

# KLAMATH COUNTY SCHOOL DISTRICT

OCTOBER 2019

LUNCH MENU 9-12

	Monday	Tuesday	Wednesday	Thursday	Friday
SERVED DAILY 1% WHITE MILK 13g SKIM MILK 13g FF CHOCOLATE MILK 21g ½ CUP FRUIT K-8 1 CUP FRUIT 9-12		1 Chicken Strips 22g Tater Tots 19g Rice 10g Applesauce 28g Ham Sandwich 34g	2 Hamburger Gravy 8g Mashed Potatoes 14g Dinner Roll 13g Carrots 14g Peaches 28g Egg Salad Sandwich 33g	3 Toasted Cheese Sandwich 34g Tomato Soup 40g Broccoli 2g Fruit Cocktail 34g Turkey Sandwich 32g	4 Meatball Sub 47g Corn 26g Pears 34g Ham/Cheese Sandwich 33g
Package Condiments Mayonnaise Pack 0g BBQ Sauce Pack 1g Ketchup Pack 3g Mustard Pack 0g Italian Dressing 4g Ranch Dressing 5g	7 Hot Dog 23g Pork & Beans 38g Pineapple Tidbits 37g Tuna Sandwich 33g	8 Chicken Nuggets 18g Corn 26g Rice 10g Applesauce 28g Ham Sandwich 34g	9 Nachos 27g Black Beans 21g Peaches 28g Egg Salad Sandwich 33g	10 WalkIng Tacos 40g Broccoli 2g Fruit Cocktail 34g Turkey Sandwich 32g	11 NO SCHOOL
<b>MENUS ARE SUBJECT TO CHANGE</b>	14 Cheese Pizza 36g Carrots 14g Pineapple Tidbits 37g Tuna Sandwich 33g	15 Corn Dog 30g Pork & Beans 38g Applesauce 28g Ham Sandwich 34g	16 Hamburger 25g French Fries 25g Peaches 28g Egg Salad Sandwich 33g	17 NO SCHOOL	18 NO SCHOOL
	21 Mandarin Orange Chicken 24g Rice 10g Carrots 14g Pineapple Tidbits 37g Tuna Sandwich 33g	22 Chicken Nuggets 18g Green Beans 4g Rice 10g Applesauce 28g Ham Sandwich 34g	23 Hot Dog 23g Pork & Beans 38g Peaches 28g Egg Salad Sandwich 33g	24 Spaghetti w/Meat Sauce 48g Broccoli 2g Dinner Roll 13g Fruit Cocktail 34g Turkey Sandwich 32g	25 Bean/Cheese Burrito 40g Black Beans 21g Corn 26g Pears 34g Ham/Cheese Sandwich 33g
	28 Pepperoni Ripper Sticks 27g Corn 26g Pineapple Tidbits 37g Tuna Sandwich 33g	29 Nachos 27g Black Beans 21g Carrots 14g Applesauce 28g Ham Sandwich 34g	30 Cheese Quesadilla 36g Broccoli 2g Peaches 28g Egg Salad Sandwich 33g	31 Chicken Alfredo w A Twist 38g Carrots 14g Fruit Cocktail 34g Turkey Sandwich 32g	