

Washoe County School District

Sierra Nevada (9-12) Lunch Oct 2022

Sep 21, 2022

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Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 3 Fall Break	Oct - 4 Fall Break	Oct - 5 Fall Break	Oct - 6 Fall Break	Oct - 7 Fall Break
Oct - 10 BBQ Rib Sub Canned Green Beans Seasonal Fruit Dried Cranberries Chocolate Skim Milk 1% White Milk Skim White Milk	Oct - 11 Corn Dog Sweet Golden Corn Fresh Apple Diced Peaches Chocolate Skim Milk 1% White Milk Skim White Milk	Oct - 12 Fish Sticks Graham Crackers Baked Beans (Pork) Fresh Banana Pineapple Chunks Chocolate Skim Milk 1% White Milk Skim White Milk	Oct - 13 Cheeseburger Tater Tots Fresh Broccoli Seasonal Fruit Applesauce Chocolate Skim Milk 1% White Milk Skim White Milk	Oct - 14 Vegetarian Nachos Graham Crackers Baby Carrots Seasonal Fruit Mixed Fruit Chocolate Skim Milk 1% White Milk Skim White Milk
Oct - 17 Popcorn Chicken Graham Crackers 4 Way Veggie Blend Seasonal Fruit Mixed Fruit Chocolate Skim Milk 1% White Milk Skim White Milk	Oct - 18 Chicken Nuggets Graham Crackers Green Peas Fresh Apple Diced Peaches Chocolate Skim Milk 1% White Milk Skim White Milk	Oct - 19 Meatball Sub Pinto Beans Fresh Banana Mixed Fruit Chocolate Skim Milk 1% White Milk Skim White Milk	Oct - 20 Chicken Patty Sandwic Fresh Broccoli Baby Carrots Seasonal Fruit Applesauce Dried Cranberries Chocolate Skim Milk 1% White Milk Skim White Milk	Oct - 21 Chicken Alfredo Pasta Baby Carrots Seasonal Fruit Dried Cranberries Chocolate Skim Milk 1% White Milk Skim White Milk
Oct - 24 T Pepperoni Stuffed Pizza Sandwich Graham Crackers 4 Way Veggie Blend Seasonal Fruit Dried Cranberries Chocolate Skim Milk 1% White Milk Skim White Milk	Oct - 25 Burrito/Bn & Cheese (Veg) Baby Carrots Fresh Apple Diced Peaches Dried Cranberries Chocolate Skim Milk 1% White Milk Skim White Milk	Oct - 26 BBQ Rib Sub Baked Beans (Pork) Fresh Banana Kiwi Strawberry Slush Chocolate Skim Milk 1% White Milk Skim White Milk	Oct - 27 Cheeseburger Tater Tots Fresh Broccoli Seasonal Fruit Applesauce Chocolate Skim Milk 1% White Milk Skim White Milk	Oct - 28 Holiday
Oct - 31 Hot Dog on Bun Graham Crackers 4 Way Veggie Blend Seasonal Fruit Dried Cranberries Chocolate Skim Milk 1% White Milk Skim White Milk				

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.