

Middle & Quantum Lunch

Monday, Nov 1, 2021

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
Gourmet Chicken Caesar Salad	1 EACH	373	72	1141	2.27	1.59	191.22	9928	42.36	2.25	26.51	10.96	24.84	5.88
Spicy Chicken Sandwich, WGR	EACH	362	46	634	4.01	3.01	94.85	0	0.00	5.01*	24.23	40.06	12.12	2.03
Hamburger	1 EACH	390	70	670	3.00	3.44	114.85	0	0.00	3.99	20.99	30.95	19.00	7.00
Cheeseburger	1 EACH	425	78	826	3.00	3.44	215.08	46	0.00	5.01	24.54	31.96	21.02	8.27
Mega Mini Chix Tots	SVG	311	40	652	3.01	0.36	0.00	0	3.62	0.00	18.01	26.10	15.04	2.51
Chicken Chow Mein	SVG	314	73	959	3.92	4.75	15.97	0	0.00	9.46	20.26	40.52	7.93	1.04
Hummus Bistro Box w/ Flatbread & Veggies	EACH	316	0	780	8.67	8.13	47.19	7935	7.54	8.59	10.59	50.83	7.42	1.13
PB & J Grape Sandwich	1 Each	600	0	540	7.00	3.00	78.00	0	0.00	29.00	18.00	64.00	34.00	6.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Sliced Red Apples	1 EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
Juice/Appleberry	1 EACH	55	0	15	0.00	0.00	0.00	0	0.00	18.00	0.00	13.50	0.00	0.00
Baby Carrots	1 EACH	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Green Peas	SVG.	60	0	58	4.00	0.00	0.00	0	0.00	4.00	4.00	11.00	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	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50
Chocolate Milk	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00

[Print This Page](#)

[Close This Page](#)

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Middle & Quantum Lunch

Tuesday, Nov 2, 2021

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	7.75 Oz. Svg	459	63	878	5.05	3.34	40.48	382	1.21	0.02	21.91	26.95	26.27	11.35
Gourmet Taco Salad	1 EACH	641	82	766	4.05	3.83	340.72	7271	31.48	3.45	26.14	25.44	47.72	14.37
Carnitas Street Tacos	SERVING/2 TACOS	377	79	500	6.46	1.13	198.67	1127	24.25	4.51	28.30	32.38	12.05	4.50
Bean&Cheese Burrito/WGR	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 w/ Green Sauce	1 EACH	330	40	510	3.00	2.00	57.00	0	0.00	1.00	18.00	28.00	17.00	2.00
Chicken and Cheese Taquitos-GF	SERVING/2 EACH	200	20	260	3.00	2.70	80.00	0	0.00	1.00	10.00	26.00	9.00	2.50
Hummus Bistro Box w/ Flatbread & Veggies	EACH	316	0	780	8.67	8.13	47.19	7935	7.54	8.59	10.59	50.83	7.42	1.13
PB & J Sandwich Strawberry	1 Each	630	0	630	6.00	1.80	60.00	0	0.00	28.00	19.00	64.00	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
QUANTUM ONLY	1 Each	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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	SLICE	360	42	491	4.16	2.89	417.94	819	2.08	2.44	21.75	39.37	15.59	7.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Asian Pear	1 EACH	85	0	1	4.60	0.18	10.00	0	6.00	14.00	0.50	23.00	0.20	0.00
Sour Tropical Dried Fruit	1 EACH	120	0	5	3.00	0.36	26.00	100	9.00	23.00	1.00	30.00	0.00	0.00
Jicama sticks	2.70 OZ. SVG.	29	0	3	3.83	0.41	7.65	38	0.00	0.77	0.77	6.89	0.00	0.00
Refried Beans	4.0 oz svg.	57	0	108	3.54	1.28	42.70	63	0.28	0.20	4.13	10.84	0.03	0.01
.....	...	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	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50
Chocolate Milk	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00

[Print This Page](#)

[Close This Page](#)

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Middle & Quantum Lunch

Wednesday, Nov 3, 2021

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
3 Bean Chili w/ Meat,Chips	SVG	325	0	598	12.99	4.43	121.67	238	5.03	4.08	13.41	52.14	7.15	1.01
3 Bean Chili w/ Chips	SVG	325	0	598	12.99	4.43	121.67	238	5.03	4.08	13.41	52.14	7.15	1.01
Orange Chicken/ Rice	SVG.	956	40	280	0.00	7.98	0.00	0	1.20	10.00	31.16	195.40	3.00	0.50
Corn Dog	SERVING	250	40	450	5.00	1.44	60.00	0	0.00	9.00	9.00	30.00	9.00	2.50
Chicken Nuggets w/ Tots	SVG	361	55	712	3.01	1.66	10.00	0	3.62	0.00	18.01	27.10	19.04	4.01
Spicy Chicken Salad	1 EACH	663	100	1190	5.04	3.20	277.25	2075	15.64	7.17	29.95	39.25	42.47	11.56
Hummus Bistro Box w/ Flatbread & Veggies	EACH	316	0	780	8.67	8.13	47.19	7935	7.54	8.59	10.59	50.83	7.42	1.13
PB & J Grape Sandwich	1 Each	600	0	540	7.00	3.00	78.00	0	0.00	29.00	18.00	64.00	34.00	6.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Banana	1 EACH	110	0	0	3.00	0.36	0.00	100	9.00	19.00	1.00	30.00	0.00	0.00
Diced Peaches Cupped	1 EACH	51	0	4	4.00	0.00	20.00	0	0.00	7.20	0.40	12.00	0.00	0.00
Celery Sticks	4 OZ SVG	9	0	43	0.85	0.11	21.33	39	1.71	0.00	0.37	1.60	0.10	0.02
Paradise Punch	1 EACH	90	0	10	0.00	0.00	0.00	0	60.00	21.00	0.00	23.00	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	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50
Chocolate Milk	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00

[Print This Page](#)

[Close This Page](#)

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis

software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Middle & Quantum Lunch

Thursday, Nov 4, 2021

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
Pepperoni Pizza, PZA Guy	SLICE	360	42	491	4.16	2.89	417.94	819	2.08	2.44	21.75	39.37	15.59	7.50
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
Gourmet Chicken Caesar Salad	1 EACH	373	72	1141	2.27	1.59	191.22	9928	42.36	2.25	26.51	10.96	24.84	5.88
Mini Cheese Burger/WGR	1 EACH	273	45	339	2.60	2.90	82.00	25	0.00	3.40	19.70	31.10	8.00	2.90
Spicy Chicken Sandwich, WGR	EACH	362	46	634	4.01	3.01	94.85	0	0.00	5.01*	24.23	40.06	12.12	2.03
Hummus Bistro Box w/ Flatbread & Veggies	EACH	316	0	780	8.67	8.13	47.19	7935	7.54	8.59	10.59	50.83	7.42	1.13
PB & J Sandwich Strawberry	1 Each	630	0	630	6.00	1.80	60.00	0	0.00	28.00	19.00	64.00	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
Red Apple	1 EACH	125	0	2	4.90	0.18	10.00	100	0.00	22.00	0.60	30.00	0.40	0.00
Mountain Quest Dried Fruit	BOX	120	0	25	2.00	0.36	26.00	0	3.60	24.00	1.00	30.00	0.00	0.00
Baby Carrots	1 EACH	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Hot Corn	3.0 OZ	76	0	9	0.94	0.00	0.00	0	2.27	4.73	2.83	17.95	0.94	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	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50
Chocolate Milk	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00

[Print This Page](#)

[Close This Page](#)

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis

software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

1% Milk	1 EACH	120	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50
Chocolate Milk	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00

[Print This Page](#)

[Close This Page](#)

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Middle & Quantum Lunch

Monday, Nov 8, 2021

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
Gourmet Chicken Caesar Salad	1 EACH	373	72	1141	2.27	1.59	191.22	9928	42.36	2.25	26.51	10.96	24.84	5.88
Spicy Chicken Sandwich, WGR	EACH	362	46	634	4.01	3.01	94.85	0	0.00	5.01*	24.23	40.06	12.12	2.03
Hamburger	1 EACH	390	70	670	3.00	3.44	114.85	0	0.00	3.99	20.99	30.95	19.00	7.00
Cheeseburger	1 EACH	425	78	826	3.00	3.44	215.08	46	0.00	5.01	24.54	31.96	21.02	8.27
Mega Mini Chix w/ Emotions	SVG	320	40	435	3.00	0.72	0.00	0	0.00	2.00	18.00	33.00	14.00	2.50
Chicken Chow Mein	SVG	314	73	959	3.92	4.75	15.97	0	0.00	9.46	20.26	40.52	7.93	1.04
Hummus Bistro Box w/ Flatbread & Veggies	EACH	316	0	780	8.67	8.13	47.19	7935	7.54	8.59	10.59	50.83	7.42	1.13
PB & J Grape Sandwich	1 Each	600	0	540	7.00	3.00	78.00	0	0.00	29.00	18.00	64.00	34.00	6.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Sliced Red Apples	1 EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
Juice/Appleberry	1 EACH	55	0	15	0.00	0.00	0.00	0	0.00	18.00	0.00	13.50	0.00	0.00
Baby Carrots	1 EACH	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Green Peas	SVG.	60	0	58	4.00	0.00	0.00	0	0.00	4.00	4.00	11.00	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	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50
Chocolate Milk	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00

[Print This Page](#)

[Close This Page](#)

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Middle & Quantum Lunch

Tuesday, Nov 9, 2021

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	7.75 Oz. Svg	459	63	878	5.05	3.34	40.48	382	1.21	0.02	21.91	26.95	26.27	11.35
Gourmet Taco Salad	1 EACH	641	82	766	4.05	3.83	340.72	7271	31.48	3.45	26.14	25.44	47.72	14.37
Carnitas Street Tacos	SERVING/2 TACOS	377	79	500	6.46	1.13	198.67	1127	24.25	4.51	28.30	32.38	12.05	4.50
Bean&Cheese Burrito/WGR	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 w/ Green Sauce	1 EACH	330	40	510	3.00	2.00	57.00	0	0.00	1.00	18.00	28.00	17.00	2.00
Chicken and Cheese Taquitos-GF	SERVING/2 EACH	200	20	260	3.00	2.70	80.00	0	0.00	1.00	10.00	26.00	9.00	2.50
Hummus Bistro Box w/ Flatbread & Veggies	EACH	316	0	780	8.67	8.13	47.19	7935	7.54	8.59	10.59	50.83	7.42	1.13
PB & J Sandwich Strawberry	1 Each	630	0	630	6.00	1.80	60.00	0	0.00	28.00	19.00	64.00	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
QUANTUM ONLY	1 Each	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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	SLICE	360	42	491	4.16	2.89	417.94	819	2.08	2.44	21.75	39.37	15.59	7.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Asian Pear	1 EACH	85	0	1	4.60	0.18	10.00	0	6.00	14.00	0.50	23.00	0.20	0.00
Sour Tropical Dried Fruit	1 EACH	120	0	5	3.00	0.36	26.00	100	9.00	23.00	1.00	30.00	0.00	0.00
Jicama sticks	2.70 OZ. SVG.	29	0	3	3.83	0.41	7.65	38	0.00	0.77	0.77	6.89	0.00	0.00
Refried Beans	4.0 oz svg.	57	0	108	3.54	1.28	42.70	63	0.28	0.20	4.13	10.84	0.03	0.01
.....	...	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	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50
Chocolate Milk	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00

[Print This Page](#)

[Close This Page](#)

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Middle & Quantum Lunch

Wednesday, Nov 10, 2021

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
3 Bean Chili w/ Meat,Chips	SVG	325	0	598	12.99	4.43	121.67	238	5.03	4.08	13.41	52.14	7.15	1.01
3 Bean Chili w/ Chips	SVG	325	0	598	12.99	4.43	121.67	238	5.03	4.08	13.41	52.14	7.15	1.01
Orange Chicken/ Rice	SVG.	956	40	280	0.00	7.98	0.00	0	1.20	10.00	31.16	195.40	3.00	0.50
Corn Dog	SERVING	250	40	450	5.00	1.44	60.00	0	0.00	9.00	9.00	30.00	9.00	2.50
Chicken Nuggets w/ Tots	SVG	361	55	712	3.01	1.66	10.00	0	3.62	0.00	18.01	27.10	19.04	4.01
Spicy Chicken Salad	1 EACH	663	100	1190	5.04	3.20	277.25	2075	15.64	7.17	29.95	39.25	42.47	11.56
Hummus Bistro Box w/ Flatbread & Veggies	EACH	316	0	780	8.67	8.13	47.19	7935	7.54	8.59	10.59	50.83	7.42	1.13
PB & J Grape Sandwich	1 Each	600	0	540	7.00	3.00	78.00	0	0.00	29.00	18.00	64.00	34.00	6.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Banana	1 EACH	110	0	0	3.00	0.36	0.00	100	9.00	19.00	1.00	30.00	0.00	0.00
Diced Peaches Cupped	1 EACH	51	0	4	4.00	0.00	20.00	0	0.00	7.20	0.40	12.00	0.00	0.00
Celery Sticks	4 OZ SVG	9	0	43	0.85	0.11	21.33	39	1.71	0.00	0.37	1.60	0.10	0.02
Paradise Punch	1 EACH	90	0	10	0.00	0.00	0.00	0	60.00	21.00	0.00	23.00	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	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50
Chocolate Milk	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00

[Print This Page](#)

[Close This Page](#)

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis

software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Middle & Quantum Lunch

Thursday, Nov 11, 2021

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

[Print This Page](#)

[Close This Page](#)

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Middle & Quantum Lunch

Friday, Nov 12, 2021

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

[Print This Page](#)

[Close This Page](#)

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Middle & Quantum Lunch

Monday, Nov 15, 2021

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
Gourmet Chicken Caesar Salad	1 EACH	373	72	1141	2.27	1.59	191.22	9928	42.36	2.25	26.51	10.96	24.84	5.88
Spicy Chicken Sandwich, WGR	1 EACH	362	46	634	4.01	3.01	94.85	0	0.00	5.01*	24.23	40.06	12.12	2.03
Hamburger	1 EACH	390	70	670	3.00	3.44	114.85	0	0.00	3.99	20.99	30.95	19.00	7.00
Cheeseburger	1 EACH	425	78	826	3.00	3.44	215.08	46	0.00	5.01	24.54	31.96	21.02	8.27
Mega Mini Chix w/ Emotions	SVG	320	40	435	3.00	0.72	0.00	0	0.00	2.00	18.00	33.00	14.00	2.50
Chicken Chow Mein	SVG	314	73	959	3.92	4.75	15.97	0	0.00	9.46	20.26	40.52	7.93	1.04
Hummus Bistro Box w/ Flatbread & Veggies	1 EACH	206	0	375	5.60	8.04	46.18	7933	5.02	5.61	6.57	34.21	5.00	1.00
PB & J Grape Sandwich	1 Each	600	0	540	7.00	3.00	78.00	0	0.00	29.00	18.00	64.00	34.00	6.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Sliced Red Apples	1 EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
Juice/Appleberry	1 EACH	55	0	15	0.00	0.00	0.00	0	0.00	18.00	0.00	13.50	0.00	0.00
Baby Carrots	1 EACH	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Green Peas	SVG.	60	0	58	4.00	0.00	0.00	0	0.00	4.00	4.00	11.00	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	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50
Chocolate Milk	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00

[Print This Page](#)

[Close This Page](#)

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Middle & Quantum Lunch

Tuesday, Nov 16, 2021

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	7.75 Oz. Svg	459	63	878	5.05	3.34	40.48	382	1.21	0.02	21.91	26.95	26.27	11.35
Carnitas Street Tacos	SERVING/2 TACOS	377	79	500	6.46	1.13	198.67	1127	24.25	4.51	28.30	32.38	12.05	4.50
Gourmet Taco Salad	1 EACH	641	82	766	4.05	3.83	340.72	7271	31.48	3.45	26.14	25.44	47.72	14.37
Bean&Cheese Burrito/WGR	1 EACH	350	15	480	6.00	5.40	150.00	100	0.00	4.00	14.00	45.00	11.00	0.00
Chili & Cheese Tamale	1 EACH	370	35	470	2.00	0.00	250.00	750	9.00	2.00	11.00	29.00	24.00	10.00
Chicken Tamale w/ Green Sauce	1 EACH	330	40	510	3.00	2.00	57.00	0	0.00	1.00	18.00	28.00	17.00	2.00
Chicken and Cheese Taquitos-GF	SERVING/2 EACH	200	20	260	3.00	2.70	80.00	0	0.00	1.00	10.00	26.00	9.00	2.50
PB & J Sandwich Strawberry	1 Each	630	0	630	6.00	1.80	60.00	0	0.00	28.00	19.00	64.00	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
QUANTUM ONLY	1 Each	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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 WGR	1 EACH	340	35	580	3.00	1.80	400.00	500	9.00	4.00	20.00	34.00	18.00	9.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Asian Pear	1 EACH	85	0	1	4.60	0.18	10.00	0	6.00	14.00	0.50	23.00	0.20	0.00
Sour Tropical Dried Fruit	1 EACH	120	0	5	3.00	0.36	26.00	100	9.00	23.00	1.00	30.00	0.00	0.00
Jicama sticks	2.70 OZ. SVG.	29	0	3	3.83	0.41	7.65	38	0.00	0.77	0.77	6.89	0.00	0.00
Refried Beans	4.0 oz svg.	57	0	108	3.54	1.28	42.70	63	0.28	0.20	4.13	10.84	0.03	0.01
.....	...	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	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50
Chocolate Milk	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00

[Print This Page](#)

[Close This Page](#)

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Middle & Quantum Lunch

Wednesday, Nov 17, 2021

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 MEAL	SERVING	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Turkey & Gravy w Mashed Potatoes & Roll	SERVING	367	45	1114	2.98	1.74	101.14	5	0.00	2.96	22.93	46.39	10.45	2.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Orange Chicken/ Rice	SVG.	956	40	280	0.00	7.98	0.00	0	1.20	10.00	31.16	195.40	3.00	0.50
Spicy Chicken Salad	1 EACH	663	100	1190	5.04	3.20	277.25	2075	15.64	7.17	29.95	39.25	42.47	11.56
Corn Dog	1 EACH	250	40	450	5.00	1.44	60.00	0	0.00	9.00	9.00	30.00	9.00	2.50
Chicken Nuggets w/ Tots	SVG	361	55	712	3.01	1.66	10.00	0	3.62	0.00	18.01	27.10	19.04	4.01
Hummus Bistro Box w/ Flatbread & Veggies	1 EACH	206	0	375	5.60	8.04	46.18	7933	5.02	5.61	6.57	34.21	5.00	1.00
PB & J Grape Sandwich	1 Each	600	0	540	7.00	3.00	78.00	0	0.00	29.00	18.00	64.00	34.00	6.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Turkey Cookie	1 EACH	130	10	100	1.00	1.00	7.00	0	0.00	11.01	2.00	22.01	4.50	1.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Banana	1 EACH	110	0	0	3.00	0.36	0.00	100	9.00	19.00	1.00	30.00	0.00	0.00
Diced Peaches Cupped	1 EACH	51	0	4	4.00	0.00	20.00	0	0.00	7.20	0.40	12.00	0.00	0.00
Celery Sticks	4 OZ SVG	9	0	43	0.85	0.11	21.33	39	1.71	0.00	0.37	1.60	0.10	0.02
Paradise Punch	1 EACH	90	0	10	0.00	0.00	0.00	0	60.00	21.00	0.00	23.00	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	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50
Chocolate Milk	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00

[Close This Page](#)

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Middle & Quantum Lunch

Thursday, Nov 18, 2021

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
Pepperoni Pizza, PZA Guy	SLICE	360	42	491	4.16	2.89	417.94	819	2.08	2.44	21.75	39.37	15.59	7.50
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
Gourmet Chicken Caesar Salad	1 EACH	373	72	1141	2.27	1.59	191.22	9928	42.36	2.25	26.51	10.96	24.84	5.88
Mini Cheese Burger/WGR	1 EACH	273	45	339	2.60	2.90	82.00	25	0.00	3.40	19.70	31.10	8.00	2.90
Spicy Chicken Sandwich, WGR	1 EACH	362	46	634	4.01	3.01	94.85	0	0.00	5.01*	24.23	40.06	12.12	2.03
Hummus Bistro Box w/ Flatbread & Veggies	1 EACH	206	0	375	5.60	8.04	46.18	7933	5.02	5.61	6.57	34.21	5.00	1.00
PB & J Sandwich Strawberry	1 Each	630	0	630	6.00	1.80	60.00	0	0.00	28.00	19.00	64.00	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
Red Apple	1 EACH	125	0	2	4.90	0.18	10.00	100	0.00	22.00	0.60	30.00	0.40	0.00
Mountain Quest Dried Fruit	BOX	120	0	25	2.00	0.36	26.00	0	3.60	24.00	1.00	30.00	0.00	0.00
Baby Carrots	1 EACH	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Hot Corn	3.0 OZ	76	0	9	0.94	0.00	0.00	0	2.27	4.73	2.83	17.95	0.94	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	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50
Chocolate Milk	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00

[Print This Page](#)

[Close This Page](#)

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis

software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

1% Milk	1 EACH	120	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50
Chocolate Milk	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00

[Print This Page](#)

[Close This Page](#)

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Middle & Quantum Lunch

Monday, Nov 22, 2021

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

[Print This Page](#)

[Close This Page](#)

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Middle & Quantum Lunch

Tuesday, Nov 23, 2021

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

[Print This Page](#)

[Close This Page](#)

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Middle & Quantum Lunch

Wednesday, Nov 24, 2021

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

[Print This Page](#)

[Close This Page](#)

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Middle & Quantum Lunch

Thursday, Nov 25, 2021

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

[Print This Page](#)

[Close This Page](#)

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Middle & Quantum Lunch

Friday, Nov 26, 2021

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

[Print This Page](#)

[Close This Page](#)

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Middle & Quantum Lunch

Monday, Nov 29, 2021

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
Gourmet Chicken Caesar Salad	1 EACH	373	72	1141	2.27	1.59	191.22	9928	42.36	2.25	26.51	10.96	24.84	5.88
Spicy Chicken Sandwich, WGR	1 EACH	362	46	634	4.01	3.01	94.85	0	0.00	5.01*	24.23	40.06	12.12	2.03
Hamburger	1 EACH	390	70	670	3.00	3.44	114.85	0	0.00	3.99	20.99	30.95	19.00	7.00
Cheeseburger	1 EACH	425	78	826	3.00	3.44	215.08	46	0.00	5.01	24.54	31.96	21.02	8.27
Mega Mini Chix w/ Emotions	SVG	320	40	435	3.00	0.72	0.00	0	0.00	2.00	18.00	33.00	14.00	2.50
Chicken Chow Mein	SVG	314	73	959	3.92	4.75	15.97	0	0.00	9.46	20.26	40.52	7.93	1.04
Hummus Bistro Box w/ Flatbread & Veggies	1 EACH	206	0	375	5.60	8.04	46.18	7933	5.02	5.61	6.57	34.21	5.00	1.00
PB & J Grape Sandwich	1 Each	600	0	540	7.00	3.00	78.00	0	0.00	29.00	18.00	64.00	34.00	6.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Sliced Red Apples	1 EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
Juice/Appleberry	1 EACH	55	0	15	0.00	0.00	0.00	0	0.00	18.00	0.00	13.50	0.00	0.00
Baby Carrots	1 EACH	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Green Peas	SVG.	60	0	58	4.00	0.00	0.00	0	0.00	4.00	4.00	11.00	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	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50
Chocolate Milk	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00

[Print This Page](#)

[Close This Page](#)

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Middle & Quantum Lunch

Tuesday, Nov 30, 2021

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	7.75 Oz. Svg	459	63	878	5.05	3.34	40.48	382	1.21	0.02	21.91	26.95	26.27	11.35
Carnitas Street Tacos	SERVING/2 TACOS	377	79	500	6.46	1.13	198.67	1127	24.25	4.51	28.30	32.38	12.05	4.50
Gourmet Taco Salad	1 EACH	641	82	766	4.05	3.83	340.72	7271	31.48	3.45	26.14	25.44	47.72	14.37
Bean&Cheese Burrito/WGR	1 EACH	350	15	480	6.00	5.40	150.00	100	0.00	4.00	14.00	45.00	11.00	0.00
Chili & Cheese Tamale	1 EACH	370	35	470	2.00	0.00	250.00	750	9.00	2.00	11.00	29.00	24.00	10.00
Chicken Tamale w/ Green Sauce	1 EACH	330	40	510	3.00	2.00	57.00	0	0.00	1.00	18.00	28.00	17.00	2.00
Chicken and Cheese Taquitos-GF	SERVING/2 EACH	200	20	260	3.00	2.70	80.00	0	0.00	1.00	10.00	26.00	9.00	2.50
PB & J Sandwich Strawberry	1 Each	630	0	630	6.00	1.80	60.00	0	0.00	28.00	19.00	64.00	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
QUANTUM ONLY	1 Each	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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	SLICE	360	42	491	4.16	2.89	417.94	819	2.08	2.44	21.75	39.37	15.59	7.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Asian Pear	1 EACH	85	0	1	4.60	0.18	10.00	0	6.00	14.00	0.50	23.00	0.20	0.00
Sour Tropical Dried Fruit	1 EACH	120	0	5	3.00	0.36	26.00	100	9.00	23.00	1.00	30.00	0.00	0.00
Jicama sticks	2.70 OZ. SVG.	29	0	3	3.83	0.41	7.65	38	0.00	0.77	0.77	6.89	0.00	0.00
Refried Beans	4.0 oz svg.	57	0	108	3.54	1.28	42.70	63	0.28	0.20	4.13	10.84	0.03	0.01
.....	...	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	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50
Chocolate Milk	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00

[Print This Page](#)

[Close This Page](#)

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.