

1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.00	0	0.00	3.66	0.00	7.32	0.00	0.00
Catsup	1 OZ	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Jalapenos	.125 CUP	1	0	87	0.17	0.12	3.42	51	0.41	0.00	0.00	0.17	0.00	0.00
Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	18.96	492	0.33	1.16	0.00	2.32	4.63	0.58
Mustard	1 tsp	0	0	60	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	0.00	0.00
Salsa	.125 CUP	9	0*	4	0.53*	0.00	10.07	108	5.05	0.82*	0.26	1.80	0.08	0.00
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00
Maple Syrup	1 OZ	79	0	29	0.03	0.05	3.40	0	0.00	19.33	0.00	19.71	0.03	0.01
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83

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.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mandarin Oranges	SERVING 4 oz	31	0	4	0.44	0.32	8.87	133	94.19	7.54	0.44	7.54	0.00	0.00
Grapes	SERVING, 3.0 oz	52	0	2	0.70	0.27	8.00	7	2.40	*N/A*	0.54	13.67	0.12	0.04
Sliced Red Apples	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
Green Apples	EACH 1.9 oz	32	0	1	1.00	0.00	0.00	0	0.00	6.00	0.00	8.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.00	0	0.00	3.66	0.00	7.32	0.00	0.00
Catsup	1 OZ	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Jalapenos	.125 CUP	1	0	87	0.17	0.12	3.42	51	0.41	0.00	0.00	0.17	0.00	0.00
Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	18.96	492	0.33	1.16	0.00	2.32	4.63	0.58
Mustard	1 tsp	0	0	60	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	0.00	0.00
Salsa	.125 CUP	9	0*	4	0.53*	0.00	10.07	108	5.05	0.82*	0.26	1.80	0.08	0.00
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00
Maple Syrup	1 OZ	79	0	29	0.03	0.05	3.40	0	0.00	19.33	0.00	19.71	0.03	0.01
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83

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Quantum Lunch 4-8

Wednesday, Oct 3, 2018

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Popcorn Chicken	SERVING 4.3 oz	293	81	599	3.00	2.00	18.00	167	0.00	0.00	18.00	17.00	17.00	3.00
Spicy Chicken Sandwich	SANDWICH	392	32	811	6.00	2.80	115.00	174	0.00	3.00*	25.00	52.00	11.20	1.00
Travelin Taco	4.0 servings.	175	15	322	6.27	2.07	162.91	337	2.64	0.80*	9.83	21.29	5.93	3.30
PB & J Sandwich	1 EACH	550	0	480	7.00	2.70	60.00	100	1.20	18.00	20.00	52.00	33.00	7.00
Italian Comb Sub Sandwich	SANDWICH	410	85	1130	3.00	2.88	410.00	300	2.40	5.00	26.00	32.00	19.50	7.50
Asian Chicken Salad	1 EACH	329	33	697	7.69	3.75	57.65	5234	139.00	9.12*	18.36	44.47	9.53	2.38
Asian Tofu Salad	1 EACH	429	0	417	11.69	6.33	257.65	5234*	128.91*	9.12*	22.36	47.80	17.20	3.05
Yogurt Granola Parfait	EACH	502	13	285	4.83	2.08	299.30	1277*	3.02*	62.02*	12.63	102.81	6.14	1.91
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Goldfish Crackers	1 EACH	100	5	180	1.00	1.08	20.00	0	0.00	0.00	2.00	14.00	3.50	0.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Harvest of the Month Dried Figs	EACH	12	0	0	0.46	0.10	7.65	0	0.06	2.26	0.16	3.02	0.04	0.01
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Garden Fresh Salad	1 CUP	13	0	15	1.42	2.15	31.39	4289	9.87	0.38*	1.05	2.47	0.11	0.00
Baby Carrots	3.2 oz. svg.	30	0	67	3.04	9.11	0.76	11728	2.28	4.56	0.00	7.59	0.00	0.00
Cucumber	.5 CUP	5	0	1	0.30	0.09	5.95	101	1.36	0.59	0.25	0.92	0.07	0.00
Grape Tomatoes	SVG. 2.66 OZ.	9	0	2	0.60	0.18	3.32	416	6.18	1.30	0.44	1.94	0.10	0.02
Mini Sweet Peppers	3.0 OZ. SERVING	26	0	3	1.82	3.83	30.37	2582	107.53	3.65	0.91	5.16	0.30	0.00
Jicama sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.50	15	14.32	1.28	0.51	6.25	0.06	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Broccoli florets	SERVING, 2.22	18	0	4	0.00	0.00	12.59	0	24.55	0.00	2.52	2.52	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pineapple, Can,Lt Syrup	.5 CUP	47	0	0	0.67	0.24	13.41	0	6.03	9.39	0.50	11.40	0.00	0.00
Banana	EACH	89	0	1	2.60	0.26	5.00	64	8.70	12.20	1.10	22.80	0.30	0.10
Sliced Red	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00

Apples														
Green Apples	EACH 1.9 oz	32	0	1	1.00	0.00	0.00	0	0.00	6.00	0.00	8.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.00	0	0.00	3.66	0.00	7.32	0.00	0.00
Catsup	1 OZ	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Jalapenos	.125 CUP	1	0	87	0.17	0.12	3.42	51	0.41	0.00	0.00	0.17	0.00	0.00
Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	18.96	492	0.33	1.16	0.00	2.32	4.63	0.58
Mustard	1 tsp	0	0	60	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	0.00	0.00
Salsa	.125 CUP	9	0*	4	0.53*	0.00	10.07	108	5.05	0.82*	0.26	1.80	0.08	0.00
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00
Maple Syrup	1 OZ	79	0	29	0.03	0.05	3.40	0	0.00	19.33	0.00	19.71	0.03	0.01
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83

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Quantum Lunch 4-8

Thursday, Oct 4, 2018

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Cheese Pizza, PZA Guy	SLICE	347	36	384	4.16	2.43	411.30	825	5.08	2.17	20.40	38.98	12.69	6.48
Pepperoni Pizza, PZA Guy LUNCH	SLICE	359	42	490	4.16	2.89	417.94	819	2.08	2.44	21.75	21.75	15.59	7.50
Mini Cheeseburgers	1 EACH	272	45	355	2.60	2.80	82.00	100	0.00	3.50	19.70	31.30	7.80	2.90
Bean & Cheese Burrito	1 EACH	350	15	480	6.00	5.40	150.00	100	0.00	4.00	14.00	45.00	11.00	0.00
Popcorn Chicken	SERVING 4.3 oz	293	81	599	3.00	2.00	18.00	167	0.00	0.00	18.00	17.00	17.00	3.00
Yogurt Granola Parfait	EACH	502	13	285	4.83	2.08	299.30	1277*	3.02*	62.02*	12.63	102.81	6.14	1.91
PB & J Sandwich	1 EACH	550	0	480	7.00	2.70	60.00	100	1.20	18.00	20.00	52.00	33.00	7.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Caesar Salad	5 oz. svg.	378	9	588	9.23	0.51	35.90	4930*	13.60*	0.57	1.51	34.10	24.87	1.42
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Garden Fresh Salad	1 CUP	13	0	15	1.42	2.15	31.39	4289	9.87	0.38*	1.05	2.47	0.11	0.00
Baby Carrots	EACH-3.0 OZ	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Cucumber	.5 CUP	5	0	1	0.30	0.09	5.95	101	1.36	0.59	0.25	0.92	0.07	0.00
Grape Tomatoes	SVG. 2.66 OZ.	9	0	2	0.60	0.18	3.32	416	6.18	1.30	0.44	1.94	0.10	0.02
Diced Eggs	1 OZ. SVG	46	122	74	0.00	0.41	11.39	171	0.00	0.57	3.42	0.57	2.85	0.85
Mini Sweet Peppers	3.0 OZ. SERVING	26	0	3	1.82	3.83	30.37	2582	107.53	3.65	0.91	5.16	0.30	0.00
Roasted Beets	2.78 oz.svg.	91	0	441	2.03	0.01	0.46	0	2.46	6.00*	1.06	11.25	5.04	0.63
Jicama sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.50	15	14.32	1.28	0.51	6.25	0.06	0.00
Celery Sticks	.5 CUP	4	0	22	0.44	0.05	10.94	20	0.88	0.00	0.19	0.82	0.05	0.01
Peanut Butter Cup	SVG	180	0	160	2.00	0.72	20.00	0	0.00	3.00	7.00	8.00	15.00	2.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Peaches, canned	.5 CUP	27	0	3	0.66	0.19	3.04	172	1.93	*N/A*	0.26	6.78	0.07	0.00
Honeydew and Cantaloupe	3.75 OZ.	37	0	18	1.06	0.19	10.63	1953	29.68	8.50	1.06	9.57	0.00	0.00

Sliced Red Apples	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
Green Apples	EACH 1.9 oz	32	0	1	1.00	0.00	0.00	0	0.00	6.00	0.00	8.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.00	0	0.00	3.66	0.00	7.32	0.00	0.00
Catsup	1 OZ	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Jalapenos	.125 CUP	1	0	87	0.17	0.12	3.42	51	0.41	0.00	0.00	0.17	0.00	0.00
Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	18.96	492	0.33	1.16	0.00	2.32	4.63	0.58
Mustard	1 tsp	0	0	60	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	0.00	0.00
Salsa	.125 CUP	9	0*	4	0.53*	0.00	10.07	108	5.05	0.82*	0.26	1.80	0.08	0.00
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00
Maple Syrup	1 OZ	79	0	29	0.03	0.05	3.40	0	0.00	19.33	0.00	19.71	0.03	0.01
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83

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Quantum Lunch 4-8

Friday, Oct 5, 2018

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Cheeseburger	1 EACH	425	78	765	3.00	3.24	218.50	250	0.00*	4.00*	27.50	33.00	21.00	8.25
Shrimp Poppers w Goldfish	1 EACH	416	39	587	4.83	1.05	32.76	0	0.00	0.00*	22.14	49.72	14.98	2.28
Chicken Nuggets & Tots	SERVING, 6 pcs	438	47	937	5.80	1.36	40.00	178	3.60	1.00	24.00	46.00	17.50	3.00
Bean & Cheese Burrito	1 EACH	350	15	480	6.00	5.40	150.00	100	0.00	4.00	14.00	45.00	11.00	0.00
Sriracha Tuna Tostada	SVG	338	51*	707	2.59	1.95	207.51	1109*	10.70*	1.92*	22.46	25.60	15.76	3.62*
Southwestern Chicken Supreme Salad	1 EACH	635	126	1152	7.47	2.30	264.50	673	53.02	7.16*	29.00	49.08	36.23	10.91
Yogurt Granola Parfait	EACH	502	13	285	4.83	2.08	299.30	1277*	3.02*	62.02*	12.63	102.81	6.14	1.91
PB & J Sandwich	1 EACH	550	0	480	7.00	2.70	60.00	100	1.20	18.00	20.00	52.00	33.00	7.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
MEXICAN CONDIMENT	1 EACH	114	17	100	2.27	0.39	115.72	269	3.94	0.01*	4.67	3.78	9.30	3.99
Pico de Gallo	2 OZ. SVGS	15	0	81	0.63	0.21	4.31	386	9.27	0.49*	0.48	3.83	0.21	0.02
Lettuce, Shredded	SVG	3	0	3	0.40	0.14	5.39	94	1.11	*N/A*	0.29	0.59	0.05	0.01
CD, Shredded Cheese	SVG	111	30	192	0.00	0.00	202.50	304	0.00	0.00	7.09	1.01	9.11	6.08
Sour Cream	SVG	28	7	7	0.00	0.00	9.45	94	0.57	0.47	0.47	0.94	2.36	1.42
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Garden Fresh Salad	1 CUP	13	0	15	1.42	2.15	31.39	4289	9.87	0.38*	1.05	2.47	0.11	0.00
Baby Carrots	EACH-3.0 OZ	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Cucumber	.5 CUP	5	0	1	0.30	0.09	5.95	101	1.36	0.59	0.25	0.92	0.07	0.00
Grape Tomatoes	SVG. 2.66 OZ.	9	0	2	0.60	0.18	3.32	416	6.18	1.30	0.44	1.94	0.10	0.02
Zucchini	.5 CUP	6	0	3	0.34	0.13	5.44	68	6.09	0.85	0.41	1.06	0.11	0.03
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Garbanzo Beans	1/2 CUP	131	0	504	9.08	1.36	32.27	24	3.83	*N/A*	6.05	22.19	2.02	0.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pears, Can,Light Syrup	.5 CUP	37	0	6	1.23	0.00	0.00	37	0.00	7.39	0.00	8.62	0.00	0.00
Plums	SVG.	59	0	0	1.79	0.22	7.65	440	12.12	12.66	0.89	14.57	0.36	0.02

Sliced Red Apples	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
Green Apples	EACH 1.9 oz	32	0	1	1.00	0.00	0.00	0	0.00	6.00	0.00	8.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.00	0	0.00	3.66	0.00	7.32	0.00	0.00
Catsup	1 OZ	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Jalapenos	.125 CUP	1	0	87	0.17	0.12	3.42	51	0.41	0.00	0.00	0.17	0.00	0.00
Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	18.96	492	0.33	1.16	0.00	2.32	4.63	0.58
Mustard	1 tsp	0	0	60	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	0.00	0.00
Salsa	.125 CUP	9	0*	4	0.53*	0.00	10.07	108	5.05	0.82*	0.26	1.80	0.08	0.00
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00
Maple Syrup	1 OZ	79	0	29	0.03	0.05	3.40	0	0.00	19.33	0.00	19.71	0.03	0.01
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83

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1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.00	0	0.00	3.66	0.00	7.32	0.00	0.00
Catsup	1 OZ	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Jalapenos	.125 CUP	1	0	87	0.17	0.12	3.42	51	0.41	0.00	0.00	0.17	0.00	0.00
Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	18.96	492	0.33	1.16	0.00	2.32	4.63	0.58
Mustard	1 tsp	0	0	60	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	0.00	0.00
Salsa	.125 CUP	9	0*	4	0.53*	0.00	10.07	108	5.05	0.82*	0.26	1.80	0.08	0.00
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00
Maple Syrup	1 OZ	79	0	29	0.03	0.05	3.40	0	0.00	19.33	0.00	19.71	0.03	0.01
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83

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Quantum Lunch 4-8

Tuesday, Oct 9, 2018

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Chicken & Waffles	1 EACH	257	73	656	2.51	1.63	50.25	0	0.00	2.00	18.20	17.57	12.89	2.78
Corn Dog w/Tots	SVG	370	40	700	7.80	1.80	80.00	0	3.60	5.00	11.00	47.00	14.00	3.50
Bean & Cheese Burrito	1 EACH	350	15	480	6.00	5.40	150.00	100	0.00	4.00	14.00	45.00	11.00	0.00
Pizza Sticks	1 EACH	210	15	270	2.00	1.44	0.00	200	0.00	2.00	12.00	25.00	6.00	3.00
Ham Sub Sandwich	1 EACH	370	85	1070	3.00	2.88	350.00	300	1.20	3.00*	31.00	34.00	14.50	6.50
Gourmet Chef Salad	1 EACH	333	75	693	4.14	2.51	268.79	737	5.36	3.59*	22.81	30.86	14.62	7.26
Yogurt Granola Parfait	EACH	502	13	285	4.83	2.08	299.30	1277*	3.02*	62.02*	12.63	102.81	6.14	1.91
PB & J Sandwich	EACH	550	0	480	7.00	2.70	60.00	100	1.20	18.00	20.00	52.00	33.00	7.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Marinara Dipping Sauce Cup	1 EACH	45	0	230	2.00	0.36	20.00	500	66.00	4.00	1.00	7.00	1.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Garden Fresh Salad	1 CUP	13	0	15	1.42	2.15	31.39	4289	9.87	0.38*	1.05	2.47	0.11	0.00
Baby Carrots	EACH-3.0 OZ	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Jicama sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.50	15	14.32	1.28	0.51	6.25	0.06	0.00
Diced Eggs	1 OZ. SVG	46	122	74	0.00	0.41	11.39	171	0.00	0.57	3.42	0.57	2.85	0.85
Cucumber	.5 CUP	5	0	1	0.30	0.09	5.95	101	1.36	0.59	0.25	0.92	0.07	0.00
Grape Tomatoes	SVG. 2.66 OZ.	9	0	2	0.60	0.18	3.32	416	6.18	1.30	0.44	1.94	0.10	0.02
Mini Sweet Peppers	3.0 OZ. SERVING	26	0	3	1.82	3.83	30.37	2582	107.53	3.65	0.91	5.16	0.30	0.00
Roasted Beets	2.78 oz.svg.	91	0	441	2.03	0.01	0.46	0	2.46	6.00*	1.06	11.25	5.04	0.63
Celery Sticks	.5 CUP	4	0	22	0.44	0.05	10.94	20	0.88	0.00	0.19	0.82	0.05	0.01
Peanut Butter Cup	SVG	180	0	160	2.00	0.72	20.00	0	0.00	3.00	7.00	8.00	15.00	2.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mandarin	SERVING	31	0	4	0.44	0.32	8.87	133	94.19	7.54	0.44	7.54	0.00	0.00

Oranges	4 oz													
Grapes	SERVING, 3.0 oz	52	0	2	0.70	0.27	8.00	7	2.40	*N/A*	0.54	13.67	0.12	0.04
Sliced Red Apples	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
Green Apples	EACH 1.9 oz	32	0	1	1.00	0.00	0.00	0	0.00	6.00	0.00	8.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.00	0	0.00	3.66	0.00	7.32	0.00	0.00
Catsup	1 OZ	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Jalapenos	.125 CUP	1	0	87	0.17	0.12	3.42	51	0.41	0.00	0.00	0.17	0.00	0.00
Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	18.96	492	0.33	1.16	0.00	2.32	4.63	0.58
Mustard	1 tsp	0	0	60	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	0.00	0.00
Salsa	.125 CUP	9	0*	4	0.53*	0.00	10.07	108	5.05	0.82*	0.26	1.80	0.08	0.00
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00
Maple Syrup	1 OZ	79	0	29	0.03	0.05	3.40	0	0.00	19.33	0.00	19.71	0.03	0.01
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83

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1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.00	0	0.00	3.66	0.00	7.32	0.00	0.00
Catsup	1 OZ	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Jalapenos	.125 CUP	1	0	87	0.17	0.12	3.42	51	0.41	0.00	0.00	0.17	0.00	0.00
Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	18.96	492	0.33	1.16	0.00	2.32	4.63	0.58
Mustard	1 tsp	0	0	60	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	0.00	0.00
Salsa	.125 CUP	9	0*	4	0.53*	0.00	10.07	108	5.05	0.82*	0.26	1.80	0.08	0.00
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00
Maple Syrup	1 OZ	79	0	29	0.03	0.05	3.40	0	0.00	19.33	0.00	19.71	0.03	0.01
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83

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Quantum Lunch 4-8

Thursday, Oct 11, 2018

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Cheese Pizza, PZA Guy	SLICE	347	36	384	4.16	2.43	411.30	825	5.08	2.17	20.40	38.98	12.69	6.48
Pepperoni Pizza, PZA Guy LUNCH	SLICE	359	42	490	4.16	2.89	417.94	819	2.08	2.44	21.75	21.75	15.59	7.50
Mini Cheeseburgers	1 EACH	272	45	355	2.60	2.80	82.00	100	0.00	3.50	19.70	31.30	7.80	2.90
Bean & Cheese Burrito	1 EACH	350	15	480	6.00	5.40	150.00	100	0.00	4.00	14.00	45.00	11.00	0.00
Corn Dog w/Tots	SVG	370	40	700	7.80	1.80	80.00	0	3.60	5.00	11.00	47.00	14.00	3.50
PB & J Sandwich	1 EACH	550	0	480	7.00	2.70	60.00	100	1.20	18.00	20.00	52.00	33.00	7.00
Yogurt Granola Parfait	EACH	502	13	285	4.83	2.08	299.30	1277*	3.02*	62.02*	12.63	102.81	6.14	1.91
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Caesar Salad	5 oz. svg.	378	9	588	9.23	0.51	35.90	4930*	13.60*	0.57	1.51	34.10	24.87	1.42
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Garden Fresh Salad	1 CUP	13	0	15	1.42	2.15	31.39	4289	9.87	0.38*	1.05	2.47	0.11	0.00
Baby Carrots	EACH-3.0 OZ	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Cucumber	.5 CUP	5	0	1	0.30	0.09	5.95	101	1.36	0.59	0.25	0.92	0.07	0.00
Grape Tomatoes	SVG. 2.66 OZ.	9	0	2	0.60	0.18	3.32	416	6.18	1.30	0.44	1.94	0.10	0.02
Diced Eggs	1 OZ. SVG	46	122	74	0.00	0.41	11.39	171	0.00	0.57	3.42	0.57	2.85	0.85
Mini Sweet Peppers	3.0 OZ. SERVING	26	0	3	1.82	3.83	30.37	2582	107.53	3.65	0.91	5.16	0.30	0.00
Roasted Beets	2.78 oz.svg.	91	0	441	2.03	0.01	0.46	0	2.46	6.00*	1.06	11.25	5.04	0.63
Jicama sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.50	15	14.32	1.28	0.51	6.25	0.06	0.00
Celery Sticks	.5 CUP	4	0	22	0.44	0.05	10.94	20	0.88	0.00	0.19	0.82	0.05	0.01
Peanut Butter Cup	SVG	180	0	160	2.00	0.72	20.00	0	0.00	3.00	7.00	8.00	15.00	2.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Peaches, canned	.5 CUP	27	0	3	0.66	0.19	3.04	172	1.93	*N/A*	0.26	6.78	0.07	0.00
Honeydew and Cantaloupe	3.75 OZ.	37	0	18	1.06	0.19	10.63	1953	29.68	8.50	1.06	9.57	0.00	0.00

Sliced Red Apples	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
Green Apples	EACH 1.9 oz	32	0	1	1.00	0.00	0.00	0	0.00	6.00	0.00	8.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.00	0	0.00	3.66	0.00	7.32	0.00	0.00
Catsup	1 OZ	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Jalapenos	.125 CUP	1	0	87	0.17	0.12	3.42	51	0.41	0.00	0.00	0.17	0.00	0.00
Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	18.96	492	0.33	1.16	0.00	2.32	4.63	0.58
Mustard	1 tsp	0	0	60	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	0.00	0.00
Salsa	.125 CUP	9	0*	4	0.53*	0.00	10.07	108	5.05	0.82*	0.26	1.80	0.08	0.00
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00
Maple Syrup	1 OZ	79	0	29	0.03	0.05	3.40	0	0.00	19.33	0.00	19.71	0.03	0.01
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83

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Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.00	0	0.00	3.66	0.00	7.32	0.00	0.00
Catsup	1 OZ	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Jalapenos	.125 CUP	1	0	87	0.17	0.12	3.42	51	0.41	0.00	0.00	0.17	0.00	0.00
Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	18.96	492	0.33	1.16	0.00	2.32	4.63	0.58
Mustard	1 tsp	0	0	60	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	0.00	0.00
Salsa	.125 CUP	9	0*	4	0.53*	0.00	10.07	108	5.05	0.82*	0.26	1.80	0.08	0.00
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00
Maple Syrup	1 OZ	79	0	29	0.03	0.05	3.40	0	0.00	19.33	0.00	19.71	0.03	0.01
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83

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Quantum Lunch 4-8

Monday, Oct 15, 2018

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Teriyaki Beef & Rice	SERVING	312	40	1132	2.50	2.23	33.10	50	0.00	9.95	17.77	39.28	8.67	3.50
Mini Cheeseburgers	1 EACH	272	45	355	2.60	2.80	82.00	100	0.00	3.50	19.70	31.30	7.80	2.90
Pizza,Nardone Bros.	1 EACH	350	40	580	3.00	2.70	350.00	500	12.00	7.00	22.00	30.00	16.00	7.00
Grilled Cheese Sandwich	1 EACH	280	32	581	3.00	1.64	465.91	524	0.00	5.65	18.55	30.96	9.91	5.56
PB & J Sandwich	1 EACH	550	0	480	7.00	2.70	60.00	100	1.20	18.00	20.00	52.00	33.00	7.00
Turkey Sub Sandwich	SANDWICH	390	75	810	3.00	2.16	300.00	400	0.00	3.00	32.00	32.00	16.50	7.50
Gourmet Taco Salad	1 EACH	605	83	1115	7.33	5.88	602.40	11457	50.87	3.61*	26.94	36.80	37.75	17.71
Yogurt Granola Parfait	EACH	502	13	285	4.83	2.08	299.30	1277*	3.02*	62.02*	12.63	102.81	6.14	1.91
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Garden Fresh Salad	1 CUP	13	0	15	1.42	2.15	31.39	4289	9.87	0.38*	1.05	2.47	0.11	0.00
Baby Carrots	EACH-3.0 OZ	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Cucumber	.5 CUP	5	0	1	0.30	0.09	5.95	101	1.36	0.59	0.25	0.92	0.07	0.00
Grape Tomatoes	SVG. 2.66 OZ.	9	0	2	0.60	0.18	3.32	416	6.18	1.30	0.44	1.94	0.10	0.02
Mini Sweet Peppers	3.0 OZ. SERVING	26	0	3	1.82	3.83	30.37	2582	107.53	3.65	0.91	5.16	0.30	0.00
Celery Sticks	SERVING-2.5 oz	9	0	44	0.88	0.11	21.88	40	1.75	0.00	0.38	1.64	0.10	0.02
Peanut Butter Cup	SVG	180	0	160	2.00	0.72	20.00	0	0.00	3.00	7.00	8.00	15.00	2.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Kidney Beans	.5 CUP	61	0	243	4.56	0.90	17.25	0	0.78	*N/A*	3.74	11.10	0.24	0.04
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Cinnamon Applesauce	.5 CUP	43	0	1	0.77	0.08	2.04	4	1.08	9.36	0.10	11.17	0.11	0.02
Green Apples	EACH 1.9 oz	32	0	1	1.00	0.00	0.00	0	0.00	6.00	0.00	8.00	0.00	0.00
Sliced Red Apples	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
Orange Smiles	SERVING, 4.75oz	40	0	1	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7.00	1.00	10.00	0.00	0.00

.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.00	0	0.00	3.66	0.00	7.32	0.00	0.00
Catsup	1 OZ	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Jalapenos	.125 CUP	1	0	87	0.17	0.12	3.42	51	0.41	0.00	0.00	0.17	0.00	0.00
Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	18.96	492	0.33	1.16	0.00	2.32	4.63	0.58
Mustard	1 tsp	0	0	60	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	0.00	0.00
Salsa	.125 CUP	9	0*	4	0.53*	0.00	10.07	108	5.05	0.82*	0.26	1.80	0.08	0.00
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00
Maple Syrup	1 OZ	79	0	29	0.03	0.05	3.40	0	0.00	19.33	0.00	19.71	0.03	0.01
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83

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Mandarin Oranges	SERVING 4 oz	31	0	4	0.44	0.32	8.87	133	94.19	7.54	0.44	7.54	0.00	0.00
Grapes	SERVING, 3.0 oz	52	0	2	0.70	0.27	8.00	7	2.40	*N/A*	0.54	13.67	0.12	0.04
Sliced Red Apples	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
Green Apples	EACH 1.9 oz	32	0	1	1.00	0.00	0.00	0	0.00	6.00	0.00	8.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.00	0	0.00	3.66	0.00	7.32	0.00	0.00
Catsup	1 OZ	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Jalapenos	.125 CUP	1	0	87	0.17	0.12	3.42	51	0.41	0.00	0.00	0.17	0.00	0.00
Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	18.96	492	0.33	1.16	0.00	2.32	4.63	0.58
Mustard	1 tsp	0	0	60	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	0.00	0.00
Salsa	.125 CUP	9	0*	4	0.53*	0.00	10.07	108	5.05	0.82*	0.26	1.80	0.08	0.00
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00
Maple Syrup	1 OZ	79	0	29	0.03	0.05	3.40	0	0.00	19.33	0.00	19.71	0.03	0.01
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83

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Quantum Lunch 4-8

Wednesday, Oct 17, 2018

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Spicy Chicken Sandwich	SANDWICH	392	32	811	6.00	2.80	115.00	174	0.00	3.00*	25.00	52.00	11.20	1.00
Popcorn Chicken	SERVING 4.3 oz	293	81	599	3.00	2.00	18.00	167	0.00	0.00	18.00	17.00	17.00	3.00
Pasta w/Meat Sauce and Garlic Bread	2/3 Cup	512	35	1229	8.29	6.21	172.10	1568	8.32	7.22*	25.33	67.07	15.12	5.66
Pasta w/Meatless Sauce	SVG	414	0	1196	10.93	6.89	185.95	1697*	8.84*	7.44*	20.67	59.88	9.54	1.16
PB & J Sandwich	1 EACH	550	0	480	7.00	2.70	60.00	100	1.20	18.00	20.00	52.00	33.00	7.00
Asian Chicken Salad	1 EACH	329	33	697	7.69	3.75	57.65	5234	139.00	9.12*	18.36	44.47	9.53	2.38
Asian Tofu Salad	1 EACH	429	0	417	11.69	6.33	257.65	5234*	128.91*	9.12*	22.36	47.80	17.20	3.05
Yogurt Granola Parfait	EACH	502	13	285	4.83	2.08	299.30	1277*	3.02*	62.02*	12.63	102.81	6.14	1.91
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Marinara Dipping Sauce Cup	1 EACH	45	0	230	2.00	0.36	20.00	500	66.00	4.00	1.00	7.00	1.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Harvest of the Month Dried Figs	EACH	12	0	0	0.46	0.10	7.65	0	0.06	2.26	0.16	3.02	0.04	0.01
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Garden Fresh Salad	1 CUP	13	0	15	1.42	2.15	31.39	4289	9.87	0.38*	1.05	2.47	0.11	0.00
Baby Carrots	3.2 oz. svg.	30	0	67	3.04	9.11	0.76	11728	2.28	4.56	0.00	7.59	0.00	0.00
Cucumber	.5 CUP	5	0	1	0.30	0.09	5.95	101	1.36	0.59	0.25	0.92	0.07	0.00
Grape Tomatoes	SVG. 2.66 OZ.	9	0	2	0.60	0.18	3.32	416	6.18	1.30	0.44	1.94	0.10	0.02
Mini Sweet Peppers	3.0 OZ. SERVING	26	0	3	1.82	3.83	30.37	2582	107.53	3.65	0.91	5.16	0.30	0.00
Jicama sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.50	15	14.32	1.28	0.51	6.25	0.06	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Broccoli florets	SERVING, 2.22	18	0	4	0.00	0.00	12.59	0	24.55	0.00	2.52	2.52	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Harvest of the Month	EACH	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pineapple, Can,Lt Syrup	.5 CUP	47	0	0	0.67	0.24	13.41	0	6.03	9.39	0.50	11.40	0.00	0.00

Banana	EACH	89	0	1	2.60	0.26	5.00	64	8.70	12.20	1.10	22.80	0.30	0.10
Sliced Red Apples	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
Green Apples	EACH 1.9 oz	32	0	1	1.00	0.00	0.00	0	0.00	6.00	0.00	8.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.00	0	0.00	3.66	0.00	7.32	0.00	0.00
Catsup	1 OZ	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Jalapenos	.125 CUP	1	0	87	0.17	0.12	3.42	51	0.41	0.00	0.00	0.17	0.00	0.00
Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	18.96	492	0.33	1.16	0.00	2.32	4.63	0.58
Mustard	1 tsp	0	0	60	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	0.00	0.00
Salsa	.125 CUP	9	0*	4	0.53*	0.00	10.07	108	5.05	0.82*	0.26	1.80	0.08	0.00
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00
Maple Syrup	1 OZ	79	0	29	0.03	0.05	3.40	0	0.00	19.33	0.00	19.71	0.03	0.01
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83

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Quantum Lunch 4-8

Thursday, Oct 18, 2018

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
PARENT CONFERENCES	1 EACH	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*

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Quantum Lunch 4-8

Friday, Oct 19, 2018

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
PARENT CONFERENCES	1 EACH	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*

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Quantum Lunch 4-8

Monday, Oct 22, 2018

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Mini Cheeseburgers	1 EACH	272	45	355	2.60	2.80	82.00	100	0.00	3.50	19.70	31.30	7.80	2.90
Pizza,Nardone Bros.	1 EACH	350	40	580	3.00	2.70	350.00	500	12.00	7.00	22.00	30.00	16.00	7.00
Chicken Taquitos	SERVING	328	45	454	3.02	1.64	242.76	505	0.00	0.00	16.15	28.19	17.17	7.59
Grilled Cheese Sandwich	1 EACH	280	32	581	3.00	1.64	465.91	524	0.00	5.65	18.55	30.96	9.91	5.56
Turkey Sub Sandwich	SANDWICH	390	75	810	3.00	2.16	300.00	400	0.00	3.00	32.00	32.00	16.50	7.50
Gourmet Taco Salad	1 EACH	605	83	1115	7.33	5.88	602.40	11457	50.87	3.61*	26.94	36.80	37.75	17.71
Yogurt Granola Parfait	EACH	502	13	285	4.83	2.08	299.30	1277*	3.02*	62.02*	12.63	102.81	6.14	1.91
PB & J Sandwich	1 EACH	550	0	480	7.00	2.70	60.00	100	1.20	18.00	20.00	52.00	33.00	7.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Garden Fresh Salad	1 CUP	13	0	15	1.42	2.15	31.39	4289	9.87	0.38*	1.05	2.47	0.11	0.00
Baby Carrots	EACH-3.0 OZ	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Cucumber	.5 CUP	5	0	1	0.30	0.09	5.95	101	1.36	0.59	0.25	0.92	0.07	0.00
Grape Tomatoes	SVG. 2.66 OZ.	9	0	2	0.60	0.18	3.32	416	6.18	1.30	0.44	1.94	0.10	0.02
Mini Sweet Peppers	3.0 OZ. SERVING	26	0	3	1.82	3.83	30.37	2582	107.53	3.65	0.91	5.16	0.30	0.00
Celery Sticks	SERVING-2.5 oz	9	0	44	0.88	0.11	21.88	40	1.75	0.00	0.38	1.64	0.10	0.02
Peanut Butter Cup	SVG	180	0	160	2.00	0.72	20.00	0	0.00	3.00	7.00	8.00	15.00	2.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Kidney Beans	.5 CUP	61	0	243	4.56	0.90	17.25	0	0.78	*N/A*	3.74	11.10	0.24	0.04
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Cinnamon Applesauce	.5 CUP	43	0	1	0.77	0.08	2.04	4	1.08	9.36	0.10	11.17	0.11	0.02
Green Apples	EACH 1.9 oz	32	0	1	1.00	0.00	0.00	0	0.00	6.00	0.00	8.00	0.00	0.00
Sliced Red Apples	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
Orange Smiles	SERVING, 4.75oz	40	0	1	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7.00	1.00	10.00	0.00	0.00

.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.00	0	0.00	3.66	0.00	7.32	0.00	0.00
Catsup	1 OZ	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Jalapenos	.125 CUP	1	0	87	0.17	0.12	3.42	51	0.41	0.00	0.00	0.17	0.00	0.00
Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	18.96	492	0.33	1.16	0.00	2.32	4.63	0.58
Mustard	1 tsp	0	0	60	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	0.00	0.00
Salsa	.125 CUP	9	0*	4	0.53*	0.00	10.07	108	5.05	0.82*	0.26	1.80	0.08	0.00
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00
Maple Syrup	1 OZ	79	0	29	0.03	0.05	3.40	0	0.00	19.33	0.00	19.71	0.03	0.01
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83

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.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mandarin Oranges	SERVING 4 oz	31	0	4	0.44	0.32	8.87	133	94.19	7.54	0.44	7.54	0.00	0.00
Grapes	SERVING, 3.0 oz	52	0	2	0.70	0.27	8.00	7	2.40	*N/A*	0.54	13.67	0.12	0.04
Sliced Red Apples	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
Green Apples	EACH 1.9 oz	32	0	1	1.00	0.00	0.00	0	0.00	6.00	0.00	8.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.00	0	0.00	3.66	0.00	7.32	0.00	0.00
Catsup	1 OZ	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Jalapenos	.125 CUP	1	0	87	0.17	0.12	3.42	51	0.41	0.00	0.00	0.17	0.00	0.00
Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	18.96	492	0.33	1.16	0.00	2.32	4.63	0.58
Mustard	1 tsp	0	0	60	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	0.00	0.00
Salsa	.125 CUP	9	0*	4	0.53*	0.00	10.07	108	5.05	0.82*	0.26	1.80	0.08	0.00
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00
Maple Syrup	1 OZ	79	0	29	0.03	0.05	3.40	0	0.00	19.33	0.00	19.71	0.03	0.01
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83

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Quantum Lunch 4-8

Wednesday, Oct 24, 2018

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Beef Taco Dip w/ Chips	5.75 oz/serving	497	33	1060	9.93	5.04	80.48	482	7.00	1.62	16.63	47.90	23.25	6.32
Spicy Chicken Sandwich	SANDWICH	392	32	811	6.00	2.80	115.00	174	0.00	3.00*	25.00	52.00	11.20	1.00
Popcorn Chicken / Goldfish Crackers	1 EACH	393	86	769	4.00	2.36	38.00	167	0.00	0.00	21.00	31.00	20.50	4.00
Asian Chicken Salad	1 EACH	329	33	697	7.69	3.75	57.65	5234	139.00	9.12*	18.36	44.47	9.53	2.38
Asian Tofu Salad	1 EACH	429	0	417	11.69	6.33	257.65	5234*	128.91*	9.12*	22.36	47.80	17.20	3.05
Yogurt Granola Parfait	EACH	502	13	285	4.83	2.08	299.30	1277*	3.02*	62.02*	12.63	102.81	6.14	1.91
PB & J Sandwich	1 EACH	550	0	480	7.00	2.70	60.00	100	1.20	18.00	20.00	52.00	33.00	7.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Harvest of the Month Dried Figs	EACH	12	0	0	0.46	0.10	7.65	0	0.06	2.26	0.16	3.02	0.04	0.01
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Garden Fresh Salad	1 CUP	13	0	15	1.42	2.15	31.39	4289	9.87	0.38*	1.05	2.47	0.11	0.00
Baby Carrots	3.2 oz. svg.	30	0	67	3.04	9.11	0.76	11728	2.28	4.56	0.00	7.59	0.00	0.00
Cucumber	.5 CUP	5	0	1	0.30	0.09	5.95	101	1.36	0.59	0.25	0.92	0.07	0.00
Grape Tomatoes	SVG. 2.66 OZ.	9	0	2	0.60	0.18	3.32	416	6.18	1.30	0.44	1.94	0.10	0.02
Mini Sweet Peppers	3.0 OZ. SERVING	26	0	3	1.82	3.83	30.37	2582	107.53	3.65	0.91	5.16	0.30	0.00
Jicama sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.50	15	14.32	1.28	0.51	6.25	0.06	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Broccoli florets	SERVING, 2.22	18	0	4	0.00	0.00	12.59	0	24.55	0.00	2.52	2.52	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Harvest of the Month	EACH	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pineapple, Can, Lt Syrup	.5 CUP	47	0	0	0.67	0.24	13.41	0	6.03	9.39	0.50	11.40	0.00	0.00
Banana	EACH	89	0	1	2.60	0.26	5.00	64	8.70	12.20	1.10	22.80	0.30	0.10
Sliced Red Apples	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
Green Apples	EACH 1.9 oz	32	0	1	1.00	0.00	0.00	0	0.00	6.00	0.00	8.00	0.00	0.00

.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.00	0	0.00	3.66	0.00	7.32	0.00	0.00
Catsup	1 OZ	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Jalapenos	.125 CUP	1	0	87	0.17	0.12	3.42	51	0.41	0.00	0.00	0.17	0.00	0.00
Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	18.96	492	0.33	1.16	0.00	2.32	4.63	0.58
Mustard	1 tsp	0	0	60	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	0.00	0.00
Salsa	.125 CUP	9	0*	4	0.53*	0.00	10.07	108	5.05	0.82*	0.26	1.80	0.08	0.00
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00
Maple Syrup	1 OZ	79	0	29	0.03	0.05	3.40	0	0.00	19.33	0.00	19.71	0.03	0.01
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83

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Quantum Lunch 4-8

Thursday, Oct 25, 2018

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Cheese Pizza, PZA Guy	SLICE	347	36	384	4.16	2.43	411.30	825	5.08	2.17	20.40	38.98	12.69	6.48
Pepperoni Pizza, PZA Guy LUNCH	SLICE	359	42	490	4.16	2.89	417.94	819	2.08	2.44	21.75	21.75	15.59	7.50
Mini Cheeseburgers	1 EACH	272	45	355	2.60	2.80	82.00	100	0.00	3.50	19.70	31.30	7.80	2.90
Bean & Cheese Burrito	1 EACH	350	15	480	6.00	5.40	150.00	100	0.00	4.00	14.00	45.00	11.00	0.00
Corn Dog w/Tots	SVG	370	40	700	7.80	1.80	80.00	0	3.60	5.00	11.00	47.00	14.00	3.50
PB & J Sandwich	1 EACH	550	0	480	7.00	2.70	60.00	100	1.20	18.00	20.00	52.00	33.00	7.00
Yogurt Granola Parfait	EACH	502	13	285	4.83	2.08	299.30	1277*	3.02*	62.02*	12.63	102.81	6.14	1.91
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Caesar Salad	5 oz. svg.	378	9	588	9.23	0.51	35.90	4930*	13.60*	0.57	1.51	34.10	24.87	1.42
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Garden Fresh Salad	1 CUP	13	0	15	1.42	2.15	31.39	4289	9.87	0.38*	1.05	2.47	0.11	0.00
Baby Carrots	EACH-3.0 OZ	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Cucumber	.5 CUP	5	0	1	0.30	0.09	5.95	101	1.36	0.59	0.25	0.92	0.07	0.00
Grape Tomatoes	SVG. 2.66 OZ.	9	0	2	0.60	0.18	3.32	416	6.18	1.30	0.44	1.94	0.10	0.02
Diced Eggs	1 OZ. SVG	46	122	74	0.00	0.41	11.39	171	0.00	0.57	3.42	0.57	2.85	0.85
Mini Sweet Peppers	3.0 OZ. SERVING	26	0	3	1.82	3.83	30.37	2582	107.53	3.65	0.91	5.16	0.30	0.00
Roasted Beets	2.78 oz.svg.	91	0	441	2.03	0.01	0.46	0	2.46	6.00*	1.06	11.25	5.04	0.63
Jicama sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.50	15	14.32	1.28	0.51	6.25	0.06	0.00
Celery Sticks	.5 CUP	4	0	22	0.44	0.05	10.94	20	0.88	0.00	0.19	0.82	0.05	0.01
Peanut Butter Cup	SVG	180	0	160	2.00	0.72	20.00	0	0.00	3.00	7.00	8.00	15.00	2.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Peaches, canned	.5 CUP	27	0	3	0.66	0.19	3.04	172	1.93	*N/A*	0.26	6.78	0.07	0.00
Honeydew and Cantaloupe	3.75 OZ.	37	0	18	1.06	0.19	10.63	1953	29.68	8.50	1.06	9.57	0.00	0.00

Sliced Red Apples	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
Green Apples	EACH 1.9 oz	32	0	1	1.00	0.00	0.00	0	0.00	6.00	0.00	8.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.00	0	0.00	3.66	0.00	7.32	0.00	0.00
Catsup	1 OZ	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Jalapenos	.125 CUP	1	0	87	0.17	0.12	3.42	51	0.41	0.00	0.00	0.17	0.00	0.00
Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	18.96	492	0.33	1.16	0.00	2.32	4.63	0.58
Mustard	1 tsp	0	0	60	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	0.00	0.00
Salsa	.125 CUP	9	0*	4	0.53*	0.00	10.07	108	5.05	0.82*	0.26	1.80	0.08	0.00
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00
Maple Syrup	1 OZ	79	0	29	0.03	0.05	3.40	0	0.00	19.33	0.00	19.71	0.03	0.01
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83

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Quantum Lunch 4-8

Friday, Oct 26, 2018

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Bacon Cheeseburger	1 Each	505	88	1265	3.00	3.24	218.50	250	0.00*	4.00*	33.50	33.00	27.00	10.25
Cheeseburger	1 EACH	425	78	765	3.00	3.24	218.50	250	0.00*	4.00*	27.50	33.00	21.00	8.25
Chicken Nuggets & Tots	SERVING, 6 pcs	438	47	937	5.80	1.36	40.00	178	3.60	1.00	24.00	46.00	17.50	3.00
Bean & Cheese Burrito	1 EACH	350	15	480	6.00	5.40	150.00	100	0.00	4.00	14.00	45.00	11.00	0.00
PB & J Sandwich	1 EACH	550	0	480	7.00	2.70	60.00	100	1.20	18.00	20.00	52.00	33.00	7.00
Tuna Sriracha Tostada - GF	5.50 oz.	238	15*	335	5.09	1.22	169.35	1026*	23.29*	0.98*	6.81	23.36	14.13	3.85*
Southwestern Chicken Supreme Salad	1 EACH	635	126	1152	7.47	2.30	264.50	673	53.02	7.16*	29.00	49.08	36.23	10.91
Yogurt Granola Parfait	EACH	502	13	285	4.83	2.08	299.30	1277*	3.02*	62.02*	12.63	102.81	6.14	1.91
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
MEXICAN CONDIMENTS	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pico de Gallo	2 OZ. SVGS	15	0	81	0.63	0.21	4.31	386	9.27	0.49*	0.48	3.83	0.21	0.02
Lettuce, Shredded	SVG	3	0	3	0.40	0.14	5.39	94	1.11	*N/A*	0.29	0.59	0.05	0.01
CD, Shredded Cheese	SVG	111	30	192	0.00	0.00	202.50	304	0.00	0.00	7.09	1.01	9.11	6.08
Sour Cream	SVG	28	7	7	0.00	0.00	9.45	94	0.57	0.47	0.47	0.94	2.36	1.42
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Garden Fresh Salad	1 CUP	13	0	15	1.42	2.15	31.39	4289	9.87	0.38*	1.05	2.47	0.11	0.00
Baby Carrots	EACH-3.0 OZ	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Cucumber	.5 CUP	5	0	1	0.30	0.09	5.95	101	1.36	0.59	0.25	0.92	0.07	0.00
Grape Tomatoes	SVG. 2.66 OZ.	9	0	2	0.60	0.18	3.32	416	6.18	1.30	0.44	1.94	0.10	0.02
Zucchini	.5 CUP	6	0	3	0.34	0.13	5.44	68	6.09	0.85	0.41	1.06	0.11	0.03
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Garbanzo Beans	1/2 CUP	131	0	504	9.08	1.36	32.27	24	3.83	*N/A*	6.05	22.19	2.02	0.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pears, Can,Light Syrup	.5 CUP	37	0	6	1.23	0.00	0.00	37	0.00	7.39	0.00	8.62	0.00	0.00
Plums	SVG.	59	0	0	1.79	0.22	7.65	440	12.12	12.66	0.89	14.57	0.36	0.02
Sliced Red	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00

Apples														
Green Apples	EACH 1.9 oz	32	0	1	1.00	0.00	0.00	0	0.00	6.00	0.00	8.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.00	0	0.00	3.66	0.00	7.32	0.00	0.00
Catsup	1 OZ	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Jalapenos	.125 CUP	1	0	87	0.17	0.12	3.42	51	0.41	0.00	0.00	0.17	0.00	0.00
Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	18.96	492	0.33	1.16	0.00	2.32	4.63	0.58
Mustard	1 tsp	0	0	60	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	0.00	0.00
Salsa	.125 CUP	9	0*	4	0.53*	0.00	10.07	108	5.05	0.82*	0.26	1.80	0.08	0.00
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00
Maple Syrup	1 OZ	79	0	29	0.03	0.05	3.40	0	0.00	19.33	0.00	19.71	0.03	0.01
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83

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Quantum Lunch 4-8

Monday, Oct 29, 2018

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Soy Chorizo & Bean Burrito	1 EACH	233	0*	536	8.20*	2.66	69.72	247	1.41	2.14*	12.50	23.81	10.59	1.76
Hot Dog w/ Tots	SVG.	412	20	1077	5.80	2.53	80.00	101	3.60	4.01	16.09	47.01	19.15	5.05
Mini Cheeseburgers	1 EACH	272	45	355	2.60	2.80	82.00	100	0.00	3.50	19.70	31.30	7.80	2.90
Grilled Cheese Sandwich	1 EACH	280	32	581	3.00	1.64	465.91	524	0.00	5.65	18.55	30.96	9.91	5.56
Turkey Sub Sandwich	SANDWICH	390	75	810	3.00	2.16	300.00	400	0.00	3.00	32.00	32.00	16.50	7.50
Gourmet Taco Salad	1 EACH	605	83	1115	7.33	5.88	602.40	11457	50.87	3.61*	26.94	36.80	37.75	17.71
Yogurt Granola Parfait	EACH	502	13	285	4.83	2.08	299.30	1277*	3.02*	62.02*	12.63	102.81	6.14	1.91
PB & J Sandwich	1 EACH	550	0	480	7.00	2.70	60.00	100	1.20	18.00	20.00	52.00	33.00	7.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Garden Fresh Salad	1 CUP	13	0	15	1.42	2.15	31.39	4289	9.87	0.38*	1.05	2.47	0.11	0.00
Baby Carrots	EACH-3.0 OZ	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Cucumber	.5 CUP	5	0	1	0.30	0.09	5.95	101	1.36	0.59	0.25	0.92	0.07	0.00
Grape Tomatoes	SVG. 2.66 OZ.	9	0	2	0.60	0.18	3.32	416	6.18	1.30	0.44	1.94	0.10	0.02
Mini Sweet Peppers	3.0 OZ. SERVING	26	0	3	1.82	3.83	30.37	2582	107.53	3.65	0.91	5.16	0.30	0.00
Celery Sticks	SERVING-2.5 oz	9	0	44	0.88	0.11	21.88	40	1.75	0.00	0.38	1.64	0.10	0.02
Peanut Butter Cup	SVG	180	0	160	2.00	0.72	20.00	0	0.00	3.00	7.00	8.00	15.00	2.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Wild Rice	2.50 OZ SVG	200	0	165	2.88	0.83	25.00	4616	2.30	5.71*	4.56	38.44	4.06	0.40
Kidney Beans	.5 CUP	61	0	243	4.56	0.90	17.25	0	0.78	*N/A*	3.74	11.10	0.24	0.04
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Cinnamon Applesauce	.5 CUP	43	0	1	0.77	0.08	2.04	4	1.08	9.36	0.10	11.17	0.11	0.02
Green Apples	EACH 1.9 oz	32	0	1	1.00	0.00	0.00	0	0.00	6.00	0.00	8.00	0.00	0.00
Sliced Red Apples	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
Orange Smiles	SERVING, 4.75oz	40	0	1	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7.00	1.00	10.00	0.00	0.00

.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.00	0	0.00	3.66	0.00	7.32	0.00	0.00
Catsup	1 OZ	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Jalapenos	.125 CUP	1	0	87	0.17	0.12	3.42	51	0.41	0.00	0.00	0.17	0.00	0.00
Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	18.96	492	0.33	1.16	0.00	2.32	4.63	0.58
Mustard	1 tsp	0	0	60	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	0.00	0.00
Salsa	.125 CUP	9	0*	4	0.53*	0.00	10.07	108	5.05	0.82*	0.26	1.80	0.08	0.00
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00
Maple Syrup	1 OZ	79	0	29	0.03	0.05	3.40	0	0.00	19.33	0.00	19.71	0.03	0.01
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83

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Quantum Lunch 4-8

Tuesday, Oct 30, 2018

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Bean Sopes	1 SOPE	337	30	740	8.01	1.88	858.58	366	1.38	3.48*	15.26	44.64	11.73	6.38
Spicy Beef Sopes	1 SOPE	322	78	515	2.00	1.52	810.12	404	5.67	3.94	24.33	25.96	14.58	7.29
Cheesy Bread	1 EACH	399	30	501	3.00	2.80	424.00	108	4.50	3.00	22.85	37.96	17.26	6.81
PB & J Sandwich	EACH	550	0	480	7.00	2.70	60.00	100	1.20	18.00	20.00	52.00	33.00	7.00
Hot Dog w/ Tots	SVG.	412	20	1077	5.80	2.53	80.00	101	3.60	4.01	16.09	47.01	19.15	5.05
Ham Sub Sandwich	1 EACH	370	85	1070	3.00	2.88	350.00	300	1.20	3.00*	31.00	34.00	14.50	6.50
Gourmet Chicken Caesar Salad	1 EACH	454	82	752	6.27	3.31	290.03	9929	27.22	4.26	22.11	32.97	25.44	6.31
Yogurt Granola Parfait	EACH	502	13	285	4.83	2.08	299.30	1277*	3.02*	62.02*	12.63	102.81	6.14	1.91
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Marinara Dipping Sauce Cup	1 EACH	45	0	230	2.00	0.36	20.00	500	66.00	4.00	1.00	7.00	1.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
MEXICAN CONDIMENTS	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pico de Gallo	2 OZ. SVGS	15	0	81	0.63	0.21	4.31	386	9.27	0.49*	0.48	3.83	0.21	0.02
Lettuce, Shredded	SVG	3	0	3	0.40	0.14	5.39	94	1.11	*N/A*	0.29	0.59	0.05	0.01
CD, Shredded Cheese	SVG	111	30	192	0.00	0.00	202.50	304	0.00	0.00	7.09	1.01	9.11	6.08
Sour Cream	SVG	28	7	7	0.00	0.00	9.45	94	0.57	0.47	0.47	0.94	2.36	1.42
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Garden Fresh Salad	1 CUP	13	0	15	1.42	2.15	31.39	4289	9.87	0.38*	1.05	2.47	0.11	0.00
Baby Carrots	EACH-3.0 OZ	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Jicama sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.50	15	14.32	1.28	0.51	6.25	0.06	0.00
Diced Eggs	1 OZ. SVG	46	122	74	0.00	0.41	11.39	171	0.00	0.57	3.42	0.57	2.85	0.85
Cucumber	.5 CUP	5	0	1	0.30	0.09	5.95	101	1.36	0.59	0.25	0.92	0.07	0.00
Grape Tomatoes	SVG. 2.66 OZ.	9	0	2	0.60	0.18	3.32	416	6.18	1.30	0.44	1.94	0.10	0.02
Mini Sweet Peppers	3.0 OZ. SERVING	26	0	3	1.82	3.83	30.37	2582	107.53	3.65	0.91	5.16	0.30	0.00
Roasted Beets	2.78	91	0	441	2.03	0.01	0.46	0	2.46	6.00*	1.06	11.25	5.04	0.63

	oz.svg.													
Celery Sticks	.5 CUP	4	0	22	0.44	0.05	10.94	20	0.88	0.00	0.19	0.82	0.05	0.01
Peanut Butter Cup	SVG	180	0	160	2.00	0.72	20.00	0	0.00	3.00	7.00	8.00	15.00	2.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Wild Rice	2.50 OZ SVG	200	0	165	2.88	0.83	25.00	4616	2.30	5.71*	4.56	38.44	4.06	0.40
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mandarin Oranges	SERVING 4 oz	31	0	4	0.44	0.32	8.87	133	94.19	7.54	0.44	7.54	0.00	0.00
Grapes	SERVING, 3.0 oz	52	0	2	0.70	0.27	8.00	7	2.40	*N/A*	0.54	13.67	0.12	0.04
Sliced Red Apples	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
Green Apples	EACH 1.9 oz	32	0	1	1.00	0.00	0.00	0	0.00	6.00	0.00	8.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.00	0	0.00	3.66	0.00	7.32	0.00	0.00
Catsup	1 OZ	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Jalapenos	.125 CUP	1	0	87	0.17	0.12	3.42	51	0.41	0.00	0.00	0.17	0.00	0.00
Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	18.96	492	0.33	1.16	0.00	2.32	4.63	0.58
Mustard	1 tsp	0	0	60	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	0.00	0.00
Salsa	.125 CUP	9	0*	4	0.53*	0.00	10.07	108	5.05	0.82*	0.26	1.80	0.08	0.00
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00
Maple Syrup	1 OZ	79	0	29	0.03	0.05	3.40	0	0.00	19.33	0.00	19.71	0.03	0.01
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83

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* - denotes combined nutrient totals with either missing or incomplete nutrient data

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professional for assistance in planning for or treating medical conditions.

Quantum Lunch 4-8

Wednesday, Oct 31, 2018

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Spicy Chicken Sandwich	SANDWICH	392	32	811	6.00	2.80	115.00	174	0.00	3.00*	25.00	52.00	11.20	1.00
Popcorn Chicken	SERVING 4.3 oz	293	81	599	3.00	2.00	18.00	167	0.00	0.00	18.00	17.00	17.00	3.00
Travelin Taco	4.0 servings.	175	15	322	6.27	2.07	162.91	337	2.64	0.80*	9.83	21.29	5.93	3.30
Italian Comb Sub Sandwich	SANDWICH	410	85	1130	3.00	2.88	410.00	300	2.40	5.00	26.00	32.00	19.50	7.50
Asian Chicken Salad	1 EACH	329	33	697	7.69	3.75	57.65	5234	139.00	9.12*	18.36	44.47	9.53	2.38
Asian Tofu Salad	1 EACH	429	0	417	11.69	6.33	257.65	5234*	128.91*	9.12*	22.36	47.80	17.20	3.05
Yogurt Granola Parfait	EACH	502	13	285	4.83	2.08	299.30	1277*	3.02*	62.02*	12.63	102.81	6.14	1.91
PB & J Sandwich	1 EACH	550	0	480	7.00	2.70	60.00	100	1.20	18.00	20.00	52.00	33.00	7.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Harvest of the Month Dried Figs	EACH	12	0	0	0.46	0.10	7.65	0	0.06	2.26	0.16	3.02	0.04	0.01
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Garden Fresh Salad	1 CUP	13	0	15	1.42	2.15	31.39	4289	9.87	0.38*	1.05	2.47	0.11	0.00
Baby Carrots	3.2 oz. svg.	30	0	67	3.04	9.11	0.76	11728	2.28	4.56	0.00	7.59	0.00	0.00
Cucumber	.5 CUP	5	0	1	0.30	0.09	5.95	101	1.36	0.59	0.25	0.92	0.07	0.00
Grape Tomatoes	SVG. 2.66 OZ.	9	0	2	0.60	0.18	3.32	416	6.18	1.30	0.44	1.94	0.10	0.02
Mini Sweet Peppers	3.0 OZ. SERVING	26	0	3	1.82	3.83	30.37	2582	107.53	3.65	0.91	5.16	0.30	0.00
Jicama sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.50	15	14.32	1.28	0.51	6.25	0.06	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Broccoli florets	SERVING, 2.22	18	0	4	0.00	0.00	12.59	0	24.55	0.00	2.52	2.52	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pineapple, Can,Lt Syrup	.5 CUP	47	0	0	0.67	0.24	13.41	0	6.03	9.39	0.50	11.40	0.00	0.00
Blood Orange Smiles	1 EACH	84	0	0	6.01	1.07	93.47	334	94.80	11.48	1.74	20.70	0.40	0.05
Sliced Red Apples	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
Green Apples	EACH 1.9 oz	32	0	1	1.00	0.00	0.00	0	0.00	6.00	0.00	8.00	0.00	0.00

.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.00	0	0.00	3.66	0.00	7.32	0.00	0.00
Catsup	1 OZ	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Jalapenos	.125 CUP	1	0	87	0.17	0.12	3.42	51	0.41	0.00	0.00	0.17	0.00	0.00
Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	18.96	492	0.33	1.16	0.00	2.32	4.63	0.58
Mustard	1 tsp	0	0	60	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	0.00	0.00
Salsa	.125 CUP	9	0*	4	0.53*	0.00	10.07	108	5.05	0.82*	0.26	1.80	0.08	0.00
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00
Maple Syrup	1 OZ	79	0	29	0.03	0.05	3.40	0	0.00	19.33	0.00	19.71	0.03	0.01
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83

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