

# Middle & Quantum Lunch

| Monday  | Tuesday  | Wednesday   | Thursday   | Friday   |
|---|--|---|--|--|
|   |  |   | <p>1</p> <p>Gourmet Chicken<br/>Garlic Knot<br/>Pepperoni Pizza, PZA Guy<br/>Cheese Pizza, PZA Guy<br/>Spicy Chicken<br/>Sandwich, WGR<br/>Bean&amp;Cheese<br/>Burrito/WGR<br/>PB &amp; J Grape<br/>Sandwich<br/>.....<br/>Diced Pears<br/>Orange Smiles<br/>Assorted<br/>Dried Fruit<br/>Garden Fresh Salad<br/>Yellow Corn<br/>Green Peas<br/>Broccoli Florets<br/>Blanched<br/>1% Milk<br/>Chocolate Milk</p> <p><a href="#">View Nutrients</a></p> | <p>2</p> <p>Southwestern Chicken<br/>Supreme Salad<br/>Baked Pasta w/ Garlic<br/>Cheese Bread<br/>Buffalo Chicken<br/>Flatbread<br/>Breaded Chicken<br/>Sandwich<br/>Chicken Nuggets w/<br/>Smiles<br/>PB &amp; J Grape<br/>Sandwich<br/>Buffalo Chicken<br/>Wrap<br/>.....<br/>RINCON PIZZA DAY<br/>Cheese Pizza, PZA Guy<br/>Pepperoni Pizza, PZA<br/>Guy<br/>Asian Pear<br/>Assorted<br/>Dried Fruit<br/>SIDEKICKS ANY<br/>FLAVOR<br/>Caesar Salad<br/>Baby Carrots<br/>Roasted Garbanzo<br/>Beans<br/>Celery Sticks<br/>Peanut Butter<br/>Pouch<br/>1% Milk<br/>Chocolate Milk</p> <p><a href="#">View Nutrients</a></p> |
| <p>5</p> <p>Gourmet Chicken<br/>Garlic Knot<br/>Teriyaki Chicken w/<br/>Rice &amp; Veggies<br/>Spicy Chicken<br/>Sandwich, WGR<br/>Hamburger<br/>Cheeseburger<br/>Chicken Salad Bistro<br/>Box<br/>PB &amp; J Grape<br/>Sandwich<br/>.....<br/>Halo Mandarin<br/>Oranges<br/>Juice/Appleberry<br/>Assorted<br/>Dried Fruit<br/>Celery Sticks<br/>Peanut Butter<br/>Pouch<br/>Baby Carrots<br/>Garden Fresh Salad<br/>Grape Tomatoes<br/>Ranch Dressing<br/>1% Milk<br/>Chocolate Milk</p> <p><a href="#">View Nutrients</a></p> | <p>6</p> <p>Gourmet Taco<br/>Salad<br/>Carnitas Street<br/>Tacos<br/>Chicken Tamale w/<br/>Green Sauce<br/>Chili &amp; Cheese<br/>Tamale<br/>Chicken Quesadilla<br/>PB &amp; J Grape<br/>Sandwich<br/>Veggie Wrap<br/>.....<br/>QUANTUM PIZZA DAY<br/>Cheese Pizza, PZA Guy<br/>Pepperoni Pizza, PZA Guy<br/>Sliced Apples<br/>Diced Peaches<br/>Assorted<br/>Dried Fruit<br/>Jicama sticks<br/>Shredded Romaine<br/>Jalapenos<br/>Pico de Gallo<br/>Mini Sweet Peppers<br/>1% Milk<br/>Chocolate Milk</p> <p><a href="#">View Nutrients</a></p> | <p>7</p> <p>Antipasto Salad w<br/>Garlic Knot<br/>Orange Chicken/<br/>Rice<br/>Chicken and Cheese<br/>Taqitos-GF<br/>Shrimp Poppers<br/>w/Goldfish<br/>Peach Yogurt<br/>Parfait<br/>Chicken Salad Bento<br/>Box<br/>PB &amp; J Grape<br/>Sandwich<br/>.....<br/>Banana<br/>Mandarin Oranges<br/>Assorted<br/>Dried Fruit<br/>Caesar Salad<br/>Baby Carrots<br/>Sliced Cucumber<br/>Celery Sticks<br/>Peanut Butter<br/>Pouch<br/>1% Milk<br/>Chocolate Milk</p> <p><a href="#">View Nutrients</a></p> | <p>8</p> <p>Gourmet Chicken<br/>Garlic Knot<br/>Cheese Pizza, PZA Guy<br/>Pepperoni Pizza, PZA Guy<br/>Breaded Chicken<br/>Sandwich<br/>Bean&amp;Cheese<br/>Burrito/WGR<br/>PB &amp; J Grape<br/>Sandwich<br/>.....<br/>Diced Pears<br/>Orange Smiles<br/>Assorted<br/>Dried Fruit<br/>Garden Fresh Salad<br/>Yellow Corn<br/>Green Peas<br/>Broccoli Florets<br/>Blanched<br/>1% Milk<br/>Chocolate Milk</p> <p><a href="#">View Nutrients</a></p>    | <p>9</p> <p>Southwestern Chicken<br/>Supreme Salad<br/>Meatball Sub<br/>w/Mozzarella Cheese<br/>Cheesy Bites w/<br/>Marinara Sauce<br/>Hot Dog w/<br/>Smile Fries<br/>Peach Yogurt<br/>Parfait<br/>Shrimp Ceviche w/<br/>Chips<br/>PB &amp; J Grape<br/>Sandwich<br/>Buffalo Chicken<br/>Wrap<br/>.....<br/>RINCON PIZZA DAY<br/>Asian Pear<br/>Assorted<br/>Dried Fruit<br/>SIDEKICKS ANY<br/>FLAVOR<br/>Caesar Salad<br/>Baby Carrots<br/>Roasted Garbanzo<br/>Beans<br/>Celery Sticks<br/>Peanut Butter<br/>Pouch<br/>1% Milk<br/>Chocolate Milk</p>  |

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|   |   |   |   | <a href="#">View Nutrients</a>   |
| 12  | 13  | 14  | 15  | 16   |
| Gourmet Chicken<br>Garlic Knot<br>Chicken Chow<br>Mein<br>Spicy Chicken<br>Sandwich, WGR<br>Hamburger<br>Cheeseburger<br>Chicken Salad Bistro<br>Box<br>PB & J Grape<br>Sandwich<br>.....<br>Halo Mandarin<br>Oranges<br>Juice/Appleberry<br>Assorted<br>Dried Fruit<br>Celery Sticks<br>Peanut Butter<br>Pouch<br>Baby Carrots<br>Garden Fresh Salad<br>Grape Tomatoes<br>Ranch Dressing<br>1% Milk<br>Chocolate Milk<br><br><a href="#">View Nutrients</a>                  | Gourmet Taco<br>Salad<br>Carnitas Burrito<br>Shrimp,Rice<br>&Cheese Burrito<br>Beef Taco Dip w/ Chips<br>PB & J Grape<br>Sandwich<br>Veggie Wrap<br>.....<br>QUANTUM PIZZA DAY<br>Cheese Pizza, PZA Guy<br>Pepperoni Pizza, PZA Guy<br>Sliced Apples<br>Diced Peaches<br>Assorted<br>Dried Fruit<br>Jicama sticks<br>Shredded Romaine<br>Jalapenos<br>Pico de Gallo<br>Mini Sweet Peppers<br>1% Milk<br>Chocolate Milk<br><br><a href="#">View Nutrients</a>  | Antipasto Salad w<br>Garlic Knot<br>Orange Chicken/<br>Rice<br>Corn Dog w/<br>Cracker<br>3 Bean Chili (Veggi)<br>w/Chips<br>Chili w/ Meat<br>& Cornbread Poppers<br>Peach Yogurt<br>Parfait<br>Chicken Salad Bistro<br>Box<br>PB & J Grape<br>Sandwich<br>.....<br>Banana<br>Mandarin Oranges<br>Assorted<br>Dried Fruit<br>Caesar Salad<br>Baby Carrots<br>Sliced Cucumber<br>Celery Sticks<br>Peanut Butter<br>Pouch<br>1% Milk<br>Chocolate Milk<br><br><a href="#">View Nutrients</a> | Gourmet Chicken<br>Garlic Knot<br>Pepperoni Pizza, PZA Guy<br>Cheese Pizza, PZA Guy<br>Spicy Chicken<br>Sandwich, WGR<br>Bean&Cheese<br>Burrito/WGR<br>PB & J Grape<br>Sandwich<br>.....<br>Diced Pears<br>Orange Smiles<br>Assorted<br>Dried Fruit<br>Garden Fresh Salad<br>Yellow Corn<br>Green Peas<br>Broccoli Florets<br>Blanched<br>1% Milk<br>Chocolate Milk<br><br><a href="#">View Nutrients</a> | Southwestern Chicken<br>Supreme Salad<br>Baked Pasta w/ Garlic<br>Cheese Bread<br>Buffalo Chicken<br>Flatbread<br>Breaded Chicken<br>Sandwich<br>Chicken Nuggets w/<br>Smiles<br>PB & J Grape<br>Sandwich<br>Buffalo Chicken<br>Wrap<br>.....<br>RINCON PIZZA DAY<br>Cheese Pizza, PZA Guy<br>Pepperoni Pizza, PZA<br>Guy<br>Asian Pear<br>Assorted<br>Dried Fruit<br>SIDEKICKS ANY<br>FLAVOR<br>Caesar Salad<br>Baby Carrots<br>Roasted Garbanzo<br>Beans<br>Celery Sticks<br>Peanut Butter<br>Pouch<br>1% Milk<br>Chocolate Milk<br><br><a href="#">View Nutrients</a> |
| 19  | 20  | 21  |   |  |
| Gourmet Chicken<br>Garlic Knot<br>Teriyaki Chicken w/<br>Rice & Veggies<br>Spicy Chicken<br>Sandwich, WGR<br>Hamburger<br>Cheeseburger<br>Chicken Salad Bistro<br>Box<br>PB & J Grape<br>Sandwich<br>.....<br>Halo Mandarin<br>Oranges<br>Juice/Appleberry<br>Assorted<br>Dried Fruit<br>Celery Sticks<br>Peanut Butter<br>Pouch<br>Baby Carrots<br>Garden Fresh Salad<br>Grape Tomatoes<br>Ranch Dressing<br>1% Milk<br>Chocolate Milk<br><br><a href="#">View Nutrients</a> | Gourmet Taco<br>Salad<br>Carnitas Street<br>Tacos<br>Chicken Tamale w/<br>Green Sauce<br>Chili & Cheese<br>Tamale<br>Chicken and Cheese<br>Taquitos-GF<br>PB & J Grape<br>Sandwich<br>WRAP PLACE HOLDER<br>.....<br>QUANTUM PIZZA DAY<br>Cheese Pizza, PZA Guy<br>Pepperoni Pizza, PZA Guy<br>Sliced Apples<br>Diced Peaches<br>Assorted<br>Dried Fruit<br>Jicama sticks<br>Shredded Romaine<br>Jalapenos<br>Pico de Gallo<br>Mini Sweet Peppers<br>1% Milk<br>Chocolate Milk<br><br><a href="#">View Nutrients</a> | Antipasto Salad w<br>Garlic Knot<br>Orange Chicken/<br>Rice<br>Chicken Quesadilla<br>Shrimp Poppers<br>w/Goldfish<br>Peach Yogurt<br>Parfait<br>Chicken Salad Bento<br>Box<br>PB & J Grape<br>Sandwich<br>.....<br>Banana<br>Mandarin Oranges<br>Assorted<br>Dried Fruit<br>Caesar Salad<br>Baby Carrots<br>Sliced Cucumber<br>Celery Sticks<br>Peanut Butter<br>Pouch<br>1% Milk<br>Chocolate Milk<br><br><a href="#">View Nutrients</a>   |   |  |

Nutritional information can be found at [EUSD.org/Nutrition-Services](https://eUSD.org/Nutrition-Services)  
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