

# Escondido Union School District

Quantum Lunch 4-8

HHFKA - K-8

Aug 28, 2017

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## QUANTUM LUNCH -September 1-30

Monday	Tuesday	Wednesday	Thursday	Friday
				Fri - 9/1/2017  Western Cheeseburg Chicken Nuggets & T Bean & Cheese Burrit PB & J Sandwich Tuna Sub Sandwich Southwestern Chicke Supreme Salad FP,Parfait,Yog,Cinn Bi ..... ..... Garden Fresh Salad Baby Carrots Cucumber Cherry Tomatoes Corn Zucchini Corn Green Peas "Maggies Black Bean Salad" ..... Pears, Can,Light Syru Grapes Red Apples Orange Smiles ..... Milk,1%,Pouch,8 oz. Milk,Chocolate,Pouch, Milk,FF,Carton,8 oz. Milk, Lactaid, 8 oz. ..... Barbeque Sauce

*\*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.*

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Monday	Tuesday	Wednesday	Thursday	Friday
Mon - 9/4/2017	Tue - 9/5/2017	Wed - 9/6/2017	Thu - 9/7/2017	Fri - 9/8/2017
NO SCHOOL	Sriracha Chicken Whit Cheesy Bread Orange Chicken/Brow Rice PB & J Sandwich Ham Sub Sandwich Gourmet Taco Salad FP,Parfait,Yog,Cinn Bi ..... ..... Garden Fresh Salad Baby Carrots Cucumber Cherry Tomatoes Bell Peppers 4 Colors Celery Sticks Peanut Butter Cup Green Peas Corn SB, Pasta Salad ..... Mixed Fruit, Light Syru Nectarine Red Apples Orange Smiles ..... Milk, 1%,Pouch,8 oz. Milk,Chocolate,Pouch, Milk,FF,Carton,8 oz. Milk, Lactaid, 8 oz. .....	Pizza,Nardone Bros. Grilled Cheese Sand. Pasta w/Meat Sauce a Garlic Bread PB & J Sandwich Italian Comb Sub Sandwich FP,Parfait,Yog,Cinn Bi Pizza Sticks ..... ..... Garden Fresh Salad Baby Carrots Cucumber Cherry Tomatoes Bell Peppers 4 Colors Corn Edamame Garbanzo Beans ..... Pineapple, Can,Lt Syr Banana Red Apples Orange Smiles ..... Milk,1%,Pouch,8 oz. Milk,Chocolate,Pouch, Milk,FF,Carton,8 oz. Milk, Lactaid, 8 oz. ..... Barbeque Sauce Catsup	Mini Cheeseburgers Bean & Cheese Burrit Grilled Cheese Sand. Cheese Pizza, PZA G Pepperoni Pizza PB & J Sandwich Popcorn Chicken / Goldfish Crackers FP,Parfait,Yog,Cinn Bi ..... ..... Garden Fresh Salad Baby Carrots Cucumber Cherry Tomatoes Bell Peppers 4 Colors Celery Sticks Peanut Butter Cup Corn Green Peas "Maggies Black Bean Salad" ..... Peaches, canned Plums Red Apples Orange Smiles ..... Milk, 1%,Pouch,8 oz. Milk,Chocolate,Pouch, Milk,FF,Carton,8 oz. Milk, Lactaid, 8 oz.	Shrimp Poppers w Gol Chicken Nuggets & T Bean & Cheese Burrit PB & J Sandwich Tuna Sub Sandwich Southwestern Chicke Supreme Salad FP,Parfait,Yog,Cinn Bi ..... ..... Garden Fresh Salad Baby Carrots Cucumber Cherry Tomatoes Corn Zucchini Corn Green Peas "Maggies Black Bean Salad" ..... Pears, Can,Light Syru Grapes Red Apples Orange Smiles ..... Milk,1%,Pouch,8 oz. Milk,Chocolate,Pouch, Milk,FF,Carton,8 oz. Milk, Lactaid, 8 oz. ..... Barbeque Sauce

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Monday	Tuesday	Wednesday	Thursday	Friday
Mon - 9/11/2017	Tue - 9/12/2017	Wed - 9/13/2017	Thu - 9/14/2017	Fri - 9/15/2017
Cheeseburger Grilled Cheese Sand. PB & J Sandwich Turkey Sub Sandwich Gourmet Chicken Cae Salad FP,Parfait,Yog,Cinn Bi Taco Chalupa ..... ..... Garden Fresh Salad Baby Carrots Cucumber Cherry Tomatoes Bell Peppers 4 Colors Celery Sticks Corn Green Peas SB, Pasta Salad ..... Cinnamon Applesauc Red Apples Orange Smiles ..... Milk,1%,Pouch,8 oz. Milk,Chocolate,Pouch, Milk,FF,Carton,8 oz. Milk, Lactaid, 8 oz. ..... Barbeque Sauce Catsup	Baked Chicken & Cra Sriracha Chicken Whit Cheese Ravioli PB & J Sandwich Ham Sub Sandwich Gourmet Taco Salad FP,Parfait,Yog,Cinn Bi ..... Goldfish Crackers ..... ..... Garden Fresh Salad Baby Carrots Cucumber Cherry Tomatoes Bell Peppers 4 Colors Celery Sticks Peanut Butter Cup Green Peas Corn SB, Pasta Salad ..... Mixed Fruit, Light Syru Nectarine Red Apples Orange Smiles ..... Milk,1%,Pouch,8 oz. Milk,Chocolate,Pouch, Milk,FF,Carton,8 oz.	Pizza,Nardone Bros. Popcorn Chicken / Goldfish Crackers Beef Taco Dip w/ Chip PB & J Sandwich Asian Tofu Salad FP,Parfait,Yog,Cinn Bi Pizza Sticks ..... ..... Garden Fresh Salad Baby Carrots Cucumber Cherry Tomatoes Bell Peppers 4 Colors Corn Edamame Garbanzo Beans ..... Pineapple, Can,Lt Syr Banana Red Apples Orange Smiles ..... Milk,1%,Pouch,8 oz. Milk,Chocolate,Pouch, Milk,FF,Carton,8 oz. Milk, Lactaid, 8 oz. ..... Barbeque Sauce Catsup	Mini Cheeseburgers Bean & Cheese Burrit Grilled Cheese Sand. Cheese Pizza, PZA G Pepperoni Pizza PB & J Sandwich FP,Parfait,Yog,Cinn Bi String Cheese / Crack ..... ..... Garden Fresh Salad Baby Carrots Cucumber Cherry Tomatoes Bell Peppers 4 Colors Celery Sticks Peanut Butter Cup Corn Green Peas "Maggies Black Bean Salad" ..... Peaches, canned Plums Red Apples Orange Smiles ..... Milk,1%,Pouch,8 oz. Milk,Chocolate,Pouch, Milk,FF,Carton,8 oz. Milk, Lactaid, 8 oz.	Western Cheeseburg Chicken Nuggets & T Bean & Cheese Burrit PB & J Sandwich Tuna Sub Sandwich Southwestern Chicke Supreme Salad FP,Parfait,Yog,Cinn Bi ..... ..... Garden Fresh Salad Baby Carrots Cucumber Cherry Tomatoes Corn Zucchini Corn Green Peas "Maggies Black Bean Salad" ..... Pears, Can,Light Syru Grapes Red Apples Orange Smiles ..... Milk,1%,Pouch,8 oz. Milk,Chocolate,Pouch, Milk,FF,Carton,8 oz. Milk, Lactaid, 8 oz. ..... Barbeque Sauce

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Monday	Tuesday	Wednesday	Thursday	Friday
Mon - 9/18/2017	Tue - 9/19/2017	Wed - 9/20/2017	Thu - 9/21/2017	Fri - 9/22/2017
Hot Dog w/ Tots Mini Cheeseburgers Salsa Verde Chicken Grilled Cheese Sand. PB & J Sandwich Turkey Sub Sandwich Gourmet Chicken Cae Salad FP,Parfait,Yog,Cinn Bi ..... ..... Garden Fresh Salad Baby Carrots Cucumber Cherry Tomatoes Bell Peppers 4 Colors Celery Sticks Corn Green Peas SB, Pasta Salad ..... Cinnamon Applesauc Red Apples Orange Smiles ..... Milk,1%,Pouch,8 oz. Milk,Chocolate,Pouch, Milk,FF,Carton,8 oz. Milk, Lactaid, 8 oz. ..... Barbeque Sauce	Orange Chicken/Brow Rice Cheesy Bread Sriracha Chicken Whit PB & J Sandwich Ham Sub Sandwich Gourmet Taco Salad FP,Parfait,Yog,Cinn Bi ..... ..... Garden Fresh Salad Baby Carrots Cucumber Cherry Tomatoes Bell Peppers 4 Colors Celery Sticks Peanut Butter Cup Green Peas Corn SB, Pasta Salad ..... Mixed Fruit, Light Syru Nectarine Red Apples Orange Smiles ..... Milk,1%,Pouch,8 oz. Milk,Chocolate,Pouch, Milk,FF,Carton,8 oz. Milk, Lactaid, 8 oz. .....	Spicy Chicken Sandwi Pizza,Nardone Bros. Travelin Taco PB & J Sandwich Italian Comb Sub Sandwich Asian Chicken Salad Asian Tofu Salad Italian Comb Sub Sandwich FP,Parfait,Yog,Cinn Bi Pizza Sticks ..... ..... Garden Fresh Salad Baby Carrots Cucumber Cherry Tomatoes Bell Peppers 4 Colors Corn Edamame Garbanzo Beans ..... Pineapple, Can,Lt Syr Banana Red Apples Orange Smiles ..... Milk,1%,Pouch,8 oz. Milk,Chocolate,Pouch, Milk,FF,Carton,8 oz. Milk, Lactaid, 8 oz.	Mini Cheeseburgers Corn Dog Cheese Pizza, PZA G Pepperoni Pizza Bean & Cheese Burrit PB & J Sandwich FP,Parfait,Yog,Cinn Bi ..... Garden Fresh Salad Baby Carrots Cucumber Cherry Tomatoes Bell Peppers 4 Colors Celery Sticks Peanut Butter Cup Corn Green Peas "Maggies Black Bean Salad" ..... Peaches, canned Plums Red Apples Orange Smiles ..... Milk,1%,Pouch,8 oz. Milk,Chocolate,Pouch, Milk,FF,Carton,8 oz. Milk, Lactaid, 8 oz. .....	Shrimp Poppers w Gol Cheesy Nachos Chicken Nuggets & T Bean & Cheese Burrit PB & J Sandwich Tuna Sub Sandwich Southwesterner Chicke Supreme Salad FP,Parfait,Yog,Cinn Bi ..... ..... Garden Fresh Salad Baby Carrots Cucumber Cherry Tomatoes Corn Zucchini Corn Green Peas "Maggies Black Bean Salad" ..... Pears, Can,Light Syru Grapes Red Apples Orange Smiles ..... Milk,1%,Pouch,8 oz. Milk,Chocolate,Pouch, Milk,FF,Carton,8 oz. Milk, Lactaid, 8 oz. .....

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Monday	Tuesday	Wednesday	Thursday	Friday
Mon - 9/25/2017	Tue - 9/26/2017	Wed - 9/27/2017	Thu - 9/28/2017	Fri - 9/29/2017
Cheeseburger Taco Chalupa Pizza,Nardone Bros. Grilled Cheese Sand. PB & J Sandwich Turkey Sub Sandwich Gourmet Chicken Cae Salad FP,Parfait,Yog,Cinn Bi ..... ..... Garden Fresh Salad Baby Carrots Cucumber Cherry Tomatoes Bell Peppers 4 Colors Celery Sticks Peanut Butter Cup Green Peas Corn SB, Pasta Salad ..... Cinnamon Applesauc Red Apples Orange Smiles ..... Milk,1%,Pouch,8 oz. Milk,Chocolate,Pouch, Milk,FF,Carton,8 oz. Milk, Lactaid, 8 oz. ..... Barbeque Sauce	Sriracha Chicken Whit Chicken, & Waffle Cheesy Bread Baked Ziti PB & J Sandwich Ham Sub Sandwich Gourmet Taco Salad FP,Parfait,Yog,Cinn Bi ..... ..... Garden Fresh Salad Baby Carrots Cucumber Cherry Tomatoes Bell Peppers 4 Colors Celery Sticks Peanut Butter Cup Green Peas Corn SB, Pasta Salad ..... Mixed Fruit, Light Syru Nectarine Red Apples Orange Smiles ..... Milk,1%,Pouch,8 oz. Milk,Chocolate,Pouch, Milk,FF,Carton,8 oz. Milk, Lactaid, 8 oz.	Spicy Chicken Sandwi PB & J Sandwich Italian Comb Sub Sandwich Asian Chicken Salad Asian Tofu Salad Italian Comb Sub Sandwich FP,Parfait,Yog,Cinn Bi Pizza Sticks ..... ..... Garden Fresh Salad Baby Carrots ..... Garden Fresh Salad Baby Carrots Cucumber Cherry Tomatoes Bell Peppers 4 Colors Cucumber Cherry Tomatoes Bell Peppers 4 Colors Corn Edamame Garbanzo Beans ..... Pineapple, Can,Lt Syr Banana Red Apples Orange Smiles ..... Milk,1%,Pouch,8 oz. Milk,Chocolate,Pouch, Milk,FF,Carton,8 oz. Milk, Lactaid, 8 oz. ..... Barbeque Sauce	Mini Cheeseburgers Bean & Cheese Burrit Corn Dog Cheese Pizza, PZA G Pepperoni Pizza PB & J Sandwich FP,Parfait,Yog,Cinn Bi ..... ..... Garden Fresh Salad Baby Carrots Cucumber Cherry Tomatoes Bell Peppers 4 Colors Celery Sticks Peanut Butter Cup Corn Green Peas "Maggies Black Bean Salad" ..... Peaches, canned Plums Red Apples Orange Smiles ..... Milk,1%,Pouch,8 oz. Milk,Chocolate,Pouch, Milk,FF,Carton,8 oz. Milk, Lactaid, 8 oz. .....	Western Cheeseburg Chicken Nuggets & T Bean & Cheese Burrit PB & J Sandwich Tuna Sub Sandwich Southwestern Chicke Supreme Salad FP,Parfait,Yog,Cinn Bi ..... ..... Garden Fresh Salad Baby Carrots Cucumber Cherry Tomatoes Cherry Tomatoes Corn Zucchini Corn Green Peas "Maggies Black Bean Salad" ..... Pears, Can,Light Syru Grapes Red Apples Orange Smiles ..... Milk,1%,Pouch,8 oz. Milk,Chocolate,Pouch, Milk,FF,Carton,8 oz. Milk, Lactaid, 8 oz. ..... Barbeque Sauce

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