

# KLAMATH COUNTY SCHOOL DISTRICT

OCTOBER 2020

LUNCH MENU 9-12

|   | Monday  | Tuesday  | Wednesday   | Thursday   | Friday          |
|---|---|--|---|--|-----------------|
| SERVED DAILY<br>1% WHITE MILK 13g<br>SKIM MILK 13g<br>FF CHOCOLATE MILK 21g<br>½ CUP FRUIT K-8<br>1 CUP FRUIT 9-12                              |   |  |   | 1<br>Chicken Strips 22g<br>Tater Tots 19g<br>Rice 10g<br>Dinner Roll 13g<br>Applesauce 28g<br>Ham Sandwich 34g | 2               |
| Package Condiments<br>Mayonnaise Pack 0g<br>BBQ Sauce Pack 1g<br>Ketchup Pack 3g<br>Mustard Pack 0g<br>Italian Dressing 4g<br>Ranch Dressing 5g | 5<br>Hot Dog 23g<br>Pork & Beans 38g<br>Peaches 28g<br>Tuna Sandwich 33g  | 6<br>Chicken Nuggets 18g<br>Corn 26g<br>Rice 10g<br>Dinner Roll 13g<br>Applesauce 28g<br>Ham Sandwich 34g  | 7<br>Hot Dog 23g<br>Pork & Beans 38g<br>Peaches 28g<br>Tuna Sandwich 33g  | 8<br>Chicken Nuggets 18g<br>Corn 26g<br>Rice 10g<br>Dinner Roll 13g<br>Applesauce 28g<br>Ham Sandwich 34g      | 9<br>NO SCHOOL  |
| <b>MENUS ARE<br/>SUBJECT TO<br/>CHANGE</b>  | 12<br>Turkey & Cheese Ripper 27g<br>Carrots 14g<br>Pears 34g<br>Tuna Sandwich 33g                                     | 13<br>Corn Dog 30g<br>Pork & Beans 38g<br>Applesauce 28g<br>Ham Sandwich 34g                               | 14<br>Turkey & Cheese Ripper 27g<br>Carrots 14g<br>Pears 34g<br>Tuna Sandwich 33g                                     | 15<br>NO SCHOOL  | 16<br>NO SCHOOL |
|   | 19<br>Chicken Nuggets 18g<br>Green Beans 4g<br>Rice 10g<br>Dinner Roll 13g<br>Fruit Cocktail 34g<br>Tuna Sandwich 33g | 20<br>Hamburger 29g<br>Fritos 12g<br>Pork & Beans 38g<br>Carrots 14g<br>Applesauce 28g<br>Ham Sandwich 34g | 21<br>Chicken Nuggets 18g<br>Green Beans 4g<br>Rice 10g<br>Dinner Roll 13g<br>Fruit Cocktail 34g<br>Tuna Sandwich 33g | 22<br>Hamburger 29g<br>Fritos 12g<br>Pork & Beans 38g<br>Carrots 14g<br>Applesauce 28g<br>Ham Sandwich 34g     | 23              |
|   | 26<br>Pepperoni Ripper Sticks 27g<br>Corn 26g<br>Peaches 28g<br>Tuna Sandwich 33g                                     | 27<br>BBQ Pork Sandwich 54g<br>Black Beans 21g<br>Carrots 14g<br>Applesauce 28g<br>Ham Sandwich 34g        | 28<br>Pepperoni Ripper Sticks 27g<br>Corn 26g<br>Peaches 28g<br>Tuna Sandwich 33g                                     | 29<br>BBQ Pork Sandwich 54g<br>Black Beans 21g<br>Carrots 14g<br>Applesauce 28g<br>Ham Sandwich 34g            | 30              |