




MAIN LINE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>What is a meal? An Entrée (Protein & Grain usually ie: Hamburger on a Bun or Pizza) 2 Fruits 2 Vegetables A Low Fat Milk</p>		<p>1 Superintendent Conference Day</p>	<p>2 2 Bosco Sticks Served in a bag w/ ½ cup Marinara Sauce (2 Protein & 2 Starch) or 18 Cuts per pan Fresh Pizza (2 Protein & 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>3 1 c WG Rotini Served w/Homemade Spaghetti Meat Sauce & 2 oz cup of Moz Cheese (2 ½ Protein & 2 Starch) or 18 Cuts per pan Fresh Pizza (2 Protein & 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>6 Meatloaf Sandwich on a WG Bun Served w/ 10 Tater Tots (2 Protein & 2 Starch) or 18 Cuts per pan Fresh Pizza (2 Protein & 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>7 Italian Dunkers (3 WG Bread Sticks w/ LS Spaghetti Sauce) & 5 RF Mozzarella Sticks (2 Protein & 4 Starch) or 18 Cuts per pan Fresh Pizza (2 Protein & 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>8 2 ½ oz RS Ham & ½ oz American Cheese on a WG Croissant Served w/ 10 Tater Tots (3 Protein & 2 Starch) or 18 Cuts per pan Fresh Pizza (2 Protein & 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>9 WG Chicken Quesadilla Pizza Served w/ Salsa (2 Protein & 2 Starch) or 18 Cuts per pan Fresh Pizza (2 Protein & 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>10 Veteran's Day</p> 
<p>13 Dutchmen Egg, Cheese & Sausage on a WG Bun (2 Protein & 2 Starch) or 18 Cuts per pan Fresh Pizza (2 Protein & 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>14 Italian Dunkers (3 WG Bread Sticks w/ LS Spaghetti Sauce) & 5 RF Mozzarella Sticks (2 Protein & 4 Starch) or 18 Cuts per pan Fresh Pizza (2 Protein & 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>15 Grilled Chicken & Cheese on a Bun w/ Lettuce and Tomato Served w/ 1 PC of Ranch (2 1/2 Protein & 2 Starch) or 18 Cuts per pan Fresh Pizza (2 Protein & 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>16 Oven Roasted Sliced Turkey Served w/ Homemade Apple Cinnamon Stuffing, Mashed Potatoes and WG Dinner Roll or 18 Cuts per pan Fresh Pizza (2 Protein & 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>17 2 ½ oz RS Ham & ½ oz American Cheese on a WG Croissant Served w/ 10 Tater Tots (3 Protein & 2 Starch) or 18 Cuts per pan Fresh Pizza (2 Protein & 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>20 2 Bosco Sticks Served in a bag w/ ½ cup Marinara Sauce (2 Protein & 2 Starch) or 18 Cuts per pan Fresh Pizza (2 Protein & 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>21 Italian Dunkers (3 WG Bread Sticks w/ LS Spaghetti Sauce) & 5 RF Mozzarella Sticks (2 Protein & 4 Starch) or 18 Cuts per pan Fresh Pizza (2 Protein & 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>22 No School</p>	<p>23 Thanksgiving</p> 	<p>24 Recess</p> 
<p>27 Grilled Chicken & Cheese on a Bun w/ Lettuce and Tomato Served w/ 1 PC of Ranch (2 1/2 Protein & 2 Starch) or 18 Cuts per pan Fresh Pizza (2 Protein & 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>28 Italian Dunkers (3 WG Bread Sticks w/ LS Spaghetti Sauce) & 5 RF Mozzarella Sticks (2 Protein & 4 Starch) or 18 Cuts per pan Fresh Pizza (2 Protein & 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>29 2 ½ oz RS Ham & ½ oz American Cheese on a WG Croissant Served w/ 10 Tater Tots (3 Protein & 2 Starch) or 18 Cuts per pan Fresh Pizza (2 Protein & 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>30 WG Chicken Quesadilla Pizza Served w/ Salsa (2 Protein & 2 Starch) or 18 Cuts per pan Fresh Pizza (2 Protein & 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>A fruit or vegetable must be taken by a student for a meal to be reimbursable otherwise ala carte pricing will be charged</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> El Loco Bar: (Gluten Free) 1 Package Baked Scoops or 1-8" WG Tortilla 2 oz Cut up Chicken or 2 oz Beef 1/4c c Black ½ 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 & Milk</p> <p><u>Lea's Grab & 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 & WW Dinner Roll All Above Served w/2 Assorted Fruits & 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 & 2 Assorted Vegetables and Low Fat Milk Ala Carte: 10 oz Mixed Berry Yogurt Smoothie 8 oz Carrot & Celery Sticks w/ Ranch Dressing 10 oz Fruit Cup</p>	<p><u>Donna's Line</u> El Loco Bar: (Gluten Free) 1 Package Baked Scoops or 1-8" WG Tortilla 2 oz Cut up Chicken or 2 oz Beef ¼ c Black ½ 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 & Milk</p> <p><u>Lea's Grab & 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 & WW Dinner Roll All Above Served w/2 Assorted Fruits & 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 & 2 Assorted Vegetables and Low Fat Milk Ala Carte: 10 oz Mixed Berry Yogurt Smoothie 8 oz Carrot & Celery Sticks w/ Ranch Dressing 10 oz Fruit Cup</p>	<p><u>Donna's Line</u> El Loco Bar: (Gluten Free) 1 Package Baked Scoops or 1-8" WG Tortilla 2 oz Cut up Chicken or 2 oz Beef ¼ c Black ½ 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 & Milk</p> <p><u>Lea's Grab & 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 & WW Dinner Roll All Above Served w/2 Assorted Fruits & 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 & 2 Assorted Vegetables and Low Fat Milk Ala Carte: 10 oz Mixed Berry Yogurt Smoothie 8 oz Carrot & Celery Sticks w/ Ranch Dressing 10 oz Fruit Cup</p>	<p><u>Donna's Line</u> El Loco Bar: (Gluten Free) 1 Package Baked Scoops or 1-8" WG Tortilla 2 oz Cut up Chicken or 2 oz Beef ¼ c Black ½ 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 & Milk</p> <p><u>Lea's Grab & 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 & WW Dinner Roll All Above Served w/2 Assorted Fruits & 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 & 2 Assorted Vegetables and Low Fat Milk Ala Carte: 10 oz Mixed Berry Yogurt Smoothie 8 oz Carrot & Celery Sticks w/ Ranch Dressing 10 oz Fruit Cup</p>	<p><u>Donna's Line</u> El Loco Bar: (Gluten Free) 1 Package Baked Scoops or 1-8" WG Tortilla 2 oz Cut up Chicken or 2 oz Beef ¼ c Black ½ 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 & Milk</p> <p><u>Lea's Grab & 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 & WW Dinner Roll All Above Served w/2 Assorted Fruits & 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 & 2 Assorted Vegetables and Low Fat Milk Ala Carte: 10 oz Mixed Berry Yogurt Smoothie 8 oz Carrot & Celery Sticks w/ Ranch Dressing 10 oz Fruit Cup</p>

New State & Federal Regulations for 2017-2018

½-3/4c Fruit Serving (½ c portions served may take 2 daily)

½-3/4c Vegetable Serving (½ 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

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:

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (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.
- This institution is an equal opportunity provider.