

KLAMATH COUNTY SCHOOL DISTRICT

SEPTEMBER 2019

LUNCH MENU 7-8

	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	2 LABOR DAY	3 Corn Dog 30g Pork & Beans 25g Applesauce 14g Ham Sandwich 34g	4 Hamburger 25g French Fries 19g Peaches 14g Egg Salad Sandwich 33g	5 Walking Tacos 23g Corn 13g Fruit Cocktail 17g Turkey Sandwich 32g	6 Italian Dunkers 38g Broccoli 2g Pears 17g 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	9 Mandarin Orange Chicken 19g Rice 10g Carrots 11g Pineapple Tidbits 18g Tuna Sandwich 33g	10 Chicken Nuggets 15g Green Beans 4g Applesauce 14g Ham Sandwich 34g	11 Hot Dog 23g Pork & Beans 25g Peaches 14g Egg Salad Sandwich 33g	12 Lasagna, Meat 33g Broccoli 2g Dinner Roll 13g Fruit Cocktail 17g Turkey Sandwich 32g	13 Bean/Cheese Burrito 40g Black Beans 21g Corn 13g Pears 17g Ham/Cheese Sandwich 33g
MENUS ARE SUBJECT TO CHANGE	16 Pepperoni Ripper Sticks 27g Corn 13g Pineapple Tidbits 18g Tuna Sandwich 33g	17 Nachos 21g Black Beans 21g Applesauce 14g Ham Sandwich 34g	18 Mac & Cheese 38g Broccoli 2g Peaches 14g Egg Salad Sandwich 33g	19 Chicken Alfredo w/A Twist 38g Carrots 11g Fruit Cocktail 17g Turkey Sandwich 32g	20 Chicken Nuggets 15g French Fries 25g Pears 17g Ham/Cheese Sandwich 33g
	23 Italian Dunkers 38g Green Beans 4g Pineapple Tidbits 18g Tuna Sandwich 33g	24 Chili 17g Cornbread 20g Carrots 11g Applesauce 14g Ham Sandwich 34g	25 Corn Dog 30g Pork & Beans 25g Peaches 14g Egg Salad Sandwich 33g	26 Chicken Noddles 22g Brown Rice 10g Carrots 11g Fruit Cocktail 17g Turkey Sandwich 32g	27 Hamburger 29g French Fries 25g Pears 17g Ham/Cheese Sandwich 33g
	30 Bean/Cheese Burrito 40g Black Beans 21g Pineapple Tidbits 18g Tuna Sandwich 33g				