


## MAIN LINE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>What is a meal?</b>  <b>An Entrée (Protein &amp; Grain usually ie: Hamburger on a Bun or Pizza)</b>  <b>2 Fruits</b>  <b>2 Vegetables</b>  <b>A Low Fat Milk</b></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><sup>1</sup>  <b>Baked Potato</b> Served w/ 2 oz Homemade Meat Sauce, 2 oz <b>Melted Cheese</b>, 2 oz RF Sour Cream and 2 Slices of WW Bread (2 Protein &amp; 2 Starch &amp; 2 Veg)            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            Strawberries            2 Asst. Canned/Frozen Fruits</p>	<p><sup>2</sup>  <b>1 c WG Penne</b> Served w/Homemade Spaghetti Meat Sauce &amp; 2 oz cup of Moz Cheese (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><sup>5</sup>  <b>1 c WG Macaroni &amp; Cheese</b> Served w/ 3 oz Cheese Sauce Over Top (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><sup>6</sup>  <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            Frozen Peaches            2 Asst. Canned/Frozen Fruits</p>	<p><sup>7</sup>  <b>2 ½ oz RS Ham &amp; ½ oz American Cheese on a WG Croissant</b> Served w/ 10 Tater Tots (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><sup>8</sup>  <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            Strawberries            2 Asst. Canned/Frozen Fruits</p>	<p><sup>9</sup>  <b>Pepperoni Stuffed Crust Pizza</b> (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>            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><sup>12</sup>  <b>2 Bosco Sticks</b> Served in a bag w/ ½ cup Marinara Sauce (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><sup>13</sup>  <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            Frozen Peaches            2 Asst. Canned/Frozen Fruits</p>	<p><sup>14</sup>  <b>Grilled Chicken &amp; Cheese</b> on a Bun w/ Lettuce and Tomato Served w/ 1 PC of Ranch (2 1/2 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><sup>15</sup>  <b>Oven Roasted Sliced Turkey</b> Served w/ Homemade Apple Cinnamon Stuffing, Mashed Potatoes and 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            Strawberries            2 Asst. Canned/Frozen Fruits</p>	<p><sup>16</sup>  <b>2 ½ oz RS Ham &amp; ½ oz American Cheese on a WG Croissant</b> Served w/ 10 Tater Tots (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>            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><sup>19</sup>  <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><sup>20</sup>  <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            Frozen Peaches            2 Asst. Canned/Frozen Fruits</p>	<p><sup>21</sup>  <b>Superintendent Conference Day</b>  <b>No School</b></p>	<p><sup>22</sup>  <b>2 Hot Dogs</b> on WW Buns Served w/ PC Ketchup &amp; Mustard (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 Corn  <u>½ c Fruit (may take 2)</u>            Fresh Orange Wedges            Apples Slices            Strawberries            2 Asst. Canned/Frozen Fruits</p>	<p><sup>23</sup>  <b>WG Bacon Turkey Wrap</b> Served w/ Romaine Lettuce and Tomatoes and Mayo (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>            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><sup>26</sup>  <b>Chicken Parm w/ Spaghetti Sauce &amp; Moz. Cheese</b> Served on a WW Bun (2 Protein &amp; 3 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><sup>27</sup>  <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            Frozen Peaches            2 Asst. Canned/Frozen Fruits</p>	<p><sup>28</sup>  <b>Baked Potato</b> Served w/ 2 oz Homemade Meat Sauce, 2 oz <b>Melted Cheese</b>, 2 oz RF Sour Cream and 2 Slices of WW Bread (2 Protein &amp; 2 Starch &amp; 2 Veg)            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><sup>29</sup>  <b>South of the Border Turkey Melt</b> (Sliced Turkey Served on a Ciabatta Roll w/ Pepper Jack Cheese) (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            Strawberries            2 Asst. Canned/Frozen Fruits</p>	<p><sup>30</sup>  <b>Good Friday</b>  <b>No School</b></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                      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 2017-2018**

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:**

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](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](mailto:program.intake@usda.gov).  
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