


## A1621453440000MAIN LINE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>What is a meal?</b> An Entrée (Protein &amp; Grain usually ie: Hamburger on a Bun or Pizza) 2 Fruits 2 Vegetables A Low Fat Milk</p>	<p><i>A fruit or vegetable must be taken by a student for a meal to be reimbursable otherwise ala carte pricing will be charged</i></p> 		<p>1 <b>Oven Breaded Chicken</b> Served w/ Mashed Potatoes and a WG Dinner Roll or <b>18 Cuts per pan Fresh Pizza</b> (2 Protein &amp; 2 Starch)  <u>½ c Vegetables (may take 2)</u> Fresh Baby Carrots Fresh Cucumbers Steamed Corn <u>½ c Fruit (may take 2)</u> Fresh Orange Wedges Apples Slices Blueberries 2 Asst. Canned/Frozen Fruits</p>	<p>2 <b>2 RS Hot Dogs</b> on WW Buns Served (2 Protein &amp; 4 Starch) or <b>18 Cuts per pan Fresh Pizza</b> (2 Protein &amp; 2 Starch)  <u>½ c Vegetables (may take 2)</u> Assorted Fresh Vegetables Vegetarian Beans <u>½ c Fruit (may take 2)</u> Assorted Fresh Apples Slices 3 Asst. Canned/Frozen Fruits</p>
<p>5 <b>Baked Potato</b> Served w/ 2 oz Homemade Meat Sauce, 2 oz Melted Cheese, 2 oz RF Sour Cream and 2 Slices of WW Bread (2 Protein &amp; 2 Starch &amp; 2 Veg) (2 Protein &amp; 2 Starch) or <b>18 Cuts per pan Fresh Pizza</b> (2 Protein &amp; 2 Starch)  <u>½ c Vegetables (may take 2)</u> Fresh Celery Sticks Steamed Peas <u>½ c Fruit (may take 2)</u> Fresh Apple Fresh Orange Wedges Apples Slices 2 Asst. Canned/Frozen Fruits</p>	<p>6 <b>Italian Dunkers</b> (3 WG Bread Sticks w/ LS Spaghetti Sauce) &amp; 5 RF Mozzarella Sticks (2 Protein &amp; 4 Starch) or <b>18 Cuts per pan Fresh Pizza</b> (2 Protein &amp; 2 Starch)  <u>½ c Vegetables (may take 2)</u> Fresh Baby Carrots Fresh Cucumbers Steamed Green Beans <u>½ c Fruit (may take 2)</u> Fresh Orange Wedges Apples Slices Blueberries 2 Asst. Canned/Frozen Fruits</p>	<p>7 <b>2 ½ oz RS Ham &amp; ½ oz American Cheese on a WG Croissant</b> Served w/ 1/2c Potato Wedges (3 Protein &amp; 2 Starch) or <b>18 Cuts per pan Fresh Pizza</b> (2 Protein &amp; 2 Starch)  <u>½ c Vegetables (may take 2)</u> Fresh Baby Carrots Fresh Celery Sticks Steamed Broccoli <u>½ c Fruit (may take 2)</u> Fresh Apple Fresh Orange Wedges Apples Slices 2 Asst. Canned/Frozen Fruits</p>	<p>8 <b>WG Chicken Quesadilla Pizza</b> Served w/ Salsa (2 Protein &amp; 2 Starch) or <b>18 Cuts per pan Fresh Pizza</b> (2 Protein &amp; 2 Starch)  <u>½ c Vegetables (may take 2)</u> Fresh Baby Carrots Fresh Cucumbers Steamed Corn <u>½ c Fruit (may take 2)</u> Fresh Orange Wedges Apples Slices Blueberries 2 Asst. Canned/Frozen Fruits</p>	<p>9 <b>Egg &amp; Cheese &amp; Sausage on a WW Bun</b> Served w/ 6 Tater Tots (2 ½ Protein &amp; 2 Starch) or <b>18 Cuts per pan Fresh Pizza</b> (2 Protein &amp; 2 Starch)  <u>½ c Vegetables (may take 2)</u> Assorted Fresh Vegetables Homemade Legume salad <u>½ c Fruit (may take 2)</u> Assorted Fresh Apples Slices 3 Asst. Canned/Frozen Fruits</p>
<p>12 <b>BBQ Rib</b> Served on WG Bun (2 Protein &amp; 2 Starch) or <b>18 Cuts per pan Fresh Pizza</b> (2 Protein &amp; 2 Starch)  <u>½ c Vegetables (may take 2)</u> Fresh Celery Sticks Steamed Peas <u>½ c Fruit (may take 2)</u> Fresh Apple Fresh Orange Wedges Apples Slices 2 Asst. Canned/Frozen Fruits</p>	<p>13 <b>Italian Dunkers</b> (3 WG Bread Sticks w/ LS Spaghetti Sauce) &amp; 5 RF Mozzarella Sticks (2 Protein &amp; 4 Starch) or <b>18 Cuts per pan Fresh Pizza</b> (2 Protein &amp; 2 Starch)  <u>½ c Vegetables (may take 2)</u> Fresh Baby Carrots Fresh Cucumbers Steamed Green Beans <u>½ c Fruit (may take 2)</u> Fresh Orange Wedges Apples Slices Blueberries 2 Asst. Canned/Frozen Fruits</p>	<p>14 <b>12 Buffalo Style Popcorn Chicken Wrap</b> Served w/ 1 oz Grated Cheese &amp; 1 PC RF Ranch Dressing (2 Protein &amp; 2 Starch) or <b>18 Cuts per pan Fresh Pizza</b> (2 Protein &amp; 2 Starch)  <u>½ c Vegetables (may take 2)</u> Fresh Baby Carrots Fresh Celery Sticks Steamed Broccoli <u>½ c Fruit (may take 2)</u> Fresh Apple Fresh Orange Wedges Apples Slices 2 Asst. Canned/Frozen Fruits</p>	<p>15 <b>Oven Grilled Rosemary and Garlic Chicken</b> Served w/ 1 c Long Grain Brown Rice (2 Protein &amp; 2 Starch) or <b>18 Cuts per pan Fresh Pizza</b> (2 Protein &amp; 2 Starch)  <u>½ c Vegetables (may take 2)</u> Fresh Baby Carrots Fresh Cucumbers Steamed Corn <u>½ c Fruit (may take 2)</u> Fresh Orange Wedges Apples Slices Blueberries 2 Asst. Canned/Frozen Fruits</p>	<p>16 <b>2 RS Hot Dogs</b> on WW Buns Served (2 Protein &amp; 4 Starch) or <b>18 Cuts per pan Fresh Pizza</b> (2 Protein &amp; 2 Starch)  <u>½ c Vegetables (may take 2)</u> Assorted Fresh Vegetables Vegetarian Beans <u>½ c Fruit (may take 2)</u> Assorted Fresh Fruit Apples Slices 3 Asst. Canned/Frozen Fruits</p>
<p>19 <b>WG Chicken Quesadilla Pizza</b> Served w/ Salsa (2 Protein &amp; 2 Starch) or <b>18 Cuts per pan Fresh Pizza</b> (2 Protein &amp; 2 Starch)  <u>½ c Vegetables (may take 2)</u> Fresh Celery Sticks Steamed Peas <u>½ c Fruit (may take 2)</u> Fresh Apple Fresh Orange Wedges Apples Slices 2 Asst. Canned/Frozen Fruits</p>	<p>20 <b>Italian Dunkers</b> (3 WG Bread Sticks w/ LS Spaghetti Sauce) &amp; 5 RF Mozzarella Sticks (2 Protein &amp; 4 Starch) or <b>18 Cuts per pan Fresh Pizza</b> (2 Protein &amp; 2 Starch)  <u>½ c Vegetables (may take 2)</u> Fresh Baby Carrots Fresh Cucumbers Steamed Green Beans <u>½ c Fruit (may take 2)</u> Fresh Orange Wedges Apples Slices Blueberries 2 Asst. Canned/Frozen Fruits</p>	<p>21 <b>18 Cuts per pan Fresh Pizza</b> (2 Protein &amp; 2 Starch)  <u>½ c Vegetables (may take 2)</u> Fresh Baby Carrots Fresh Celery Sticks Steamed Broccoli <u>½ c Fruit (may take 2)</u> Fresh Apple Fresh Orange Wedges Apples Slices 2 Asst. Canned/Frozen Fruits</p>	<p>22 <b>1/2 Day</b></p>	<p>23 <b>Last Day of School</b> <b>1/2 Day</b></p>
<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>

Menu is subject to change without notice

# Available Daily at the Middle School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>Donna's Line</u>  <b>El Loco Bar: (Gluten Free)</b>                      1 Package Baked Scoops                      or                      1-8" WG Tortilla                      2 oz Cut up Chicken                      or                      2 oz Beef                      1/4c c Black                      1/2 c Long Grain Rice                      1 oz cup Grated Cheddar Cheese                      1 c Chopped Romaine Lettuce                      1/8 c Diced Tomatoes                      1 TBSP Chopped Onions                      1 TBSP Sliced Jalapenos                      1 oz Sour Cream                      2 oz Salsa                      Served w/ Fruit &amp; Milk</p> <p><u>Lea's Grab &amp; Go Line</u>                      2.5 oz Lean Hamburger or Cheeseburger on a WG Bun                      or                      3 oz Spicy Chicken Patty on a WG Bun                      or                      3 oz Breaded Chicken Pattie on a WG Bun                      or                      3 oz Grilled Chicken on a WG Bun                      or                      6 Chicken Nuggets &amp; WW Dinner Roll                      All Above Served w/2 Assorted Fruits &amp; 2 Assorted Vegetables and Low Fat Milk</p> <p><u>Debbie's Hot Chicken Wrap Line</u>                      8.25" WG Wrap                      Breaded Chicken                      BBQ Chicken                      Ranchero Chicken                      Buffalo Chicken                      Turkey Bacon                      Tuna Salad                      All Above Served w/2 Assorted Fruits &amp; 2 Assorted Vegetables and Low Fat Milk  <b>Ala Carte:</b>                      10 oz Mixed Berry Yogurt Smoothie                      8 oz Carrot &amp; Celery Sticks w/ Ranch Dressing                      10 oz Fruit Cup</p>	<p><u>Donna's Line</u>  <b>El Loco Bar: (Gluten Free)</b>                      1 Package Baked Scoops                      or                      1-8" WG Tortilla                      2 oz Cut up Chicken                      or                      2 oz Beef                      1/4 c Black                      1/2 c Long Grain Rice                      1 oz cup Grated Cheddar Cheese                      1 c Chopped Romaine Lettuce                      1/8 c Diced Tomatoes                      1 TBSP Chopped Onions                      1 TBSP Sliced Jalapenos                      1 oz Sour Cream                      2 oz Salsa                      Served w/ Fruit &amp; Milk</p> <p><u>Lea's Grab &amp; Go Line</u>                      2.5 oz Lean Hamburger or Cheeseburger on a WG Bun                      or                      3 oz Spicy Chicken Patty on a WG Bun                      or                      3 oz Breaded Chicken Pattie on a WG Bun                      or                      3 oz Grilled Chicken on a WG Bun                      or                      6 Chicken Nuggets &amp; WW Dinner Roll                      All Above Served w/2 Assorted Fruits &amp; 2 Assorted Vegetables and Low Fat Milk</p> <p><u>Debbie's Hot Chicken Wrap Line</u>                      8.25" WG Wrap                      Breaded Chicken                      BBQ Chicken                      Ranchero Chicken                      Buffalo Chicken                      Turkey Bacon                      Tuna Salad                      All Above Served w/2 Assorted Fruits &amp; 2 Assorted Vegetables and Low Fat Milk  <b>Ala Carte:</b>                      10 oz Mixed Berry Yogurt Smoothie                      10 oz Mixed Berry Yogurt Smoothie                      8 oz Carrot &amp; Celery Sticks w/ Ranch Dressing                      10 oz Fruit Cup</p>	<p><u>Donna's Line</u>  <b>El Loco Bar: (Gluten Free)</b>                      1 Package Baked Scoops                      or                      1-8" WG Tortilla                      2 oz Cut up Chicken                      or                      2 oz Beef                      1/4 c Black                      1/2 c Long Grain Rice                      1 oz cup Grated Cheddar Cheese                      1 c Chopped Romaine Lettuce                      1/8 c Diced Tomatoes                      1 TBSP Chopped Onions                      1 TBSP Sliced Jalapenos                      1 oz Sour Cream                      2 oz Salsa                      Served w/ Fruit &amp; Milk</p> <p><u>Lea's Grab &amp; Go Line</u>                      2.5 oz Lean Hamburger or Cheeseburger on a WG Bun                      or                      3 oz Spicy Chicken Patty on a WG Bun                      or                      3 oz Breaded Chicken Pattie on a WG Bun                      or                      3 oz Grilled Chicken on a WG Bun                      or                      6 Chicken Nuggets &amp; WW Dinner Roll                      All Above Served w/2 Assorted Fruits &amp; 2 Assorted Vegetables and Low Fat Milk</p> <p><u>Debbie's Hot Chicken Wrap Line</u>                      8.25" WG Wrap                      Breaded Chicken                      BBQ Chicken                      Ranchero Chicken                      Buffalo Chicken                      Turkey Bacon                      Tuna Salad                      All Above Served w/2 Assorted Fruits &amp; 2 Assorted Vegetables and Low Fat Milk  <b>Ala Carte:</b>                      10 oz Mixed Berry Yogurt Smoothie                      8 oz Carrot &amp; Celery Sticks w/ Ranch Dressing                      10 oz Fruit Cup</p>	<p><u>Donna's Line</u>  <b>El Loco Bar: (Gluten Free)</b>                      1 Package Baked Scoops                      or                      1-8" WG Tortilla                      2 oz Cut up Chicken                      or                      2 oz Beef                      1/4 c Black                      1/2 c Long Grain Rice                      1 oz cup Grated Cheddar Cheese                      1 c Chopped Romaine Lettuce                      1/8 c Diced Tomatoes                      1 TBSP Chopped Onions                      1 TBSP Sliced Jalapenos                      1 oz Sour Cream                      2 oz Salsa                      Served w/ Fruit &amp; Milk</p> <p><u>Lea's Grab &amp; Go Line</u>                      2.5 oz Lean Hamburger or Cheeseburger on a WG Bun                      or                      3 oz Spicy Chicken Patty on a WG Bun                      or                      3 oz Breaded Chicken Pattie on a WG Bun                      or                      3 oz Grilled Chicken on a WG Bun                      or                      6 Chicken Nuggets &amp; WW Dinner Roll                      All Above Served w/2 Assorted Fruits &amp; 2 Assorted Vegetables and Low Fat Milk</p> <p><u>Debbie's Hot Chicken Wrap Line</u>                      8.25" WG Wrap                      Breaded Chicken                      BBQ Chicken                      Ranchero Chicken                      Buffalo Chicken                      Turkey Bacon                      Tuna Salad                      All Above Served w/2 Assorted Fruits &amp; 2 Assorted Vegetables and Low Fat Milk  <b>Ala Carte:</b>                      10 oz Mixed Berry Yogurt Smoothie                      8 oz Carrot &amp; Celery Sticks w/ Ranch Dressing                      10 oz Fruit Cup</p>	

**New State & Federal Regulations for 2016-2017**

1/2-3/4c Fruit Serving (1/2 c portions served may take 2 daily)

1/2-3/4c Vegetable Serving (1/2 c portions served may take 2 daily)

(weekly minimums: 1/2c legumes, 1/2c dark greens, 3/4c red/orange, 1/2c starchy, 1/2c other, Plus an addition 1c weekly)

1-2 Grains Per day, minimum 8 per week

1-2oz Protein per day, minimum 9 per week

8oz Low Fat Milk (1%, Skim and Flavored Skim Milks offered)

Minimum- Maximum Calories 600-700

Saturated Fat- Less than 10 % of Total Calories

Sodium- 1360 mg or less

Zero Trans Fats

WG: Whole Grain    WW: Whole Wheat    LS: Low Sodium    RF: Reduced Fat

Visit Our Website at [www.quilderlandschools.org](http://www.quilderlandschools.org)

Student Lunch Price: \$3.05    Milk: \$.60    Adult Lunch Price \$3.45 plus tax

A fruit or vegetable must be taken by a student for a meal to be reimbursable otherwise ala carte pricing will be charged

**Non-discrimination Statement:**

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(1) mail: U.S. Department of Agriculture  
 Office of the Assistant Secretary for Civil Rights  
 1400 Independence Avenue, SW  
 Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.