

# Middle & Quantum Lunch

| Monday  | Tuesday  | Wednesday  | Thursday   | Friday  |
|---|--|--|--|---|
|   |  |  |  |   |
| 3<br>HOLIDAY  | 4<br>HOLIDAY   | 5<br>HOLIDAY   | 6<br>HOLIDAY   | 7<br>HOLIDAY  |
| 10<br>HOLIDAY   | 11<br>Carnitas Burrito<br>Shrimp,Rice<br>&Cheese Burrito<br>PB & J Grape<br>Sandwich WGR<br>Pizza,Nardone Bros.<br>WGR<br>Cheese Pizza<br>Round<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>SB, Bean, Kidney<br>1% Milk<br>Chocolate Milk<br><a href="#">View Nutrients</a> | 12<br>Gourmet Chicken<br>Garlic Knot<br>Orange Chicken<br>w/Rice<br>Corn Dog w/<br>Cracker<br>BBQ Pulled Pork<br>Bowl<br>Spicy Chicken<br>Sandwich, WGR<br>Peach Yogurt<br>Parfait<br>Greek Hummus<br>Bento Box<br>PB & J Grape<br>Sandwich WGR<br>.....<br>Banana<br>Mandarin Oranges<br>Assorted<br>Dried Fruit<br>Caesar Salad<br>Baby Carrots<br>Italian Squash<br>1% Milk<br>Chocolate Milk<br><a href="#">View Nutrients</a> | 13<br>Gourmet Chicken<br>Garlic Knot<br>Pepperoni Pizza, PZA Guy<br>Cheese Pizza, PZA Guy<br>Spicy Chicken<br>Sandwich, WGR<br>Jalapeno Mozzarella<br>Cheese Bites w/Sauce<br>PB & J Grape<br>Sandwich WGR<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>1% Milk<br>Chocolate Milk<br><a href="#">View Nutrients</a> | 14<br>Gourmet Chicken<br>Garlic Knot<br>Baked Pasta w/ Garlic<br>Cheese Bread<br>Buffalo Chicken Wings<br>w/ Cracker<br>Breaded Chicken<br>Sandwich WG<br>Chicken Nuggets w/<br>Goldfish<br>PB & J Grape<br>Sandwich WGR<br>Chicken Fajita<br>Wrap<br>.....<br>Gala,Apple<br>Assorted<br>Dried Fruit<br>TREAT<br>Caesar Salad<br>Baby Carrots<br>Roasted Garbanzo<br>Beans<br>1% Milk<br>Chocolate Milk<br><a href="#">View Nutrients</a>                     |
| 17<br>Gourmet Chicken<br>Garlic Knot<br>Orange Chicken<br>w/Rice<br>Spicy Chicken<br>Sandwich, WGR<br>Breaded Chicken<br>Sandwich WG<br>Hamburger<br>Cheeseburger<br>Greek Hummus<br>Bento Box<br>PB & J Grape<br>Sandwich WGR<br>.....<br>Halo Mandarin<br>Oranges<br>Apple Juice<br>Assorted<br>Dried Fruit<br>Baby Carrots<br>Garden Fresh Salad<br>Grape Tomatoes<br>Ranch Dressing<br>Ketchup Packet<br>Pickles, Dill<br>1% Milk | 18<br>Carnitas Street<br>Tacos<br>Chicken Tamale w/<br>Green Sauce<br>Chili & Cheese<br>Tamale<br>Quesadilla Supreme<br>PB & J Grape<br>Sandwich WGR<br>Cheese Pizza<br>Round<br>Pizza,Nardone Bros.<br>WGR<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                        | 19<br>Gourmet Chicken<br>Garlic Knot<br>Orange Chicken<br>w/Rice<br>Chicken & Broccoli<br>Alfredo<br>Breaded Chicken<br>Sandwich WG<br>Jalapeno Mozzarella<br>Cheese Bites w/Sauce<br>Peach Yogurt<br>Parfait<br>Greek Hummus<br>Bento Box<br>PB & J Grape<br>Sandwich WGR<br>.....<br>Banana<br>Mandarin Oranges<br>Assorted<br>Dried Fruit<br>Caesar Salad<br>Baby Carrots<br>Italian Squash<br>1% Milk<br>Chocolate Milk        | 20<br>Gourmet Chicken<br>Garlic Knot<br>Cheese Pizza, PZA Guy<br>Pepperoni Pizza, PZA Guy<br>Breaded Chicken<br>Sandwich WG<br>Chicken & Cheese<br>Flatbread Sandwich<br>PB & J Grape<br>Sandwich WGR<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>1% Milk<br>Chocolate Milk<br><a href="#">View Nutrients</a>      | 21<br>Gourmet Chicken<br>Garlic Knot<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>Buffalo Chicken Wings<br>w/ Cracker<br>Breaded Chicken<br>Sandwich WG<br>PB & J Grape<br>Sandwich WGR<br>Chicken Fajita<br>Wrap<br>.....<br>GREEK OLYMPICS<br>MISSION ONLY<br>Greek Chicken<br>w/ Flatbread<br>Roasted Garlic Hummus<br>Pita Chips,Baked<br>Greek Salad<br>Grapes |

|   |   |  |   |  |
|---|---|--|---|--|
| <p>Chocolate Milk</p> <p><a href="#">View Nutrients</a></p>   | <p>SB, Bean, Kidney<br/>1% Milk<br/>Chocolate Milk</p> <p><a href="#">View Nutrients</a></p>  | <p><a href="#">View Nutrients</a></p>  |   | <p>Baby Carrots<br/>Gala,Apple<br/>Assorted<br/>Dried Fruit<br/>TREAT<br/>Caesar Salad<br/>Baby Carrots<br/>Roasted Garbanzo<br/>Beans<br/>1% Milk<br/>Chocolate Milk</p> <p><a href="#">View Nutrients</a></p>  |
| <p>24</p> <p>Gourmet Chicken<br/>Garlic Knot<br/>Orange Chicken<br/>w/Rice<br/>Spicy Chicken<br/>Sandwich, WGR<br/>Breaded Chicken<br/>Sandwich WG<br/>Hamburger<br/>Cheeseburger<br/>Greek Hummus<br/>Bento Box<br/>PB &amp; J Grape<br/>Sandwich WGR<br/>.....<br/>Halo Mandarin<br/>Oranges<br/>Apple Juice<br/>Assorted<br/>Dried Fruit<br/>Baby Carrots<br/>Garden Fresh Salad<br/>Grape Tomatoes<br/>Ranch Dressing<br/>Ketchup Packet<br/>Pickles, Dill<br/>1% Milk<br/>Chocolate Milk</p> <p><a href="#">View Nutrients</a></p> | <p>25</p> <p>Carnitas Burrito<br/>Shrimp,Rice<br/>&amp;Cheese Burrito<br/>Beef Taco Dip w/ Chips<br/>PB &amp; J Grape<br/>Sandwich WGR<br/>Pizza,Nardone Bros.<br/>WGR<br/>Cheese Pizza<br/>Round<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/>SB, Bean, Kidney<br/>1% Milk<br/>Chocolate Milk</p> <p><a href="#">View Nutrients</a></p> | <p>26</p> <p>Gourmet Chicken<br/>Garlic Knot<br/>Orange Chicken<br/>w/Rice<br/>Corn Dog w/<br/>Cracker<br/>BBQ Pulled Pork<br/>Bowl<br/>Spicy Chicken<br/>Sandwich, WGR<br/>Peach Yogurt<br/>Parfait<br/>Greek Hummus<br/>Bento Box<br/>PB &amp; J Grape<br/>Sandwich WGR<br/>.....<br/>Banana<br/>Mandarin Oranges<br/>Assorted<br/>Dried Fruit<br/>Caesar Salad<br/>Baby Carrots<br/>Italian Squash<br/>1% Milk<br/>Chocolate Milk</p> <p><a href="#">View Nutrients</a></p> | <p>27</p> <p>Gourmet Chicken<br/>Garlic Knot<br/>Pepperoni Pizza, PZA Guy<br/>Cheese Pizza, PZA Guy<br/>Spicy Chicken<br/>Sandwich, WGR<br/>Jalapeno Mozzarella<br/>Cheese Bites w/Sauce<br/>PB &amp; J Grape<br/>Sandwich WGR<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/>1% Milk<br/>Chocolate Milk</p> <p><a href="#">View Nutrients</a></p> | <p>28</p> <p>Gourmet Chicken<br/>Garlic Knot<br/>Baked Pasta w/ Garlic<br/>Cheese Bread<br/>Buffalo Chicken Wings<br/>w/ Cracker<br/>Breaded Chicken<br/>Sandwich WG<br/>Chicken Nuggets w/<br/>Goldfish<br/>PB &amp; J Grape<br/>Sandwich WGR<br/>Chicken Fajita<br/>Wrap<br/>.....<br/>Gala,Apple<br/>Assorted<br/>Dried Fruit<br/>TREAT<br/>Caesar Salad<br/>Baby Carrots<br/>Roasted Garbanzo<br/>Beans<br/>1% Milk<br/>Chocolate Milk</p> <p><a href="#">View Nutrients</a></p> |
|   |   |  |   |  |

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

Menu subject to change without notice.

This institution is an equal opportunity provider.