

# Escondido Union School District

## HHFKA - K-8

### October Middle School Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Mon - 10/2/2017  Veggie Burger Mini T Bean & Cheese Burrit Spicy Chicken Sandwi Chicken, & Waffle Salsa Verde Chicken Burrito Cheesy Bread Pizza,Nardone Bros. Hot Dog w/ Tots Turkey Sub Sandwich Gourmet Chicken Caesar Salad PB & J Sandwich Yogurt Granola Parfait ..... ..... Garden Fresh Salad Baby Carrots Cherry Tomatoes Jicama sticks Cucumber Edamame Broccoli florets Pizza Dipping Sauce SB, Pasta Salad ..... Mandarin Oranges Orange Smiles Gala,Apple Red Apples Orange Smiles .....	Tue - 10/3/2017  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 ..... Pizza Dipping Sauce ..... Garden Fresh Salad Baby Carrots Cherry Tomatoes Jicama sticks Cucumber Roasted Beets Edamame Corn Celery Sticks Peanut Butter Cup SB, Pasta Salad ..... Pears, Can,Light Syru Watermelon Gala,Apple	Wed - 10/4/2017  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 Chicken Salad Asian Tofu Salad PB & J Sandwich Yogurt Granola Parfait ..... ..... Garden Fresh Salad Baby Carrots Cherry Tomatoes Jicama sticks Cucumber Edamame Bell Peppers 4 Colors Pizza Dipping Sauce Broccoli florets Garbanzo Beans A to Z Salad Bar 1 ..... Pineapple, Can,Lt Syr Asian Pear Gala,Apple Red Apples	Thu - 10/5/2017  Pepperoni Pizza Cheese Pizza, PZA G Veggie Burger Mini T Grilled Cheese Sand. Bean & Cheese Burrit PB & J Sandwich Yogurt Granola Parfait ..... ..... Garden Fresh Salad Baby Carrots Cherry Tomatoes Roasted Beets Jicama sticks Cucumber Edamame Corn Celery Sticks Peanut Butter Cup "Maggies Black Bean Salad" ..... Apricots Banana Gala,Apple Red Apples ..... Milk,1%,Pouch,8 oz. Milk,Chocolate,Pouch, Milk,FF,Carton,8 oz. .....	Fri - 10/6/2017  Cheeseburger Western Cheeseburg Bean & Cheese Burrit Spicy Chicken Sandwi Pizza Sticks Orange Chicken / Bro Rice Shrimp Poppers w Gol Southwestern Chicken 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 Red Apples Gala,Apple .....

*\*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

## October Middle School Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Mon - 10/9/2017	Tue - 10/10/2017	Wed - 10/11/2017	Thu - 10/12/2017	Fri - 10/13/2017
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 Caesar Salad ..... Garden Fresh Salad Baby Carrots Cherry Tomatoes Jicama sticks Cucumber Edamame Broccoli florets Pizza Dipping Sauce SB, Pasta Salad ..... Mandarin Oranges Orange Smiles Gala,Apple Red Apples Orange Smiles ..... Milk,1%,Pouch,8 oz.	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 Roasted Beets Edamame Corn Celery Sticks Peanut Butter Cup SB, Pasta Salad ..... Pears, Can,Light Syru Watermelon Gala,Apple	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 Pizza Dipping Sauce Broccoli florets Garbanzo Beans A to Z Salad Bar 1 ..... Pineapple, Can,Lt Syr Asian Pear Gala,Apple Red Apples	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 Roasted Beets Jicama sticks Cucumber Edamame Corn Celery Sticks Peanut Butter Cup "Maggies Black Bean Salad" ..... Apricots Banana Gala,Apple Red Apples ..... Milk,1%,Pouch,8 oz. Milk,Chocolate,Pouch, Milk,FF,Carton,8 oz. .....	Hamburger Western Cheeseburg Bean & Cheese Burrit Spicy Chicken Sandwi Orange Chicken / Bro Rice Pizza Sticks Shrimp Poppers w Gол Southwestern Chicken 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 Red Apples Gala,Apple .....

\*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

### October Middle School Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Mon - 10/16/2017  Mini Cheeseburgers Bean & Cheese Burrit Spicy Chicken Sandwi Chicken, & Waffle Salsa Verde Chicken Burrito Cheesy Bread Hot Dog w/ Tots Turkey Sub Sandwich PB & J Sandwich Pizza,Nardone Bros. Yogurt Granola Parfait Hot Dog w/ Tots Gourmet Chicken Caesar Salad ..... Garden Fresh Salad Baby Carrots Cherry Tomatoes Jicama sticks Jicama sticks Cucumber Edamame Broccoli florets Pizza Dipping Sauce SB, Pasta Salad ..... Mandarin Oranges Orange Smiles Gala,Apple Red Apples Orange Smiles .....	Tue - 10/17/2017  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 FP,Parfait,Yog,Cinn Bi ..... Pizza Dipping Sauce ..... Garden Fresh Salad Baby Carrots Cherry Tomatoes Jicama sticks Cucumber Roasted Beets Edamame Corn Celery Sticks Peanut Butter Cup SB, Pasta Salad ..... Pears, Can,Light Syru Watermelon Gala,Apple	Wed - 10/18/2017  Cheeseburger Western Cheeseburg Bean & Cheese Burrit Spicy Chicken Sandwi Chicken Nuggets & T Travelin Taco Pizza,Nardone Bros. Italian Comb Sub Sandwich Asian Chicken Salad Asian Tofu Salad PB & J Sandwich FP,Parfait,Yog,Cinn Bi ..... ..... Garden Fresh Salad Baby Carrots Cherry Tomatoes Jicama sticks Cucumber Edamame Bell Peppers 4 Colors Pizza Dipping Sauce Broccoli florets Garbanzo Beans A to Z Salad Bar 1 ..... Pineapple, Can,Lt Syr Fresh Fruit Gala,Apple Red Apples	Thu - 10/19/2017  PARENT CONFEREN	Fri - 10/20/2017  PARENT CONFEREN

*\*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

### October Middle School Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Mon - 10/23/2017	Tue - 10/24/2017	Wed - 10/25/2017	Thu - 10/26/2017	Fri - 10/27/2017
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 Caesar Salad ..... Garden Fresh Salad Baby Carrots Cherry Tomatoes Jicama sticks Cucumber Edamame Broccoli florets Pizza Dipping Sauce SB, Pasta Salad ..... Mandarin Oranges Apple,Golden Deliciou Red Apples Orange Smiles ..... Milk,1%,Pouch,8 oz. Milk,Chocolate,Pouch,	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 FP,Parfait,Yog,Cinn Bi ..... Pizza Dipping Sauce ..... Garden Fresh Salad Baby Carrots Cherry Tomatoes Jicama sticks Cucumber Roasted Beets Edamame Corn Celery Sticks Peanut Butter Cup SB, Pasta Salad ..... Pears, Can,Light Syru Watermelon Apple,Golden Deliciou	Western Cheeseburg Cheeseburger Spicy Chicken Sandwi Chicken Nuggets & T Cheesy Bread Bean & Cheese Burrit Beef Taco Dip w/ Chip Pizza,Nardone Bros. Italian Comb Sub Sandwich Asian Chicken Salad Asian Tofu Salad PB & J Sandwich Yogurt Granola Parfait ..... Garden Fresh Salad Baby Carrots Cherry Tomatoes Jicama sticks Cucumber Edamame Bell Peppers 4 Colors Pizza Dipping Sauce Broccoli florets Garbanzo Beans A to Z Salad Bar 1 ..... Pineapple, Can,Lt Syr Asian Pear Apple,Golden Deliciou	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 Roasted Beets Jicama sticks Cucumber Edamame Corn Celery Sticks Peanut Butter Cup "Maggies Black Bean Salad" ..... Apricots Banana Apple,Golden Deliciou Red Apples ..... Milk,1%,Pouch,8 oz. Milk,Chocolate,Pouch, Milk,FF,Carton,8 oz. .....	Cheeseburger Western Cheeseburg Bean & Cheese Burrit Spicy Chicken Sandwi Orange Chicken / Bro Rice Pizza Sticks Shrimp Poppers w Gол Southwestern Chicken Supreme Salad Tuna Sub PB & J Sandwich FP,Parfait,Yog,Cinn Bi ..... Pizza Dipping Sauce ..... Cracker/Hugs Not Dru ..... Garden Fresh Salad Baby Carrots Cherry Tomatoes Broccoli florets Jicama sticks Cucumber Edamame Zucchini "Maggies Black Bean Salad" ..... Peaches, canned Grapes Red Apples Apple,Golden Deliciou

*\*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

## October Middle School Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Mon - 10/30/2017  Mini Cheeseburgers Bean & Cheese Burrit Spicy Chicken Sandwi Chicken, & Waffle Salsa Verde Chicken Burrito Cheesy Bread Pizza,Nardone Bros. Hot Dog w/ Tots Turkey Sub Sandwich Gourmet Chicken Caesar Salad PB & J Sandwich Yogurt Granola Parfait ..... ..... Garden Fresh Salad Baby Carrots Cherry Tomatoes Jicama sticks Cucumber Edamame Broccoli florets Pizza Dipping Sauce SB, Pasta Salad ..... Mandarin Oranges Apple,Golden Deliciou Red Apples Asian Pear ..... Milk,1%,Pouch,8 oz.	Tue - 10/31/2017  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 ..... Pizza Dipping Sauce ..... Garden Fresh Salad Baby Carrots Cherry Tomatoes Jicama sticks Cucumber Roasted Beets Edamame Corn Celery Sticks Peanut Butter Cup SB, Pasta Salad ..... Pears, Can,Light Syru "Blood Oranges" Apple,Golden Deliciou			

*\*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.*