

# Escondido Union School District

## Middle School Lunch September 1-30

Monday	Tuesday	Wednesday	Thursday	Friday
				Fri - 9/1/2017 Cheeseburger Western Cheeseburg Bean & Cheese Burrit Spicy Chicken Sandwi Orange Chicken / Bro Rice Pizza Sticks Shrimp Poppers w Gol Southwestern Chicke Supreme Salad Tuna Sub PB & J Sandwich FP,Parfait,Yog,Cinn Bi ..... ..... ..... Garden Fresh Salad Baby Carrots Cherry Tomatoes Broccoli florets Jicama sticks Cucumber Edamame Zucchini "Maggies Black Bean Salad" Pizza Dipping Sauce ..... Peaches, canned Grapes Red Apples Apple,Golden Deliciou Orange Smiles

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

*\* - denotes combined nutrient totals with either missing or incomplete nutrient data.*

**NOTICE:** *The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.*

# Escondido Union School District

## HHFKA - K-8

### Middle School Lunch September 1-30

Monday	Tuesday	Wednesday	Thursday	Friday
Mon - 9/4/2017  HOLIDAY	Tue - 9/5/2017 Cheeseburger Western Cheeseburg Bean & Cheese Burrit Sriracha Chicken Whit Cheesy Nachos Chicken Quesadilla Corn Dog w/Tots Pizza Sticks Ham Sub Sandwich Gourmet Taco Salad PB & J Sandwich Yogurt Granola Parfait ..... Garden Fresh Salad Baby Carrots Cherry Tomatoes Jicama sticks Cucumber Edamame Corn Celery Sticks Peanut Butter Cup SB, Pasta Salad Pizza Dipping Sauce ..... Pears, Can,Light Syru Nectarine Red Apples Apple,Golden Deliciou	Wed - 9/6/2017 Cheeseburger Western Cheeseburg Bean & Cheese Burrit Spicy Chicken Sandwi Chicken Nuggets & T Pasta w/Meat Sauce a Garlic Bread Pizza,Nardone Bros. Italian Comb Sub Sandwich Asian Tofu Salad Asian Chicken Salad PB & J Sandwich Yogurt Granola Parfait ..... Garden Fresh Salad Baby Carrots Cherry Tomatoes Jicama sticks Cucumber Edamame Bell Peppers 4 Colors ..... Broccoli florets Garbanzo Beans ..... Pineapple, Can,Lt Syr Banana Red Apples Apple,Golden Deliciou Orange Smiles	Thu - 9/7/2017 Pepperoni Pizza Cheese Pizza, PZA G Mini Cheeseburgers Grilled Cheese Sand. Bean & Cheese Burrit PB & J Sandwich Yogurt Granola Parfait ..... Garden Fresh Salad Baby Carrots Cherry Tomatoes Jicama sticks Cucumber Edamame Corn Celery Sticks Peanut Butter Cup "Maggies Black Bean Salad" ..... Apricots Plums Red Apples Apple,Golden Deliciou Orange Smiles ..... Milk,1%,Pouch,8 oz. Milk,Chocolate,Pouch, Milk,FF,Carton,8 oz. .....	Fri - 9/8/2017 Cheeseburger Western Cheeseburg Bean & Cheese Burrit Spicy Chicken Sandwi Pizza Sticks Orange Chicken / Bro Rice Shrimp Poppers w Gol Southwestern Chicke Supreme Salad Tuna Sub PB & J Sandwich Yogurt Granola Parfait ..... Pizza Dipping Sauce Garden Fresh Salad Baby Carrots Cherry Tomatoes Broccoli florets Jicama sticks Cucumber Edamame Zucchini "Maggies Black Bean Salad" ..... Peaches, canned Grapes Apple,Golden Deliciou Red Apples Orange Smiles .....

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# Escondido Union School District

## HHFKA - K-8

### Middle School Lunch September 1-30

Monday	Tuesday	Wednesday	Thursday	Friday
Mon - 9/11/2017  Mini Cheeseburgers Bean & Cheese Burrit Spicy Chicken Sandwi Baked Chicken, Corn Chicken Taquitos Cheesy Bread Hot Dog w/ Tots Pizza,Nardone Bros. Turkey Sub Sandwich PB & J Sandwich FP,Parfait,Yog,Cinn Bi Gourmet Chicken Cae Salad ..... Garden Fresh Salad Baby Carrots Cherry Tomatoes Jicama sticks Cucumber Edamame Broccoli florets ..... SB, Pasta Salad ..... Peaches, canned Orange Smiles Red Apples Apple,Golden Deliciou Orange Smiles ..... Milk,1%,Pouch,8 oz.	Tue - 9/12/2017  Cheeseburger Western Cheeseburg Bean & Cheese Burrit Sriracha Chicken Whit Cheesy Nachos Pizza Sticks Chicken Quesadilla Corn Dog w/Tots Ham Sub Sandwich Gourmet Taco Salad PB & J Sandwich FP,Parfait,Yog,Cinn Bi ..... Pizza Dipping Sauce Garden Fresh Salad Baby Carrots Cherry Tomatoes Jicama sticks Cucumber Edamame Corn Celery Sticks Peanut Butter Cup SB, Pasta Salad ..... Pears, Can,Light Syru Nectarine Red Apples Apple,Golden Deliciou	Wed - 9/13/2017  Cheeseburger Western Cheeseburg Bean & Cheese Burrit Spicy Chicken Sandwi Chicken Nuggets & T Beef Taco Dip w/ Chip Pizza,Nardone Bros. Italian Comb Sub Sandwich Asian Tofu Salad Asian Chicken Salad PB & J Sandwich FP,Parfait,Yog,Cinn Bi ..... ..... Garden Fresh Salad Baby Carrots Cherry Tomatoes Jicama sticks Cucumber Edamame Bell Peppers 4 Colors ..... Broccoli florets Garbanzo Beans ..... Pineapple, Can,Lt Syr Banana Apple,Golden Deliciou Red Apples Orange Smiles	Thu - 9/14/2017  Pepperoni Pizza Cheese Pizza, PZA G Mini Cheeseburgers Grilled Cheese Sand. Bean & Cheese Burrit PB & J Sandwich FP,Parfait,Yog,Cinn Bi ..... ..... Garden Fresh Salad Baby Carrots Cherry Tomatoes Jicama sticks Cucumber Edamame Corn Celery Sticks Peanut Butter Cup "Maggies Black Bean Salad" ..... Apricots Plums Red Apples Apple,Golden Deliciou Orange Smiles ..... Milk,1%,Pouch,8 oz. Milk,Chocolate,Pouch, Milk,FF,Carton,8 oz. .....	Fri - 9/15/2017  Hamburger Western Cheeseburg Bean & Cheese Burrit Spicy Chicken Sandwi Orange Chicken / Bro Rice Pizza Sticks Shrimp Poppers w Gol Southwestern Chicke Supreme Salad Tuna Sub Sandwich PB & J Sandwich FP,Parfait,Yog,Cinn Bi ..... ..... Pizza Dipping Sauce Garden Fresh Salad Baby Carrots Cherry Tomatoes Broccoli florets Jicama sticks Cucumber Edamame Zucchini "Maggies Black Bean Salad" ..... Peaches, canned Grapes Apple,Golden Deliciou Red Apples Orange Smiles
Mon - 9/18/2017	Tue - 9/19/2017	Wed - 9/20/2017	Thu - 9/21/2017	Fri - 9/22/2017
Mon - 9/25/2017	Tue - 9/26/2017	Wed - 9/27/2017	Thu - 9/28/2017	Fri - 9/29/2017

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