

# Upper Lake Unified

## Upper Lake K-5 Lunch Menu

### August 2019

Monday	Tuesday	Wednesday	Thursday	Friday
		Aug - 14 Ham & Cheese Sandwich Salad Bar K-5 Fresh Fruit Assorted Milk- Variety	Aug - 15 W.G. Corn Dog Salad Bar Fresh Fruit Assorted Milk- Variety	Aug - 16 Flatbread Pizza Salad Bar K-5 Watermelon Slices Milk- Variety
Aug - 19 Hot dog on a W.G. Bun BBQ Pop Chips Bananas Salad Bar K-5 Milk- Variety	Aug - 20 Turkey & Cheese Sub Salad Bar K-5 Apples Fresh Milk- Variety Pretzels	Aug - 21 Whole Grain Mac & Cheese Salad Bar K-5 Fresh Fruit Assorted Milk- Variety Roll	Aug - 22 Beef Soft Tacos Lettuce & Tomato Refried Beans Fresh Fruit Assorted Milk- Variety	Aug - 23 Macho Chili Burrito Spanish Rice Salad Bar K-5 Fresh Fruit Assorted Milk- Variety
Aug - 26 W.G. Corn Dog French Fries Fresh Fruit Assorted Milk- Variety	Aug - 27 Sloppy Joe on a bun Smiley Face Fries Salad Bar K-5 Strawberries Fresh Milk- Variety	Aug - 28 Ham and Cheese Sandwich Salad Bar K-5 Fresh Fruit Assorted Milk- Variety Pretzels	Aug - 29 Teriyaki Chicken, Veggie & Rice Bowl Veggie Spring Roll Fresh Fruit Assorted Milk- Variety Fortune Cookie	Aug - 30 Mesquite Burger on a Whole Grain Bun French Fries Lettuce Tomato Fresh Fruit Assorted Milk- Variety

In Operation of child feeding programs, no child will be discriminated against because of race, sex, color, national origin, age, or handicap. If you believe you have been discriminated against, write immediately to the Secretary of Agriculture, Washington D.C., 20250

*\*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.