

Quantum Lunch 4-8

Monday, Sep 2, 2019

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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.....	...	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	26	0	164	0.43	0.16	0.00	0	0.00	4.74	0.43	6.46	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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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	0.00	0.00	0	0.00	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	3118	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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	1 oz. svg.	29	3	202	0.00	0.11	18.23	248	0.24	0.95	0.25	1.53	2.38	0.32

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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
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	26	0	164	0.43	0.16	0.00	0	0.00	4.74	0.43	6.46	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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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	0.00	0.00	0	0.00	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	3118	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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	1 oz. svg.	29	3	202	0.00	0.11	18.23	248	0.24	0.95	0.25	1.53	2.38	0.32

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Quantum Lunch 4-8

Thursday, Sep 5, 2019

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
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
Strawberry Yogurt Parfait	EACH	457	13	271	6.47	3.16	319.30	868	61.39	46.21*	13.63	92.64	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. svq.	140	8	158	3.43	0.82	42.32	7888	21.76	0.91	1.66	9.20	10.32	1.13
.....	...	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	.75 CUP	10	0	3	0.66	0.20	3.67	458	6.82	1.44	0.48	2.14	0.11	0.02
Diced Eggs	1 OZ. SVG	46	122	74	0.00	0.21	11.39	0	0.00	0.57	3.42	0.57	2.85	0.85
Mini Sweet Peppers	.5 CUP	13	0	2	0.91	1.91	15.19	1291	53.76	1.82	0.46	2.58	0.15	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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
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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Corn	.5 CUP	34	0	1	1.00	0.00	0.00	0	0.00	1.50	1.00	8.00	0.50	0.00
Green Peas	SERVING, 3.5 oz	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
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
Mangos	SERVING, 3 oz	65	0	0	1.80	0.00	0.00	765	27.70	14.80	0.27	17.00	0.00	0.00
Pink Lady Apple	EACH	70	0	1	2.40	0.00	0.00	0	0.00	6.00	0.50	15.70	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
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	26	0	164	0.43	0.16	0.00	0	0.00	4.74	0.43	6.46	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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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	0.00	0.00	0	0.00	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	3118	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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	1 oz. svg.	29	3	202	0.00	0.11	18.23	248	0.24	0.95	0.25	1.53	2.38	0.32

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Quantum Lunch 4-8

Friday, Sep 6, 2019

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	1275	3.00	3.44	413.35	250	0.00	4.99	30.49	31.95	27.00	10.25
Cheeseburger	1 EACH	425	78	775	3.00	3.44	413.35	250	0.00	4.99	24.49	31.95	21.00	8.25
Shrimp Poppers w/Goldfish	1 EACH	522	51	736	6.10	2.00	37.01	0	0.00	3.40	27.51	61.63	18.81	2.20
"Fish & Chips"	SVG.	342	55	585	5.03	1.00	119.95	0*	3.66*	0.00	20.03	39.25	11.10	1.02
Chicken Nuggets & Tots	SERVING, 6 pcs	440	55	1060	5.00	2.16	100.00	200	3.60	0.00	22.00	47.00	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 Sub Sandwich	SANDWICH	267	27	529	3.04	1.68	80.81	529	0.50	4.33	18.33	31.68	7.51	0.62
Southwestern Chicken Supreme Salad	1 EACH	416	68	677	3.41	4.64	136.66	531	17.72	4.34*	21.04	26.49	25.60	6.43
Strawberry Yogurt Parfait	EACH	457	13	271	6.47	3.16	319.30	868	61.39	46.21*	13.63	92.64	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
Lemon Wedge	1 Each	17	0	1	2.00	0.36	20.00	0	30.60	0.00	1.00	5.00	0.20	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	.75 CUP	10	0	3	0.66	0.20	3.67	458	6.82	1.44	0.48	2.14	0.11	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
Corn	SERVING, 3 oz	67	0	1	2.00	0.00	0.00	0	0.00	3.00	2.00	16.00	1.00	0.00
Green Peas	SERVING, 3.5 oz	60	0	58	4.00	0.00	0.00	0	0.00	4.00	4.00	11.00	0.00	0.00
Garbanzo Beans	1/2 CUP	53	0	70	2.50	0.00	0.00	0	0.00	1.50	3.00	8.00	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
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
Pink Lady Apple	EACH	70	0	1	2.40	0.00	0.00	0	0.00	6.00	0.50	15.70	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
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	26	0	164	0.43	0.16	0.00	0	0.00	4.74	0.43	6.46	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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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	0.00	0.00	0	0.00	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	3118	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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	1 oz. svg.	29	3	202	0.00	0.11	18.23	248	0.24	0.95	0.25	1.53	2.38	0.32

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Quantum Lunch 4-8

Monday, Sep 9, 2019

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	SERVING	497	33	1059	9.67	5.04	99.60	482	6.99	1.62	17.96	47.54	23.24	6.31
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 W/Cheese	SERVING/2 EACH	201	20	262	3.02	2.72	80.54	0	0.00	1.01	10.07	26.17	9.06	2.52
Veggie Burger Mini Twin	1 EACH	310	15	460	6.00	2.70	150.00	200	15.00	7.00	14.00	40.00	12.00	3.50
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	896	6.51	4.55	419.83	7464	34.37	5.55	27.83	30.55	35.70	15.43
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
Strawberry Yogurt Parfait	EACH	457	13	271	6.47	3.16	319.30	868	61.39	46.21*	13.63	92.64	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	.75 CUP	10	0	3	0.66	0.20	3.67	458	6.82	1.44	0.48	2.14	0.11	0.02
Mini Sweet Peppers	.5 CUP	13	0	2	0.91	1.91	15.19	1291	53.76	1.82	0.46	2.58	0.15	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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Corn	SVG	67	0	1	2.00	0.00	0.00	0	0.00	3.00	2.00	16.00	1.00	0.00
Kidney Beans	.5 CUP	45	0	70	3.50	0.90	10.00	0	0.60	1.00	3.00	8.50	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
Applesauce	.5 CUP	35	0	0	1.00	0.00	3.50	0	0.00	7.50	0.00	9.00	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
Pink Lady Apple	EACH	70	0	1	2.40	0.00	0.00	0	0.00	6.00	0.50	15.70	0.00	0.00
Orange Smiles	SERVING, 4.75oz	40	0	1	2.00	0.00	0.00	0	0.00	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	26	0	164	0.43	0.16	0.00	0	0.00	4.74	0.43	6.46	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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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	0.00	0.00	0	0.00	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	3118	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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	1 oz. svg.	29	3	202	0.00	0.11	18.23	248	0.24	0.95	0.25	1.53	2.38	0.32

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Quantum Lunch 4-8

Tuesday, Sep 10, 2019

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
Cheesy Nachos	5 OZ.SVG.	461	43	1084	6.31	3.65	506.07	866	1.44	1.55	18.65	42.51	24.15	9.83
Orange Chicken/Brown Rice	SVG.	235	40	280	1.00	1.08	0.00	0	1.20	10.00	13.00	37.50	3.50	0.50
Corn Dog w/Tots	SVG	382	40	765	7.03	1.44	120.95	0	3.66	5.00	5.03	46.25	15.10	3.52
Pizza Sticks	1 EACH	241	26	428	2.00	1.50	328.60	31	0.00	2.06	16.69	21.29	10.02	5.20
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	349	65	707	3.27	13.56	230.03	9929	37.31	1.26	20.45	8.64	24.77	5.64
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
Strawberry Yogurt Parfait	EACH	457	13	271	6.47	3.16	319.30	868	61.39	46.21*	13.63	92.64	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
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	0.21	11.39	0	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	.75 CUP	10	0	3	0.66	0.20	3.67	458	6.82	1.44	0.48	2.14	0.11	0.02
Mini Sweet Peppers	.5 CUP	13	0	2	0.91	1.91	15.19	1291	53.76	1.82	0.46	2.58	0.15	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Green Peas	SERVING, 3.5 oz	60	0	58	4.00	0.00	0.00	0	0.00	4.00	4.00	11.00	0.00	0.00
Black Beans	4.44 ozs.	70	0	140	4.99	8.09	59.94	0	1.20	0.00	5.99	17.98	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
Tropical Blend	SERVING	38	0	7	1.26	0.22	7.02	102	76.20	6.74	0.62	9.27	0.00	0.00
Pink Lady Apple	EACH	70	0	1	2.40	0.00	0.00	0	0.00	6.00	0.50	15.70	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
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	26	0	164	0.43	0.16	0.00	0	0.00	4.74	0.43	6.46	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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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	0.00	0.00	0	0.00	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	3118	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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	1 oz. svg.	29	3	202	0.00	0.11	18.23	248	0.24	0.95	0.25	1.53	2.38	0.32

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Quantum Lunch 4-8

Wednesday, Sep 11, 2019

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/ Soy Chorizo	8 oz svg.	298	0	723	10.98	5.65	108.96	260	5.54	4.24	14.74	43.52	8.86	0.61
Spicy Chicken Sandwich	SANDWICH	392	32	821	6.00	3.00	109.85	174	0.00	3.99*	21.99	50.95	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
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
Strawberry Yogurt Parfait	EACH	457	13	271	6.47	3.16	319.30	868	61.39	46.21*	13.63	92.64	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
CHILI CONDIMENTS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Diced Green Onions	SERVING	10	0	5	1.00	0.00	0.00	100	0.00	1.00	0.00	2.00	0.00	0.00
CD, Shredded Cheese	SVG	110	30	190	0.00	0.00	200.00	300	0.00	0.00	7.00	1.00	9.00	6.00
Sour Cream Sauce	1 OZ. SVG	50	12	15	0.00	0.00	31.50	12	0.06	1.10	1.02	1.10	4.00	2.80
.....	...	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	.75 CUP	10	0	3	0.66	0.20	3.67	458	6.82	1.44	0.48	2.14	0.11	0.02
Mini Sweet Peppers	.5 CUP	13	0	2	0.91	1.91	15.19	1291	53.76	1.82	0.46	2.58	0.15	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
Corn	SERVING, 3 oz	67	0	1	2.00	0.00	0.00	0	0.00	3.00	2.00	16.00	1.00	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
Edamame	.5 CUP	94	0	246	3.78	1.36	37.80	472	5.67	0.94	7.56	8.50	2.83	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

Pink Lady Apple	EACH	70	0	1	2.40	0.00	0.00	0	0.00	6.00	0.50	15.70	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
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	26	0	164	0.43	0.16	0.00	0	0.00	4.74	0.43	6.46	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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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	0.00	0.00	0	0.00	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	3118	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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	1 oz. svg.	29	3	202	0.00	0.11	18.23	248	0.24	0.95	0.25	1.53	2.38	0.32

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Quantum Lunch 4-8

Thursday, Sep 12, 2019

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	382	40	765	7.03	1.44	120.95	0	3.66	5.00	5.03	46.25	15.10	3.52
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
Strawberry Yogurt Parfait	EACH	457	13	271	6.47	3.16	319.30	868	61.39	46.21*	13.63	92.64	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.	140	8	158	3.43	0.82	42.32	7888	21.76	0.91	1.66	9.20	10.32	1.13
.....	...	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	.75 CUP	10	0	3	0.66	0.20	3.67	458	6.82	1.44	0.48	2.14	0.11	0.02
Diced Eggs	1 OZ. SVG	46	122	74	0.00	0.21	11.39	0	0.00	0.57	3.42	0.57	2.85	0.85
Mini Sweet Peppers	.5 CUP	13	0	2	0.91	1.91	15.19	1291	53.76	1.82	0.46	2.58	0.15	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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
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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Corn	.5 CUP	34	0	1	1.00	0.00	0.00	0	0.00	1.50	1.00	8.00	0.50	0.00
Green Peas	SERVING, 3.5 oz	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
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
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

Pink Lady Apple	EACH	70	0	1	2.40	0.00	0.00	0	0.00	6.00	0.50	15.70	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
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	26	0	164	0.43	0.16	0.00	0	0.00	4.74	0.43	6.46	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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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	0.00	0.00	0	0.00	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	3118	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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	1 oz. svg.	29	3	202	0.00	0.11	18.23	248	0.24	0.95	0.25	1.53	2.38	0.32

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Quantum Lunch 4-8

Friday, Sep 13, 2019

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	1275	3.00	3.44	413.35	250	0.00	4.99	30.49	31.95	27.00	10.25
Cheeseburger	1 EACH	425	78	775	3.00	3.44	413.35	250	0.00	4.99	24.49	31.95	21.00	8.25
Chicken Nuggets & Tots	SERVING, 6 pcs	440	55	1060	5.00	2.16	100.00	200	3.60	0.00	22.00	47.00	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
Sriracha Tuna Tostada	SVG	397	42	640	5.03	1.46	215.23	1202	14.39	2.20*	20.38	29.18	22.41	4.50
Southwestern Chicken Supreme Salad	1 EACH	416	68	677	3.41	4.64	136.66	531	17.72	4.34*	21.04	26.49	25.60	6.43
Strawberry Yogurt Parfait	EACH	457	13	271	6.47	3.16	319.30	868	61.39	46.21*	13.63	92.64	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	0.00	0.29	0.59	0.05	0.01
CD, Shredded Cheese	SVG	110	30	190	0.00	0.00	200.00	300	0.00	0.00	7.00	1.00	9.00	6.00
Sour Cream Sauce	SVG	50	12	15	0.00	0.00	31.50	12	0.06	1.10	1.02	1.10	4.00	2.80
.....	...	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	.75 CUP	10	0	3	0.66	0.20	3.67	458	6.82	1.44	0.48	2.14	0.11	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
Corn	SERVING, 3 oz	67	0	1	2.00	0.00	0.00	0	0.00	3.00	2.00	16.00	1.00	0.00
Green Peas	SERVING, 3.5 oz	60	0	58	4.00	0.00	0.00	0	0.00	4.00	4.00	11.00	0.00	0.00
Garbanzo Beans	1/2 CUP	53	0	70	2.50	0.00	0.00	0	0.00	1.50	3.00	8.00	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
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
Pink Lady Apple	EACH	70	0	1	2.40	0.00	0.00	0	0.00	6.00	0.50	15.70	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
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	26	0	164	0.43	0.16	0.00	0	0.00	4.74	0.43	6.46	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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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	0.00	0.00	0	0.00	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	3118	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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	1 oz. svg.	29	3	202	0.00	0.11	18.23	248	0.24	0.95	0.25	1.53	2.38	0.32

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Quantum Lunch 4-8

Monday, Sep 16, 2019

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 Cheese Burrito	1 EACH	349	0	794	9.82	28.93	205.20	247	0.41	2.86*	14.55	40.99	14.54	3.04
Hot Dog w/ Tots	SVG.	392	20	755	4.03	1.72	139.95	100	3.66	4.00	13.03	43.25	18.60	5.02
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
Cheesy Bread	1 EACH	418	30	501	3.00	2.80	424.00	108	4.50	4.00	22.80	38.00	19.45	7.20
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	896	6.51	4.55	419.83	7464	34.37	5.55	27.83	30.55	35.70	15.43
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
Strawberry Yogurt Parfait	EACH	457	13	271	6.47	3.16	319.30	868	61.39	46.21*	13.63	92.64	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	.75 CUP	10	0	3	0.66	0.20	3.67	458	6.82	1.44	0.48	2.14	0.11	0.02
Mini Sweet Peppers	.5 CUP	13	0	2	0.91	1.91	15.19	1291	53.76	1.82	0.46	2.58	0.15	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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Corn	SVG	67	0	1	2.00	0.00	0.00	0	0.00	3.00	2.00	16.00	1.00	0.00
Kidney Beans	.5 CUP	45	0	70	3.50	0.90	10.00	0	0.60	1.00	3.00	8.50	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
Applesauce	.5 CUP	35	0	0	1.00	0.00	3.50	0	0.00	7.50	0.00	9.00	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
Pink Lady Apple	EACH	70	0	1	2.40	0.00	0.00	0	0.00	6.00	0.50	15.70	0.00	0.00
Orange Smiles	SERVING, 4.75oz	40	0	1	2.00	0.00	0.00	0	0.00	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	26	0	164	0.43	0.16	0.00	0	0.00	4.74	0.43	6.46	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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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	0.00	0.00	0	0.00	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	3118	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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	1 oz. svg.	29	3	202	0.00	0.11	18.23	248	0.24	0.95	0.25	1.53	2.38	0.32

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Green Peas	SERVING, 3.5 oz	60	0	58	4.00	0.00	0.00	0	0.00	4.00	4.00	11.00	0.00	0.00
Black Beans	4.44 ozs.	70	0	140	4.99	8.09	59.94	0	1.20	0.00	5.99	17.98	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
Tropical Blend	SERVING	38	0	7	1.26	0.22	7.02	102	76.20	6.74	0.62	9.27	0.00	0.00
Pink Lady Apple	EACH	70	0	1	2.40	0.00	0.00	0	0.00	6.00	0.50	15.70	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
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	26	0	164	0.43	0.16	0.00	0	0.00	4.74	0.43	6.46	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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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	0.00	0.00	0	0.00	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	3118	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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	1 oz. svg.	29	3	202	0.00	0.11	18.23	248	0.24	0.95	0.25	1.53	2.38	0.32

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Quantum Lunch 4-8

Wednesday, Sep 18, 2019

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
Macaroni & Cheese w Bacon	5.0 oz	2157	225	3423	27.11	8.83	2243.19	3188	0.77	10.27	127.38	261.31	72.06	42.29
Spicy Chicken Sandwich	SANDWICH	392	32	821	6.00	3.00	109.85	174	0.00	3.99*	21.99	50.95	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
Corn Dog w/Tots	SERVING	382	40	765	7.03	1.44	120.95	0	3.66	5.00	5.03	46.25	15.10	3.52
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
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
Strawberry Yogurt Parfait	EACH	457	13	271	6.47	3.16	319.30	868	61.39	46.21*	13.63	92.64	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
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	.75 CUP	10	0	3	0.66	0.20	3.67	458	6.82	1.44	0.48	2.14	0.11	0.02
Mini Sweet Peppers	.5 CUP	13	0	2	0.91	1.91	15.19	1291	53.76	1.82	0.46	2.58	0.15	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
Corn	SERVING, 3 oz	67	0	1	2.00	0.00	0.00	0	0.00	3.00	2.00	16.00	1.00	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
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
Pink Lady Apple	EACH	70	0	1	2.40	0.00	0.00	0	0.00	6.00	0.50	15.70	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	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00

FF															
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	26	0	164	0.43	0.16	0.00	0	0.00	4.74	0.43	6.46	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	
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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	0.00	0.00	0	0.00	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	3118	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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	1 oz. svg.	29	3	202	0.00	0.11	18.23	248	0.24	0.95	0.25	1.53	2.38	0.32	

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Quantum Lunch 4-8

Thursday, Sep 19, 2019

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
Strawberry Yogurt Parfait	EACH	457	13	271	6.47	3.16	319.30	868	61.39	46.21*	13.63	92.64	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. svq.	140	8	158	3.43	0.82	42.32	7888	21.76	0.91	1.66	9.20	10.32	1.13
.....	...	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	.75 CUP	10	0	3	0.66	0.20	3.67	458	6.82	1.44	0.48	2.14	0.11	0.02
Diced Eggs	1 OZ. SVG	46	122	74	0.00	0.21	11.39	0	0.00	0.57	3.42	0.57	2.85	0.85
Mini Sweet Peppers	.5 CUP	13	0	2	0.91	1.91	15.19	1291	53.76	1.82	0.46	2.58	0.15	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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
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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Corn	.5 CUP	34	0	1	1.00	0.00	0.00	0	0.00	1.50	1.00	8.00	0.50	0.00
Green Peas	SERVING, 3.5 oz	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
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
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
Pink Lady	EACH	70	0	1	2.40	0.00	0.00	0	0.00	6.00	0.50	15.70	0.00	0.00

Apple														
.....	...	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
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	26	0	164	0.43	0.16	0.00	0	0.00	4.74	0.43	6.46	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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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	0.00	0.00	0	0.00	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	3118	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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	1 oz. svg.	29	3	202	0.00	0.11	18.23	248	0.24	0.95	0.25	1.53	2.38	0.32

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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
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	26	0	164	0.43	0.16	0.00	0	0.00	4.74	0.43	6.46	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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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	0.00	0.00	0	0.00	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	3118	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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	1 oz. svg.	29	3	202	0.00	0.11	18.23	248	0.24	0.95	0.25	1.53	2.38	0.32

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Quantum Lunch 4-8

Monday, Sep 23, 2019

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 Street Tacos	SERVING/2 TACOS	281	78	187	4.65	1.47	175.61	60	1.39	0.67	27.63	25.17	5.80	2.09
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
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
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
Gourmet Taco Salad	1 EACH	569	75	896	6.51	4.55	419.83	7464	34.37	5.55	27.83	30.55	35.70	15.43
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
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
4 Berry Blend Yogurt Parfait	1 EACH	443	13	272	6.58	2.50	315.67	939	29.24	45.10*	13.46	88.37	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
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
Diced Onions	SERVING	23	0	2	1.13	0.10	11.34	0	4.08	2.27	0.57	5.10	0.00	0.00
Cilantro Garnish	0.05 oz. svg.	0	0	1	0.04	0.03	1.00	95	0.39	0.01	0.03	0.05	0.01	0.00
Jalapenos	1.35 OZ. SVG.	7	0	697	1.37	0.98	27.34	410	3.28	0.00	0.00	1.37	0.00	0.00
Sour Cream Sauce	1 OZ. SVG	50	12	15	0.00	0.00	31.50	12	0.06	1.10	1.02	1.10	4.00	2.80
.....	...	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, Sep 24, 2019

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
Meatball Sandwich	1 EACH	388	55	746	3.89	2.96	301.28	359	2.41	3.16	25.75	37.54	16.13	6.33
Meatless Meatball Sandwich	1 EACH	382	15	962	8.07	3.49	343.04	791	12.41	5.14	19.31	53.81	11.65	3.90
Baked Chicken & 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
Hot Dog w/ Tots	SVG.	392	20	755	4.03	1.72	139.95	100	3.66	4.00	13.03	43.25	18.60	5.02
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	349	65	707	3.27	13.56	230.03	9929	37.31	1.26	20.45	8.64	24.77	5.64
Strawberry Yogurt Parfait	1 EACH	457	13	271	6.47	3.16	319.30	868	61.39	46.21*	13.63	92.64	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

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Quantum Lunch 4-8

Wednesday, Sep 25, 2019

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	1059	9.67	5.04	99.60	482	6.99	1.62	17.96	47.54	23.24	6.31
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	821	6.00	3.00	109.85	174	0.00	3.99*	21.99	50.95	11.20	1.00
Pizza Sticks	1 EACH	241	26	428	2.00	1.50	328.60	31	0.00	2.06	16.69	21.29	10.02	5.20
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
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
4 Berry Blend Yogurt Parfait	1 EACH	443	13	272	6.58	2.50	315.67	939	29.24	45.10*	13.46	88.37	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	68	0	421	2.53	1.03	26.28	483	37.38	7.77	2.58	12.06	1.19	0.22
.....	...	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, Sep 26, 2019

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	382	40	765	7.03	1.44	120.95	0	3.66	5.00	5.03	46.25	15.10	3.52
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
Strawberry Yogurt Parfait	1 EACH	457	13	271	6.47	3.16	319.30	868	61.39	46.21*	13.63	92.64	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.	140	8	158	3.43	0.82	42.32	7888	21.76	0.91	1.66	9.20	10.32	1.13
.....	...	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, Sep 27, 2019

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	1275	3.00	3.44	413.35	250	0.00	4.99	30.49	31.95	27.00	10.25
Cheeseburger	1 EACH	425	78	775	3.00	3.44	413.35	250	0.00	4.99	24.49	31.95	21.00	8.25
Chicken Nuggets & Tots	SERVING, 6 pcs	440	55	1060	5.00	2.16	100.00	200	3.60	0.00	22.00	47.00	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
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	267	27	529	3.04	1.68	80.81	529	0.50	4.33	18.33	31.68	7.51	0.62
Southwestern Chicken Supreme Salad	1 EACH	416	68	677	3.41	4.64	136.66	531	17.72	4.34*	21.04	26.49	25.60	6.43
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
4 Berry Blend Yogurt Parfait	1 EACH	443	13	272	6.58	2.50	315.67	939	29.24	45.10*	13.46	88.37	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

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Quantum Lunch 4-8

Monday, Sep 30, 2019

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 Street Tacos	SERVING/2 TACOS	281	78	187	4.65	1.47	175.61	60	1.39	0.67	27.63	25.17	5.80	2.09
Hot Dog w/ Tots	SVG.	392	20	755	4.03	1.72	139.95	100	3.66	4.00	13.03	43.25	18.60	5.02
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
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	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	896	6.51	4.55	419.83	7464	34.37	5.55	27.83	30.55	35.70	15.43
4 Berry Blend Yogurt Parfait	1 EACH	443	13	272	6.58	2.50	315.67	939	29.24	45.10*	13.46	88.37	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
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
Diced Onions	SERVING	23	0	2	1.13	0.10	11.34	0	4.08	2.27	0.57	5.10	0.00	0.00
Cilantro Garnish	0.05 oz. svg.	0	0	1	0.04	0.03	1.00	95	0.39	0.01	0.03	0.05	0.01	0.00
Jalapenos	1.35 OZ. SVG.	7	0	697	1.37	0.98	27.34	410	3.28	0.00	0.00	1.37	0.00	0.00
Sour Cream Sauce	1 OZ. SVG	50	12	15	0.00	0.00	31.50	12	0.06	1.10	1.02	1.10	4.00	2.80
.....	...	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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