Middle & Quantum Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		3 Bean Chili (Veggi) w/Chips Gourmet Chicken Garlic Knot Orange Chicken w/Rice Corn Dog w/ Cracker BBQ Pulled Pork Bowl Spicy Chicken Sandwich, WGR Peach Yogurt Parfait Turkey Pinwheel Bistro Box PB & J Grape Sandwich WGR Banana Mandarin Oranges Assorted Dried Fruit Coleslaw Caesar Salad Baby Carrots Italian Squash 1% Milk Chocolate Milk	Gourmet Chicken Garlic Knot Pepperoni Pizza, PZA Guy Cheese Pizza, PZA Guy Spicy Chicken Sandwich, WGR Jalapeno Mozzarella Cheese Bites w/Sauce PB & J Grape Sandwich WGR Diced Pears Orange Smiles Assorted Dried Fruit Bean Salad Mix Salad Romaine and Shredded Carrots Yellow Corn Green Peas Broccoli Florets 1% Milk Chocolate Milk View Nutrients	Buffalo Chicken Flatbread Fish Taco's Gourmet Chicken Garlic Knot Baked Pasta w/ Garlic Cheese Bread Buffalo Chicken Wings w/ Cracker Breaded Chicken Sandwich WG Chicken Nuggets w/ Goldfish PB & J Grape Sandwich WGR FISH TACO CONDIMENTS Shredded Cabbage Fish Sauce Lime Wedge Asian Pear Assorted Dried Fruit TREAT Bean Salad Caesar Salad Baby Carrots Roasted Garbanzo Beans 1% Milk Chocolate Milk
				<u>View Nutrients</u>
Gourmet Chicken Garlic Knot Orange Chicken W/Rice Spicy Chicken Sandwich, WGR Breaded Chicken Sandwich WG Hamburger Cheeseburger Turkey Pinwheel Bento Box PB & J Grape Sandwich WGR Halo Mandarin Oranges Juice/Appleberry Assorted Dried Fruit Baby Carrots Mix Salad Romaine and Shredded Carrots Grape Tomatoes Ranch Dressing Ketchup Packet Pickles, Dill 1% Milk Chocolate Milk	Carnitas Street Tacos Chicken Tamale w/ Green Sauce Chili & Cheese Tamale Quesadilla Supreme PB & J Grape Sandwich WGR Cheese Pizza Round Pizza,Nardone Bros. WGR Veggie Wrap QUANTUM PIZZA DAY Cheese Pizza, PZA Guy Pepperoni Pizza, PZA Guy Pepperoni Pizza, PZA Guy Sliced Apples Diced Peaches Assorted Dried Fruit Jicama sticks Shredded Romaine Jalapenos Pico de Gallo Mini Sweet Peppers SB, Bean, Kidney 1% Milk Chocolate Milk	Gourmet Chicken Garlic Knot Orange Chicken W/Rice Chicken & Broccoli Alfredo Breaded Chicken Sandwich WG Jalapeno Mozzarella Cheese Bites w/Sauce Peach Yogurt Parfait Turkey Pinwheel Bistro Box PB & J Grape Sandwich WGR Banana Mandarin Oranges Assorted Dried Fruit Caesar Salad Baby Carrots Italian Squash 1% Milk Chocolate Milk	Gourmet Chicken Garlic Knot Cheese Pizza, PZA Guy Pepperoni Pizza, PZA Guy Breaded Chicken Sandwich WG Chicken & Cheese Flatbread Sandwich PB & J Grape Sandwich WGR Diced Pears Orange Smiles Assorted Dried Fruit Bean Salad Mix Salad Romaine and Shredded Carrots Yellow Corn Green Peas Broccoli Florets 1% Milk Chocolate Milk View Nutrients	Buffalo Chicken Flatbread Fish Fillet Sandwich Gourmet Chicken Garlic Knot Meatball Sub w/Mozzarella Cheese Cheesy Bites w/ Marinara Sauce Hot Dog w/ Smile Fries Peach Yogurt Parfait Buffalo Chicken Wings w/ Cracker Breaded Chicken Sandwich WG PB & J Grape Sandwich WGR Ketchup Packet Pickles, Dill Tarter Sauce Mustard Asian Pear Assorted Dried Fruit TREAT Bean Salad Caesar Salad Baby Carrots Roasted Garbanzo

1% Milk Chocolate Milk **View Nutrients** 13 14 15 16 17 Gourmet Chicken Carnitas Burrito Gourmet Chicken Gourmet Chicken **Buffalo Chicken** Garlic Knot Shrimp,Rice Garlic Knot Garlic Knot Flatbread Orange Chicken Pepperoni Pizza, PZA Guy Orange Chicken &Cheese Burrito Fish Taco's w/Rice Beef Taco Dip w/ Chips w/Rice Cheese Pizza, PZA Guy Gourmet Chicken Spicy Chicken PB & J Grape Corn Dog w/ Spicy Chicken Garlic Knot Sandwich, WGR Sandwich WGR Cracker Sandwich, WGR Baked Pasta w/ Garlic Pizza, Nardone Bros. **BBQ** Pulled Pork Jalapeno Mozzarella Cheese Bread **Breaded Chicken WGR** Cheese Bites w/Sauce Sandwich WG Bowl **Buffalo Chicken Wings** Hamburger Cheese Pizza Spicy Chicken PB & J Grape w/ Cracker Cheeseburger Sandwich, WGR Sandwich WGR Breaded Chicken Round Turkey Pinwheel Veggie Wrap Peach Yogurt Sandwich WG Bento Box **Diced Pears** Chicken Nuggets w/ Parfait QUANTUM PIZZA DAY Goldfish PB & J Grape Turkey Pinwheel Bistro **Orange Smiles** Sandwich WGR Cheese Pizza, PZA Guy Assorted PB & J Grape Box PB & J Grape Pepperoni Pizza, PZA Guy **Dried Fruit** Sandwich WGR Halo Mandarin Sliced Apples Sandwich WGR Bean Salad **Diced Peaches** Mix Salad Romaine FISH TACO **Oranges** Juice/Appleberry Assorted Ketchup Packet and Shredded Carrots CONDIMENTS Assorted **Dried Fruit** Mustard Yellow Corn Shredded Cabbage Pickles, Dill Green Peas **Dried Fruit** Jicama sticks Fish Sauce **Baby Carrots** Shredded Romaine Banana Broccoli Florets Lime Wedge Mix Salad Romaine Asian Pear Jalapenos Mandarin Oranges 1% Milk and Shredded Carrots Pico de Gallo Assorted Chocolate Milk Assorted **Grape Tomatoes** Mini Sweet Peppers **Dried Fruit Dried Fruit** Ranch Dressing SB, Bean, Kidney **View Nutrients** Coleslaw **TREAT** Ketchup Packet 1% Milk Caesar Salad Luck O' The Irish Pickles, Dill Chocolate Milk **Baby Carrots** Sour Apple Ice Cup 1% Milk Sliced Cucumber Bean Salad Chocolate Milk View Nutrients 1% Milk Caesar Salad Chocolate Milk **Baby Carrots View Nutrients** Roasted Garbanzo **View Nutrients** Beans 1% Milk Chocolate Milk **View Nutrients** 20 21 22 23 24 Gourmet Chicken Buffalo Chicken Gourmet Chicken Carnitas Street Gourmet Chicken Garlic Knot Tacos Garlic Knot Garlic Knot Flatbread Chicken Tamale w/ Cheese Pizza, PZA Guv Fish Fillet Sandwich Orange Chicken Orange Chicken Green Sauce w/Rice Pepperoni Pizza, PZA Guy Gourmet Chicken w/Rice Spicy Chicken Chili & Cheese Chicken & Broccoli **Breaded Chicken** Garlic Knot Sandwich, WGR Tamale Alfredo Sandwich WG Meatball Sub **Breaded Chicken** Quesadilla Supreme **Breaded Chicken** Chicken & Cheese w/Mozzarella Cheese Sandwich WG PB & J Grape Sandwich WG Flatbread Sandwich Cheesy Bites w/ Jalapeno Mozzarella Hamburger Sandwich WGR PB & J Grape Marinara Sauce Cheeseburger Cheese Pizza Cheese Bites w/Sauce Sandwich WGR Hot Dog w/ Peach Yogurt Turkey Pinwheel Round Smile Fries Diced Pears Bento Box Pizza, Nardone Bros. Parfait Peach Yogurt Parfait PB & J Grape WGR Turkey Pinwheel Bistro Orange Smiles Assorted **Buffalo Chicken Wings** Sandwich WGR Veggie Wrap Box PB & J Grape **Dried Fruit** w/ Cracker Halo Mandarin QUANTUM PIZZA DAY Bean Salad Breaded Chicken Sandwich WGR Cheese Pizza, PZA Guy Oranges Mix Salad Romaine Sandwich WG Pepperoni Pizza, PZA Guy Banana and Shredded Carrots Juice/Appleberry PB & J Grape Assorted Sliced Apples Yellow Corn Sandwich WGR Mandarin Oranges **Dried Fruit** Diced Peaches Assorted Green Peas Ketchup Packet Assorted Broccoli Florets **Baby Carrots Dried Fruit** Mix Salad Romaine **Dried Fruit** Caesar Salad 1% Milk Mustard and Shredded Carrots Jicama sticks **Baby Carrots** Chocolate Milk Pickles, Dill Salsa Verde Sliced Cucumber **Grape Tomatoes** Shredded Romaine Ranch Dressing Jalapenos 1% Milk View Nutrients Asian Pear Chocolate Milk Ketchup Packet Pico de Gallo Assorted Pickles, Dill Mini Sweet Peppers **Dried Fruit** 1% Milk SB, Bean, Kidney View Nutrients **TREAT** Chocolate Milk Bean Salad 1% Milk Chocolate Milk Caesar Salad **Baby Carrots View Nutrients View Nutrients** Roasted Garbanzo Beans 1% Milk Chocolate Milk

7/23, 8:12 AM		Middle & Quantum Lunch		
				<u>View Nutrients</u>
27	28	29	30	31
Gourmet Chicken Garlic Knot Orange Chicken W/Rice Spicy Chicken Sandwich, WGR Breaded Chicken Sandwich WG Hamburger Cheeseburger Turkey Pinwheel Bento Box PB & J Grape Sandwich WGR Halo Mandarin Oranges Juice/Appleberry Assorted Dried Fruit Baby Carrots Mix Salad Romaine and Shredded Carrots Grape Tomatoes Ranch Dressing Ketchup Packet Pickles, Dill 1% Milk Chocolate Milk	Carnitas Burrito Shrimp,Rice &Cheese Burrito Beef Taco Dip w/ Chips PB & J Grape Sandwich WGR Pizza,Nardone Bros. WGR Cheese Pizza Round Veggie Wrap QUANTUM PIZZA DAY Cheese Pizza, PZA Guy Pepperoni Pizza, PZA Guy Pepperoni Pizza, PZA Guy Piced Apples Diced Peaches Assorted Dried Fruit Jicama sticks Shredded Romaine Jalapenos Pico de Gallo Mini Sweet Peppers SB, Bean, Kidney 1% Milk Chocolate Milk	Gourmet Chicken Garlic Knot Orange Chicken w/Rice Corn Dog w/ Cracker BBQ Pulled Pork Bowl Spicy Chicken Sandwich, WGR Peach Yogurt Parfait Turkey Pinwheel Bistro Box PB & J Grape Sandwich WGR TREAT Hip Hoppin Tropical Jellybean Ice Banana Mandarin Oranges Assorted Dried Fruit Coleslaw Caesar Salad Baby Carrots Sliced Cucumber 1% Milk Chocolate Milk	HOLIDAY	HOLIDAY

Nutritional information can be found at EUSD.org/Nutrition-Services
Menu subject to change without notice.
This institution is an equal opporunity provider.