

Middle & Quantum Lunch

Wednesday, Sep 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 |
|--|--------------|----------|----------------|-----------|-----------------|---------|------------|--------------|--------------|----------|-----------|----------------|-------------|-----------------|
| 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. | 320 | 40 | 280 | 2.00 | 1.44 | 0.00 | 0 | 1.20 | 10.00 | 15.00 | 56.00 | 4.00 | 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/ Smiley Fries | SVG | 363 | 41 | 495 | 4.00 | 2.32 | 14.00 | 0 | 0.00 | 3.00 | 21.00 | 38.00 | 13.00 | 2.40 |
| 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 | 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 |
| 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 |
| Yam Sticks | 4.50 OZ SVG. | 156 | 0 | 13 | 5.20 | 0.65 | 22.10 | 0 | 0.00 | 0.00 | 2.60 | 36.40 | 0.00 | 0.00 |
| 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 |

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Middle & Quantum Lunch

Thursday, Sep 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 |
|--|--------------|----------|----------------|-----------|-----------------|---------|------------|--------------|--------------|----------|-----------|----------------|-------------|-----------------|
| 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 | 372 | 52 | 700 | 5.00 | 3.00 | 113.85 | 0 | 0.00 | 3.99* | 25.99 | 43.95 | 10.00 | 1.60 |
| 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 |
| Orange Smiles | SERVING 4.75 | 43 | 0 | 0 | 1.62 | 0.00 | 32.34 | 54 | 42.04 | 7.55 | 0.54 | 10.24 | 0.00 | 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 |

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Middle & Quantum Lunch

Friday, Sep 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 |
|--|--------------|----------|----------------|-----------|-----------------|---------|------------|--------------|--------------|----------|-----------|----------------|-------------|-----------------|
| Southwestern Chicken Supreme Salad | 1 EACH | 559 | 68 | 775 | 4.89 | 1.18 | 10.92 | 385 | 17.18 | 4.25* | 23.63 | 55.66 | 24.83 | 3.56 |
| Hot Dog w/Bag | EACH | 260 | 20 | 740 | 2.00 | 1.72 | 79.00 | 100 | 0.00 | 4.00 | 11.00 | 27.00 | 12.50 | 4.00 |
| Pasta w/Meat Sauce & Texas Toast | SERVING | 535 | 31 | 756 | 9.36 | 4.69 | 43.52 | 1296 | 0.99 | 10.01* | 25.50 | 76.92 | 12.98 | 3.70 |
| Shrimp Poppers w/Goldfish Cracker | 1 EACH | 522 | 46 | 726 | 6.10 | 1.62 | 37.01 | 0 | 0.00 | 3.40 | 27.51 | 61.63 | 18.81 | 2.20 |
| Peach Yogurt Parfait | 1 EACH | 467 | 13 | 271 | 5.47 | 2.43 | 299.30 | 1268 | 12.79 | 54.21* | 13.63 | 95.64 | 6.14 | 1.91 |
| 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 |
| TREAT | 1 Each | 0 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Blue Raspberry-Lemon Frozen Treat | 1 EACH | 90 | 0 | 20 | 0.00 | 1.40 | 90.00 | 180 | 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 |
| DEL DIOS & RINCON 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 |
| Plums | SVG. | 58 | 0 | 0 | 1.74 | 2.09 | 57.99 | 387 | 11.60 | 12.37 | 0.97 | 14.50 | 0.39 | 0.00 |
| Mandarin Oranges Cupped | 1 EACH | 45 | 0 | 5 | 3.00 | 0.00 | 10.00 | 0 | 0.00 | 1.30 | 0.00 | 11.00 | 0.00 | 0.00 |
| Sliced Cucumber | SERVING | 9 | 0 | 0 | 0.86 | 0.31 | 17.18 | 172 | 5.15 | 0.86 | 0.86 | 1.72 | 0.00 | 0.00 |
| Tropical Trio Juice-Frozen | 1 EACH | 80 | 0 | 5 | 0.00 | 0.00 | 0.00 | 0 | 72.00 | 17.00 | 0.00 | 20.00 | 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 |
|----------------|--------|-----|---|-----|------|------|--------|-----|------|-------|------|-------|------|------|

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Middle & Quantum Lunch

Monday, Sep 6, 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 |

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Middle & Quantum Lunch

Tuesday, Sep 7, 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 & Rice Burrito | 1 EACH | 400 | 10 | 500 | 8.00 | 5.40 | 150.00 | 100 | 0.00 | 4.00 | 16.00 | 53.00 | 14.00 | 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 | 1 EACH | 206 | 0 | 375 | 5.60 | 8.04 | 46.18 | 7933 | 5.02 | 5.61 | 6.57 | 34.21 | 5.00 | 1.00 |
| | ... | 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 |
| Nectarine | EACH | 68 | 0 | 0 | 2.67 | 0.36 | 9.89 | 494 | 0.00 | 11.86 | 1.68 | 15.82 | 0.50 | 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 |

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Middle & Quantum Lunch

Wednesday, Sep 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 |
|--|--------------|----------|----------------|-----------|-----------------|---------|------------|--------------|--------------|----------|-----------|----------------|-------------|-----------------|
| 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. | 320 | 40 | 280 | 2.00 | 1.44 | 0.00 | 0 | 1.20 | 10.00 | 15.00 | 56.00 | 4.00 | 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/ Smiley Fries | SVG | 363 | 41 | 495 | 4.00 | 2.32 | 14.00 | 0 | 0.00 | 3.00 | 21.00 | 38.00 | 13.00 | 2.40 |
| 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 | 1 EACH | 206 | 0 | 375 | 5.60 | 8.04 | 46.18 | 7933 | 5.02 | 5.61 | 6.57 | 34.21 | 5.00 | 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 |
| Yam Sticks | 4.50 OZ SVG. | 156 | 0 | 13 | 5.20 | 0.65 | 22.10 | 0 | 0.00 | 0.00 | 2.60 | 36.40 | 0.00 | 0.00 |
| 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 |

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Thursday, Sep 9, 2021

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|--|--------------|----------|----------------|-----------|-----------------|---------|------------|--------------|--------------|----------|-----------|----------------|-------------|-----------------|
| 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 | 372 | 52 | 700 | 5.00 | 3.00 | 113.85 | 0 | 0.00 | 3.99* | 25.99 | 43.95 | 10.00 | 1.60 |
| 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 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Orange Smiles | SERVING 4.75 | 43 | 0 | 0 | 1.62 | 0.00 | 32.34 | 54 | 42.04 | 7.55 | 0.54 | 10.24 | 0.00 | 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 Indv-3 Each | 3.0 OZ SVG. | 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 |

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Middle & Quantum Lunch

Friday, Sep 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 |
|--|--------------|----------|----------------|-----------|-----------------|---------|------------|--------------|--------------|----------|-----------|----------------|-------------|-----------------|
| Southwestern Chicken Supreme Salad | 1 EACH | 559 | 68 | 775 | 4.89 | 1.18 | 10.92 | 385 | 17.18 | 4.25* | 23.63 | 55.66 | 24.83 | 3.56 |
| Hot Dog w/Bag | EACH | 260 | 20 | 740 | 2.00 | 1.72 | 79.00 | 100 | 0.00 | 4.00 | 11.00 | 27.00 | 12.50 | 4.00 |
| Pasta w/Meat Sauce & Texas Toast | SERVING | 535 | 31 | 756 | 9.36 | 4.69 | 43.52 | 1296 | 0.99 | 10.01* | 25.50 | 76.92 | 12.98 | 3.70 |
| Shrimp Poppers w/Goldfish Cracker | 1 EACH | 522 | 46 | 726 | 6.10 | 1.62 | 37.01 | 0 | 0.00 | 3.40 | 27.51 | 61.63 | 18.81 | 2.20 |
| Peach Yogurt Parfait-PS | 1 EACH | 467 | 13 | 271 | 5.47 | 2.43 | 299.30 | 1268 | 12.79 | 54.21* | 13.63 | 95.64 | 6.14 | 1.91 |
| 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 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| DEL DIOS & RINCON 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 |
| Plums | SVG. | 58 | 0 | 0 | 1.74 | 2.09 | 57.99 | 387 | 11.60 | 12.37 | 0.97 | 14.50 | 0.39 | 0.00 |
| Pears, Diced Cupped | SVG | 59 | 0 | 5 | 1.96 | 0.00 | 0.00 | 0 | 0.00 | 11.78 | 0.00 | 15.70 | 0.00 | 0.00 |
| Sliced Cucumber | SERVING | 9 | 0 | 0 | 0.86 | 0.31 | 17.18 | 172 | 5.15 | 0.86 | 0.86 | 1.72 | 0.00 | 0.00 |
| Tropical Trio Juice-Frozen | 1 EACH | 80 | 0 | 5 | 0.00 | 0.00 | 0.00 | 0 | 72.00 | 17.00 | 0.00 | 20.00 | 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 |

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Middle & Quantum Lunch

Monday, Sep 13, 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 | 372 | 52 | 700 | 5.00 | 3.00 | 113.85 | 0 | 0.00 | 3.99* | 25.99 | 43.95 | 10.00 | 1.60 |
| 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 |
| 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 |
| Popcorn Chix w/ Smiley Fries | SVG | 395 | 60 | 545 | 4.00 | 2.42 | 12.00 | 0 | 0.00 | 4.00 | 18.00 | 37.00 | 21.00 | 4.30 |
| 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 |
| | ... | 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 |

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Middle & Quantum Lunch

Tuesday, Sep 14, 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 | 296 | 18 | 498 | 8.81 | 3.01 | 182.49 | 322 | 1.28 | 1.09 | 15.12 | 40.86 | 8.94 | 4.05 |
| 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 | 1 EACH | 206 | 0 | 375 | 5.60 | 8.04 | 46.18 | 7933 | 5.02 | 5.61 | 6.57 | 34.21 | 5.00 | 1.00 |
| | ... | 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 |
| Nectarine | EACH | 68 | 0 | 0 | 2.67 | 0.36 | 9.89 | 494 | 0.00 | 11.86 | 1.68 | 15.82 | 0.50 | 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 |

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Middle & Quantum Lunch

Wednesday, Sep 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 |
|--|--------------|----------|----------------|-----------|-----------------|---------|------------|--------------|--------------|----------|-----------|----------------|-------------|-----------------|
| 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. | 320 | 40 | 280 | 2.00 | 1.44 | 0.00 | 0 | 1.20 | 10.00 | 15.00 | 56.00 | 4.00 | 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/ Smiley Fries | SVG | 363 | 41 | 495 | 4.00 | 2.32 | 14.00 | 0 | 0.00 | 3.00 | 21.00 | 38.00 | 13.00 | 2.40 |
| 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 | 1 EACH | 206 | 0 | 375 | 5.60 | 8.04 | 46.18 | 7933 | 5.02 | 5.61 | 6.57 | 34.21 | 5.00 | 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 |
| Yam Sticks | 4.50 OZ SVG. | 156 | 0 | 13 | 5.20 | 0.65 | 22.10 | 0 | 0.00 | 0.00 | 2.60 | 36.40 | 0.00 | 0.00 |
| 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 |

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professional for assistance in planning for or treating medical conditions.

Middle & Quantum Lunch

Thursday, Sep 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 |
|--|--------------|----------|----------------|-----------|-----------------|---------|------------|--------------|--------------|----------|-----------|----------------|-------------|-----------------|
| 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 | 372 | 52 | 700 | 5.00 | 3.00 | 113.85 | 0 | 0.00 | 3.99* | 25.99 | 43.95 | 10.00 | 1.60 |
| 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 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Orange Smiles | SERVING 4.75 | 43 | 0 | 0 | 1.62 | 0.00 | 32.34 | 54 | 42.04 | 7.55 | 0.54 | 10.24 | 0.00 | 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 |

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Middle & Quantum Lunch

Friday, Sep 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 |
|--|--------------|----------|----------------|-----------|-----------------|---------|------------|--------------|--------------|----------|-----------|----------------|-------------|-----------------|
| Buffalo Chicken Flatbread | 1 EACH | 607 | 154 | 2226 | 3.00 | 2.34 | 439.21 | 405 | 2.00 | 2.92 | 44.88 | 41.55 | 31.94 | 11.42 |
| Southwestern Chicken Supreme Salad | 1 EACH | 559 | 68 | 775 | 4.89 | 1.18 | 10.92 | 385 | 17.18 | 4.25* | 23.63 | 55.66 | 24.83 | 3.56 |
| Hot Dog w/Bag | EACH | 260 | 20 | 740 | 2.00 | 1.72 | 79.00 | 100 | 0.00 | 4.00 | 11.00 | 27.00 | 12.50 | 4.00 |
| Pasta w/Meat Sauce & Texas Toast | SERVING | 535 | 31 | 756 | 9.36 | 4.69 | 43.52 | 1296 | 0.99 | 10.01* | 25.50 | 76.92 | 12.98 | 3.70 |
| Shrimp Poppers w/Goldfish Cracker | 1 EACH | 522 | 46 | 726 | 6.10 | 1.62 | 37.01 | 0 | 0.00 | 3.40 | 27.51 | 61.63 | 18.81 | 2.20 |
| Peach Yogurt Parfait-PS | 1 EACH | 467 | 13 | 271 | 5.47 | 2.43 | 299.30 | 1268 | 12.79 | 54.21* | 13.63 | 95.64 | 6.14 | 1.91 |
| 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 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| DEL DIOS & RINCON 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 |
| Plums | SVG. | 58 | 0 | 0 | 1.74 | 2.09 | 57.99 | 387 | 11.60 | 12.37 | 0.97 | 14.50 | 0.39 | 0.00 |
| Pears, Diced Cupped | SVG | 59 | 0 | 5 | 1.96 | 0.00 | 0.00 | 0 | 0.00 | 11.78 | 0.00 | 15.70 | 0.00 | 0.00 |
| Sliced Cucumber | SERVING | 9 | 0 | 0 | 0.86 | 0.31 | 17.18 | 172 | 5.15 | 0.86 | 0.86 | 1.72 | 0.00 | 0.00 |
| Tropical Trio Juice-Frozen | 1 EACH | 80 | 0 | 5 | 0.00 | 0.00 | 0.00 | 0 | 72.00 | 17.00 | 0.00 | 20.00 | 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 |

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Middle & Quantum Lunch

Monday, Sep 20, 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 | 372 | 52 | 700 | 5.00 | 3.00 | 113.85 | 0 | 0.00 | 3.99* | 25.99 | 43.95 | 10.00 | 1.60 |
| 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 |
| 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 |
| Popcorn Chix w/ Smiley Fries | SVG | 395 | 60 | 545 | 4.00 | 2.42 | 12.00 | 0 | 0.00 | 4.00 | 18.00 | 37.00 | 21.00 | 4.30 |
| 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 |
| | ... | 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 |
| Apple Juice | 1 EACH | 55 | 0 | 12 | 0.00 | 0.36 | 0.00 | 0 | 0.00 | 12.50 | 0.00 | 14.00 | 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 |
| 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 |

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Middle & Quantum Lunch

Tuesday, Sep 21, 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 | 296 | 18 | 498 | 8.81 | 3.01 | 182.49 | 322 | 1.28 | 1.09 | 15.12 | 40.86 | 8.94 | 4.05 |
| 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 | 1 EACH | 206 | 0 | 375 | 5.60 | 8.04 | 46.18 | 7933 | 5.02 | 5.61 | 6.57 | 34.21 | 5.00 | 1.00 |
| | ... | 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 |
| Nectarine | EACH | 68 | 0 | 0 | 2.67 | 0.36 | 9.89 | 494 | 0.00 | 11.86 | 1.68 | 15.82 | 0.50 | 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 |

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Middle & Quantum Lunch

Wednesday, Sep 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 |
|--|--------------|----------|----------------|-----------|-----------------|---------|------------|--------------|--------------|----------|-----------|----------------|-------------|-----------------|
| 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. | 320 | 40 | 280 | 2.00 | 1.44 | 0.00 | 0 | 1.20 | 10.00 | 15.00 | 56.00 | 4.00 | 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/ Smiley Fries | SVG | 363 | 41 | 495 | 4.00 | 2.32 | 14.00 | 0 | 0.00 | 3.00 | 21.00 | 38.00 | 13.00 | 2.40 |
| 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 | 1 EACH | 206 | 0 | 375 | 5.60 | 8.04 | 46.18 | 7933 | 5.02 | 5.61 | 6.57 | 34.21 | 5.00 | 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 |
| Yam Sticks | 4.50 OZ SVG. | 156 | 0 | 13 | 5.20 | 0.65 | 22.10 | 0 | 0.00 | 0.00 | 2.60 | 36.40 | 0.00 | 0.00 |
| 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 |

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professional for assistance in planning for or treating medical conditions.

Middle & Quantum Lunch

Thursday, Sep 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 |
|--|--------------|----------|----------------|-----------|-----------------|---------|------------|--------------|--------------|----------|-----------|----------------|-------------|-----------------|
| 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 | 372 | 52 | 700 | 5.00 | 3.00 | 113.85 | 0 | 0.00 | 3.99* | 25.99 | 43.95 | 10.00 | 1.60 |
| 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 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Orange Smiles | SERVING 4.75 | 43 | 0 | 0 | 1.62 | 0.00 | 32.34 | 54 | 42.04 | 7.55 | 0.54 | 10.24 | 0.00 | 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 |

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Middle & Quantum Lunch

Friday, Sep 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 |
|--|--------------|----------|----------------|-----------|-----------------|---------|------------|--------------|--------------|----------|-----------|----------------|-------------|-----------------|
| Buffalo Chicken Flatbread | 1 EACH | 607 | 154 | 2226 | 3.00 | 2.34 | 439.21 | 405 | 2.00 | 2.92 | 44.88 | 41.55 | 31.94 | 11.42 |
| Southwestern Chicken Supreme Salad | 1 EACH | 559 | 68 | 775 | 4.89 | 1.18 | 10.92 | 385 | 17.18 | 4.25* | 23.63 | 55.66 | 24.83 | 3.56 |
| Hot Dog w/Bag | EACH | 260 | 20 | 740 | 2.00 | 1.72 | 79.00 | 100 | 0.00 | 4.00 | 11.00 | 27.00 | 12.50 | 4.00 |
| Pasta w/Meat Sauce & Texas Toast | SERVING | 535 | 31 | 756 | 9.36 | 4.69 | 43.52 | 1296 | 0.99 | 10.01* | 25.50 | 76.92 | 12.98 | 3.70 |
| Shrimp Poppers w/Goldfish Cracker | 1 EACH | 522 | 46 | 726 | 6.10 | 1.62 | 37.01 | 0 | 0.00 | 3.40 | 27.51 | 61.63 | 18.81 | 2.20 |
| Peach Yogurt Parfait-PS | 1 EACH | 467 | 13 | 271 | 5.47 | 2.43 | 299.30 | 1268 | 12.79 | 54.21* | 13.63 | 95.64 | 6.14 | 1.91 |
| 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 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| DEL DIOS & RINCON 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 |
| Plums | SVG. | 58 | 0 | 0 | 1.74 | 2.09 | 57.99 | 387 | 11.60 | 12.37 | 0.97 | 14.50 | 0.39 | 0.00 |
| Pears, Diced Cupped | SVG | 59 | 0 | 5 | 1.96 | 0.00 | 0.00 | 0 | 0.00 | 11.78 | 0.00 | 15.70 | 0.00 | 0.00 |
| Sliced Cucumber | SERVING | 9 | 0 | 0 | 0.86 | 0.31 | 17.18 | 172 | 5.15 | 0.86 | 0.86 | 1.72 | 0.00 | 0.00 |
| Tropical Trio Juice-Frozen | 1 EACH | 80 | 0 | 5 | 0.00 | 0.00 | 0.00 | 0 | 72.00 | 17.00 | 0.00 | 20.00 | 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 |

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Middle & Quantum Lunch

Monday, Sep 27, 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 | 372 | 52 | 700 | 5.00 | 3.00 | 113.85 | 0 | 0.00 | 3.99* | 25.99 | 43.95 | 10.00 | 1.60 |
| 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 |
| 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 |
| Popcorn Chix w/ Smiley Fries | SVG | 395 | 60 | 545 | 4.00 | 2.42 | 12.00 | 0 | 0.00 | 4.00 | 18.00 | 37.00 | 21.00 | 4.30 |
| 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 |
| | ... | 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 |

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Middle & Quantum Lunch

Tuesday, Sep 28, 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 | 296 | 18 | 498 | 8.81 | 3.01 | 182.49 | 322 | 1.28 | 1.09 | 15.12 | 40.86 | 8.94 | 4.05 |
| 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 | 1 EACH | 206 | 0 | 375 | 5.60 | 8.04 | 46.18 | 7933 | 5.02 | 5.61 | 6.57 | 34.21 | 5.00 | 1.00 |
| | ... | 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 |
| Nectarine | EACH | 68 | 0 | 0 | 2.67 | 0.36 | 9.89 | 494 | 0.00 | 11.86 | 1.68 | 15.82 | 0.50 | 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 |

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Middle & Quantum Lunch

Wednesday, Sep 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 |
|--|--------------|----------|----------------|-----------|-----------------|---------|------------|--------------|--------------|----------|-----------|----------------|-------------|-----------------|
| 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. | 320 | 40 | 280 | 2.00 | 1.44 | 0.00 | 0 | 1.20 | 10.00 | 15.00 | 56.00 | 4.00 | 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/ Smiley Fries | SVG | 363 | 41 | 495 | 4.00 | 2.32 | 14.00 | 0 | 0.00 | 3.00 | 21.00 | 38.00 | 13.00 | 2.40 |
| 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 | 1 EACH | 206 | 0 | 375 | 5.60 | 8.04 | 46.18 | 7933 | 5.02 | 5.61 | 6.57 | 34.21 | 5.00 | 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 |
| Yam Sticks | 4.50 OZ SVG. | 156 | 0 | 13 | 5.20 | 0.65 | 22.10 | 0 | 0.00 | 0.00 | 2.60 | 36.40 | 0.00 | 0.00 |
| 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 |

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professional for assistance in planning for or treating medical conditions.

Middle & Quantum Lunch

Thursday, Sep 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 |
|--|--------------|----------|----------------|-----------|-----------------|---------|------------|--------------|--------------|----------|-----------|----------------|-------------|-----------------|
| 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 | 372 | 52 | 700 | 5.00 | 3.00 | 113.85 | 0 | 0.00 | 3.99* | 25.99 | 43.95 | 10.00 | 1.60 |
| 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 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Orange Smiles | SERVING 4.75 | 43 | 0 | 0 | 1.62 | 0.00 | 32.34 | 54 | 42.04 | 7.55 | 0.54 | 10.24 | 0.00 | 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 |

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

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