

KLAMATH COUNTY SCHOOL DISTRICT

SEPTEMBER 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	2 LABOR DAY	3 Corn Dog 30g Pork & Beans 38g Applesauce 28g Ham Sandwich 34g	4 Hamburger 25g French Fries 25g Peaches 28g Egg Salad Sandwich 33g	5 Walking Tacos 25g Corn 26g Fruit Cocktail 34g Turkey Sandwich 32g	6 Italian Dunkers 56g Broccoli 2g 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	9 Mandarin Orange Chicken 24g Rice 10g Carrots 14g Pineapple Tidbits 37g Tuna Sandwich 33g	10 Chicken Nuggets 18g Green Beans 4g Rice 10g Applesauce 28g Ham Sandwich 34g	11 Hot Dog 23g Pork & Beans 38g Peaches 28g Egg Salad Sandwich 33g	12 Lasagna 48g Broccoli 2g Dinner Roll 13g Fruit Cocktail 34g Turkey Sandwich 32g	13 Bean/Cheese Burrito 40g Black Beans 21g Corn 26g Pears 34g Ham/Cheese Sandwich 33g
MENUS ARE SUBJECT TO CHANGE	16 Pepperoni Ripper Sticks 27g Corn 26g Pineapple Tidbits 37g Tuna Sandwich 33g	17 Nachos 27g Black Beans 21g Applesauce 28g Ham Sandwich 34g	18 Mac & Cheese 51g Broccoli 2g Peaches 28g Egg Salad Sandwich 33g	19 Chicken Alfred w/ A Twist 38g Carrots 14g Fruit Cocktail 34g Turkey Sandwich 32g	22 Chicken Nuggets 18g Rice 10g French Fries 25g Pears 34g Ham/Cheese Sandwich 33g
	23 Italian Dunkers 56g Green Beans 4g Pineapple Tidbits 37g Tuna Sandwich 33g	24 Chili 17g Cornbread 40g Carrots 14g Applesauce 28g Ham Sandwich 34g	25 Corn Dog 30g Pork & Beans 38g Peaches 28g Egg Salad Sandwich 33g	26 Chicken Noodles 34g Brown Rice 10g Broccoli 2g Fruit Cocktail 34g Turkey Sandwich 32g	27 Hamburger 25g French Fries 25g Pears 34g Ham/Cheese Sandwich 33g
	30 Bean/Cheese Burrito 40g Black Beans 21g Pineapple Tidbits 37g Tuna Sandwich 33g				