

Quantum Lunch 4-8

Monday, Dec 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
Carnitas Nachos	SERVING	440	78	290	6.41*	5.03	92.93	207*	1.29*	0.45*	27.58	38.92*	17.80	4.09
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	338	45	891	4.00	2.26	221.19	352	4.80	2.00	19.54	30.49	16.55	6.04
Turkey Sub Sandwich	SANDWICH	270	30	460	3.00	1.44	260.00	400	0.00	3.00	12.00	29.00	11.50	6.00
Gourmet Taco Salad	1 EACH	569	75	940	6.63	4.50	452.29	7022	31.94	3.69*	25.20	34.22	34.93	15.47
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
Garnish for Street Tacos and Carnitas Nachos	1 OZ. SERVINGS	7	0	134	0.67	0.38	13.48	741	3.85	0.35	0.28	1.24	0.04	0.00
CD: Lime Wedge	1 Each	11	0	1	1.04	0.22	12.21	19	10.77	*N/A*	0.26	3.90	0.07	0.01
Sour Cream Sauce	1 OZ. SVG	50	12	15	0.00	0.00	23.50	173	0.06	1.10	1.02	1.90	4.00	2.40
.....	...	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
Bell Peppers 4 Colors	SERVING, 2.75oz	22	0	2	1.41	0.24	4.76	1312	66.64	2.06	0.79	4.64	0.16	0.02
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	2	0	12	0.11*	0.02	1.09	27	0.76	0.22*	0.05	0.35*	0.00	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
Orange Smiles	SERVING 4.95	40	0	1	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7.00	1.00	10.00	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
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	2	0	12	0.11*	0.02	1.09	27	0.76	0.22*	0.05	0.35*	0.00	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, Dec 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
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	779	4.00	3.08	38.00	167	0.00	0.00	20.00	31.00	20.50	3.50
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 Roasted Potatoes	SERVING	78	0	296	1.11	0.79	0.46	0	19.51	0.00*	2.22	16.46	0.14	0.04
.....	...	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.	25	0	56	2.53	7.59	0.63	9773	1.90	3.80	0.00	6.33	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
Bell Peppers 4 Colors	SERVING, 2.75oz	22	0	2	1.41	0.24	4.76	1312	66.64	2.06	0.79	4.64	0.16	0.02
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
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
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	2	0	12	0.11*	0.02	1.09	27	0.76	0.22*	0.05	0.35*	0.00	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, Dec 6, 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	360	42	491	4.16	2.89	417.94	819	2.08	2.44	21.75	39.37	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	130	0	310	2.80	0.00	0.00	0	3.60	0.00	2.00	17.00	6.00	1.00
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
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
Bell Peppers 4 Colors	SERVING, 2.75oz	22	0	2	1.41	0.24	4.76	1312	66.64	2.06	0.79	4.64	0.16	0.02
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	35	0	5	0.51	0.00	0.00	152	0.61	8.10	0.00	8.61	0.00	0.00
Kiwi, Wedges	4.90 OZ.	81	0	0	4.03	0.73	40.27	201	132.87	12.08	2.01	20.13	0.00	0.00
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	2	0	12	0.11*	0.02	1.09	27	0.76	0.22*	0.05	0.35*	0.00	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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N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Quantum Lunch 4-8

Friday, Dec 7, 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
Chicken Nuggets & Tots	SERVING, 6 pcs	430	50	970	5.80	2.08	35.00	187	3.60	0.00	21.00	47.00	16.50	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.	360	42*	677	5.09	1.47	191.06	1589*	23.66*	2.69*	20.12	26.39	20.45	4.51*
Southwestern Chicken Supreme Salad	1 EACH	440	111	791	4.94	1.34	141.72	521	52.95	5.16*	20.46	26.57	28.17	6.88
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 Sauce	SVG	50	12	15	0.00	0.00	23.50	173	0.06	1.10	1.02	1.90	4.00	2.40
.....	...	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
Halo Mandarin Oranges	EACH	50	0	0	2.00	0.00	40.00	300	27.00	9.00	1.00	13.00	0.00	0.00
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	2	0	12	0.11*	0.02	1.09	27	0.76	0.22*	0.05	0.35*	0.00	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, Dec 10, 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	23.79*	10.58	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	270	30	460	3.00	1.44	260.00	400	0.00	3.00	12.00	29.00	11.50	6.00
Gourmet Taco Salad	1 EACH	569	75	940	6.63	4.50	452.29	7022	31.94	3.69*	25.20	34.22	34.93	15.47
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
Bell Peppers 4 Colors	SERVING, 2.75oz	22	0	2	1.41	0.24	4.76	1312	66.64	2.06	0.79	4.64	0.16	0.02
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	2	0	12	0.11*	0.02	1.09	27	0.76	0.22*	0.05	0.35*	0.00	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, Dec 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
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	390	85	960	3.00	2.16	310.00	300	0.00	5.00	27.00	32.00	15.50	7.00
Gourmet Chicken Caesar Salad	1 EACH	454	65	902	5.27	3.24	290.03	9929	37.31	4.26	27.45	32.64	24.77	6.14
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 Sauce	SVG	50	12	15	0.00	0.00	23.50	173	0.06	1.10	1.02	1.90	4.00	2.40
.....	...	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
Bell Peppers 4 Colors	SERVING, 2.75oz	22	0	2	1.41	0.24	4.76	1312	66.64	2.06	0.79	4.64	0.16	0.02

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 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
Orange Smiles	SERVING 4.95	40	0	1	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7.00	1.00	10.00	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
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	2	0	12	0.11*	0.02	1.09	27	0.76	0.22*	0.05	0.35*	0.00	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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professional for assistance in planning for or treating medical conditions.

Quantum Lunch 4-8

Wednesday, Dec 12, 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	260	25	530	3.00	1.44	310.00	300	0.00	3.00	13.00	30.00	9.50	5.00
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 Roasted Potatoes	SERVING	78	0	296	1.11	0.79	0.46	0	19.51	0.00*	2.22	16.46	0.14	0.04
.....	...	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.	25	0	56	2.53	7.59	0.63	9773	1.90	3.80	0.00	6.33	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
Bell Peppers 4 Colors	SERVING, 2.75oz	22	0	2	1.41	0.24	4.76	1312	66.64	2.06	0.79	4.64	0.16	0.02
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
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	2	0	12	0.11*	0.02	1.09	27	0.76	0.22*	0.05	0.35*	0.00	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, Dec 13, 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	360	42	491	4.16	2.89	417.94	819	2.08	2.44	21.75	39.37	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
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
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
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
Bell Peppers 4 Colors	SERVING, 2.75oz	22	0	2	1.41	0.24	4.76	1312	66.64	2.06	0.79	4.64	0.16	0.02
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	35	0	5	0.51	0.00	0.00	152	0.61	8.10	0.00	8.61	0.00	0.00
Kiwi, Wedges	4.90 OZ.	81	0	0	4.03	0.73	40.27	201	132.87	12.08	2.01	20.13	0.00	0.00
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	2	0	12	0.11*	0.02	1.09	27	0.76	0.22*	0.05	0.35*	0.00	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, Dec 14, 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	597	4.83	1.77	32.76	0	0.00	0.00*	21.14	49.72	14.98	1.78
Chicken Nuggets & Tots	SERVING, 6 pcs	430	50	970	5.80	2.08	35.00	187	3.60	0.00	21.00	47.00	16.50	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 Sub Sandwich	SANDWICH	278	32	558	3.03	1.64	77.48	445	0.42	4.12	22.52	31.25	7.03	0.52
Southwestern Chicken Supreme Salad	1 EACH	440	111	791	4.94	1.34	141.72	521	52.95	5.16*	20.46	26.57	28.17	6.88
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
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
Halo Mandarin Oranges	EACH	50	0	0	2.00	0.00	40.00	300	27.00	9.00	1.00	13.00	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
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	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00

oz.														
.....	...	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	2	0	12	0.11*	0.02	1.09	27	0.76	0.22*	0.05	0.35*	0.00	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	2	0	12	0.11*	0.02	1.09	27	0.76	0.22*	0.05	0.35*	0.00	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, Dec 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
Baked Chicken & Crackers	1 EACH	292	76	656	2.01	2.17	40.25	0	0.00	0.00	18.20	20.08	14.64	3.03
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
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
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	EACH	550	0	480	7.00	2.70	60.00	100	1.20	18.00	20.00	52.00	33.00	7.00
Ham Sub Sandwich	1 EACH	390	85	960	3.00	2.16	310.00	300	0.00	5.00	27.00	32.00	15.50	7.00
Gourmet Chicken Caesar Salad	1 EACH	454	65	902	5.27	3.24	290.03	9929	37.31	4.26	27.45	32.64	24.77	6.14
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
.....	...	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
Bell Peppers 4 Colors	SERVING, 2.75oz	22	0	2	1.41	0.24	4.76	1312	66.64	2.06	0.79	4.64	0.16	0.02
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														
Orange Smiles	SERVING 4.95	40	0	1	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7.00	1.00	10.00	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	
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	2	0	12	0.11*	0.02	1.09	27	0.76	0.22*	0.05	0.35*	0.00	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, Dec 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
Popcorn Chicken / Goldfish Crackers	1 EACH	393	86	779	4.00	3.08	38.00	167	0.00	0.00	20.00	31.00	20.50	3.50
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
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
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 Roasted Potatoes	SERVING	78	0	296	1.11	0.79	0.46	0	19.51	0.00*	2.22	16.46	0.14	0.04
.....	...	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.	25	0	56	2.53	7.59	0.63	9773	1.90	3.80	0.00	6.33	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
Bell Peppers 4 Colors	SERVING, 2.75oz	22	0	2	1.41	0.24	4.76	1312	66.64	2.06	0.79	4.64	0.16	0.02
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
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
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	2	0	12	0.11*	0.02	1.09	27	0.76	0.22*	0.05	0.35*	0.00	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, Dec 20, 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	360	42	491	4.16	2.89	417.94	819	2.08	2.44	21.75	39.37	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
Corn Dog w/Tots	SVG	130	0	310	2.80	0.00	0.00	0	3.60	0.00	2.00	17.00	6.00	1.00
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
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
Bell Peppers 4 Colors	SERVING, 2.75oz	22	0	2	1.41	0.24	4.76	1312	66.64	2.06	0.79	4.64	0.16	0.02
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	35	0	5	0.51	0.00	0.00	152	0.61	8.10	0.00	8.61	0.00	0.00
Kiwi, Wedges	4.90 OZ.	81	0	0	4.03	0.73	40.27	201	132.87	12.08	2.01	20.13	0.00	0.00
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	2	0	12	0.11*	0.02	1.09	27	0.76	0.22*	0.05	0.35*	0.00	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, Dec 21, 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
Holiday Tree Chicken Cracker	SERVING	320	50	530	3.00	2.16	40.00	0	0.00	1.00	16.00	26.00	15.50	3.50
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
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
Chicken Tamale	1 EACH	340	40	800	3.00	2.70	80.00	300	21.00	1.00	19.00	32.00	18.00	2.00
Tuna Sub Sandwich	SANDWICH	278	32	558	3.03	1.64	77.48	445	0.42	4.12	22.52	31.25	7.03	0.52
Southwestern Chicken Supreme Salad	1 EACH	440	111	791	4.94	1.34	141.72	521	52.95	5.16*	20.46	26.57	28.17	6.88
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
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
Halo Mandarin Oranges	EACH	50	0	0	2.00	0.00	40.00	300	27.00	9.00	1.00	13.00	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
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	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00

oz.														
.....	...	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	2	0	12	0.11*	0.02	1.09	27	0.76	0.22*	0.05	0.35*	0.00	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, Dec 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
HOLIDAY	SERVING	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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Quantum Lunch 4-8

Tuesday, Dec 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
HOLIDAY	SERVING	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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Quantum Lunch 4-8

Wednesday, Dec 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
HOLIDAY	SERVING	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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Quantum Lunch 4-8

Thursday, Dec 27, 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
HOLIDAY	SERVING	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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Quantum Lunch 4-8

Friday, Dec 28, 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
HOLIDAY	SERVING	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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Quantum Lunch 4-8

Monday, Dec 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
HOLIDAY	SERVING	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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