUP MILK 1% or NON FAT CHOC CONDIMENTS ASSORT | Sep - 13 CHICKEN BURGER SALAD Harvest CARROTS GLAZED Fresh Fruit Seasonal 1 MILK 1% or NON FAT CHOC CONDIMENTS ASSORT | Sep - 14 CORN DOG WHOLE GRAIN F SALAD Harvest POTATO WEDGES SEASON JUICE ASSORTED SUN CUP MILK 1% or NON FAT CHOC CONDIMENTS ASSORT | Sep - 15 Chix Nugget Goldkist 7110 BEANS REFRIED SPICY SALAD Harvest Fresh Fruit Seasonal 1 MILK 1% or NON FAT CHOC CONDIMENTS ASSORT | Sep - 16 PIZZA, CHEESE ROUND WG CARROT STICKS SALAD Harvest APPLE CRISP - ALL MILK 1% or NON FAT CHOC CONDIMENTS ASSORT |
| Sep - 19 CHICKEN BURGER Sweet Corn CARROTS GLAZED JUICE ASSORTED SUN CUP MILK 1% or NON FAT CHOC CONDIMENTS ASSORT | Sep - 20 TURKEY GRAVY MASH POT SALAD Harvest GREEN BEANS, SPANISH Fresh Fruit Seasonal 2 MILK 1% or NON FAT CHOC CONDIMENTS ASSORT | Sep - 21 CORN DOG WHOLE GRAIN F BEANS REFRIED SPICY SALAD Harvest Fresh Fruit Seasonal 2 MILK 1% or NON FAT CHOC CONDIMENTS ASSORT | Sep - 22 PIZZA PEPPERONI WEDGE Sweet Potato Tots SALAD Harvest JUICE ASSORTED SUN CUP MILK 1% or NON FAT CHOC CONDIMENTS ASSORT | Sep - 23 CHEESEBURGER CARROTEENIES SALAD Harvest RAISINS MILK 1% or NON FAT CHOC CONDIMENTS ASSORT |
| Sep - 26 CHICKEN NUGGET; K-5 Shap Sweet Corn BAKED BEANS (VEGETARIA JUICE ASSORTED SUN CUP MILK 1% or NON FAT CHOC CONDIMENTS ASSORT | Sep - 27 CHICKEN BURGER CARROTEENIES SALAD Harvest Fresh Fruit Seasonal 2 MILK 1% or NON FAT CHOC CONDIMENTS ASSORT | Sep - 28 NO SCHOOL TODAY | Sep - 29 CHEESEBURGER POTATO WEDGES SEASON SALAD Harvest RAISINS MILK 1% or NON FAT CHOC CONDIMENTS ASSORT | Sep - 30 CHEESE ENCHILADA CARROTS GLAZED SALAD Harvest Fresh Fruit Seasonal 1 MILK 1% or NON FAT CHOC CONDIMENTS ASSORT |

In Accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

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.