QUIEMBY FALL MENU 2019

Student favorites served daily in addition to the featured entrees listed: Berry Yogurt Parfait (V), Bean Burrito (V) Deli Sandwich (T), and Galaxy Pizza(V or T)

Welcome Back to School!
Important dates to remember:
Aug 21 – First day of school
Sep 2 – Labor Day Holiday
Sep 26 – Staff Development Day
Oct 3 – 2018-19 Meal Applications Expire

Pay Online for School Meals
Everyone Loves a Line that Moves!
Parents are encouraged to prepay for meals. Parents can make a pre-payment safely & securely at: www.myschoolbucks.com.

Rethink Your Drink
Offer water, 100% juice, or fat-free milk when kids are thirsty

Available choices to go with menu items:
- Non-Fat Chocolate Milk
- 1% Low-Fat White Milk
- 100% Fruit Juice
- Seasonal Fresh Fruit
- Baby Carrots & Ranch
t- Tossed Garden Salad
- Whole Grain Snacks

What Makes a Complete Lunch?
USDA requires that a student select a minimum of 3 different components:
- Fruit
- Vegetable
- Protein
- Grain
- Milk

A COMPLETE LUNCH MUST INCLUDE A ½ CUP OF FRUIT OR VEGETABLE

Meals Prices
Full Price $3.50
Reduced $0.40

<table>
<thead>
<tr>
<th>Week One</th>
<th>Week Two</th>
<th>Week Three</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday Lunes</td>
<td>Tuesday Martes</td>
<td>Wednesday Miércoles</td>
</tr>
<tr>
<td>BBQ Chicken, Corn &amp; Aloha Roll (C)</td>
<td>Domino’s Cheese (V) or Pepperoni (P) Smart Slice</td>
<td>Szechuan Chicken &amp; Fried Rice (C)</td>
</tr>
<tr>
<td>Beef Taco Stick (B)</td>
<td>Yogurt, Cheese &amp; Crackers (V)</td>
<td>Chili Cheese Dog (B, C)</td>
</tr>
<tr>
<td>Chicken Nuggets &amp; Fries (T)</td>
<td>Spicy Chicken Sandwich (T)</td>
<td>Mini Corn Dogs &amp; Fries (C)</td>
</tr>
</tbody>
</table>

Pizza Day*

<table>
<thead>
<tr>
<th>Thursday Jueves</th>
<th>Friday Viernes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Orange Chicken Rice Bowl (C)</td>
<td>Big Daddy Pizza (V or T)</td>
</tr>
<tr>
<td>Szechuan Chicken &amp; Fried Rice (C)</td>
<td>All American Cheeseburger (B)</td>
</tr>
<tr>
<td>Pasta and Meat Sauce (B)</td>
<td>Breadstick Bites &amp; Marinara (V)</td>
</tr>
<tr>
<td>Mini Corn Dogs &amp; Fries (C)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Monday Lunes</th>
</tr>
</thead>
<tbody>
<tr>
<td>BBQ Chicken, Corn &amp; Aloha Roll (C)</td>
</tr>
<tr>
<td>Beef Taco Stick (B)</td>
</tr>
<tr>
<td>Chicken Nuggets &amp; Fries (T)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Tuesday Martes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crispy Popcorn Chicken Mashed Potato Bowl (C)</td>
</tr>
<tr>
<td>Macaroni &amp; Cheese (V)</td>
</tr>
<tr>
<td>Chicken Nuggets &amp; Fries (C)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Wednesday Miércoles</th>
</tr>
</thead>
<tbody>
<tr>
<td>Szechuan Chicken &amp; Fried Rice (C)</td>
</tr>
<tr>
<td>Pasta and Meat Sauce (B)</td>
</tr>
<tr>
<td>Mini Corn Dogs &amp; Fries (C)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Thursday Jueves</th>
</tr>
</thead>
<tbody>
<tr>
<td>Orange Chicken Rice Bowl (C)</td>
</tr>
<tr>
<td>Teriyaki Chicken &amp; Chow Mein (C)</td>
</tr>
<tr>
<td>Cheeseburger Twins (B)</td>
</tr>
<tr>
<td>Spicy Chicken Sandwich (T)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Friday Viernes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Big Daddy Pizza (V or T)</td>
</tr>
<tr>
<td>All American Cheeseburger (B)</td>
</tr>
<tr>
<td>Breadstick Bites &amp; Marinara (V)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Tuesday Martes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crispy Popcorn Chicken Mashed Potato Bowl (C)</td>
</tr>
<tr>
<td>Macaroni &amp; Cheese (V)</td>
</tr>
<tr>
<td>Chicken Nuggets &amp; Fries (C)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Wednesday Miércoles</th>
</tr>
</thead>
<tbody>
<tr>
<td>Szechuan Chicken &amp; Fried Rice (C)</td>
</tr>
<tr>
<td>Pasta and Meat Sauce (B)</td>
</tr>
<tr>
<td>Mini Corn Dogs &amp; Fries (C)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Thursday Jueves</th>
</tr>
</thead>
<tbody>
<tr>
<td>Orange Chicken Rice Bowl (C)</td>
</tr>
<tr>
<td>Teriyaki Chicken &amp; Chow Mein (C)</td>
</tr>
<tr>
<td>Cheeseburger Twins (B)</td>
</tr>
<tr>
<td>Spicy Chicken Sandwich (T)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Friday Viernes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Big Daddy Pizza (V or T)</td>
</tr>
<tr>
<td>All American Cheeseburger (B)</td>
</tr>
<tr>
<td>Breadstick Bites &amp; Marinara (V)</td>
</tr>
</tbody>
</table>

Available dates to go with menu items:
- Aug 21 – First day of school
- Sep 2 – Labor Day Holiday
- Sep 26 – Staff Development Day
- Oct 3 – 2018-19 Meal Applications Expire

<table>
<thead>
<tr>
<th>Monday Lunes</th>
</tr>
</thead>
<tbody>
<tr>
<td>BBQ Chicken, Corn &amp; Aloha Roll (C)</td>
</tr>
<tr>
<td>Beef Taco Stick (B)</td>
</tr>
<tr>
<td>Chicken Nuggets &amp; Fries (T)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Tuesday Martes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spicy Beef Taco Stick (B)</td>
</tr>
<tr>
<td>Chicken Nuggets &amp; Fries (T)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Wednesday Miércoles</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole Grain Desserts $0.75</td>
</tr>
<tr>
<td>Seasonal Fruit Cup $1.00</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Thursday Jueves</th>
</tr>
</thead>
<tbody>
<tr>
<td>Big Daddy Pizza (V or T)</td>
</tr>
<tr>
<td>All American Cheeseburger (B)</td>
</tr>
<tr>
<td>Breadstick Bites &amp; Marinara (V)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Friday Viernes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Big Daddy Pizza (V or T)</td>
</tr>
<tr>
<td>All American Cheeseburger (B)</td>
</tr>
<tr>
<td>Breadstick Bites &amp; Marinara (V)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Tuesday Martes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spicy Beef Taco Stick (B)</td>
</tr>
<tr>
<td>Chicken Nuggets &amp; Fries (T)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Wednesday Miércoles</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole Grain Desserts $0.75</td>
</tr>
<tr>
<td>Seasonal Fruit Cup $1.00</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Thursday Jueves</th>
</tr>
</thead>
<tbody>
<tr>
<td>Big Daddy Pizza (V or T)</td>
</tr>
<tr>
<td>All American Cheeseburger (B)</td>
</tr>
<tr>
<td>Breadstick Bites &amp; Marinara (V)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Friday Viernes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Big Daddy Pizza (V or T)</td>
</tr>
<tr>
<td>All American Cheeseburger (B)</td>
</tr>
<tr>
<td>Breadstick Bites &amp; Marinara (V)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Tuesday Martes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spicy Beef Taco Stick (B)</td>
</tr>
<tr>
<td>Chicken Nuggets &amp; Fries (T)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Wednesday Miércoles</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole Grain Desserts $0.75</td>
</tr>
<tr>
<td>Seasonal Fruit Cup $1.00</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Thursday Jueves</th>
</tr>
</thead>
<tbody>
<tr>
<td>Big Daddy Pizza (V or T)</td>
</tr>
<tr>
<td>All American Cheeseburger (B)</td>
</tr>
<tr>
<td>Breadstick Bites &amp; Marinara (V)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Friday Viernes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Big Daddy Pizza (V or T)</td>
</tr>
<tr>
<td>All American Cheeseburger (B)</td>
</tr>
<tr>
<td>Breadstick Bites &amp; Marinara (V)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Tuesday Martes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spicy Beef Taco Stick (B)</td>
</tr>
<tr>
<td>Chicken Nuggets &amp; Fries (T)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Wednesday Miércoles</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole Grain Desserts $0.75</td>
</tr>
<tr>
<td>Seasonal Fruit Cup $1.00</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Thursday Jueves</th>
</tr>
</thead>
<tbody>
<tr>
<td>Big Daddy Pizza (V or T)</td>
</tr>
<tr>
<td>All American Cheeseburger (B)</td>
</tr>
<tr>
<td>Breadstick Bites &amp; Marinara (V)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Friday Viernes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Big Daddy Pizza (V or T)</td>
</tr>
<tr>
<td>All American Cheeseburger (B)</td>
</tr>
<tr>
<td>Breadstick Bites &amp; Marinara (V)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Tuesday Martes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spicy Beef Taco Stick (B)</td>
</tr>
<tr>
<td>Chicken Nuggets &amp; Fries (T)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Wednesday Miércoles</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole Grain Desserts $0.75</td>
</tr>
<tr>
<td>Seasonal Fruit Cup $1.00</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Thursday Jueves</th>
</tr>
</thead>
<tbody>
<tr>
<td>Big Daddy Pizza (V or T)</td>
</tr>
<tr>
<td>All American Cheeseburger (B)</td>
</tr>
<tr>
<td>Breadstick Bites &amp; Marinara (V)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Friday Viernes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Big Daddy Pizza (V or T)</td>
</tr>
<tr>
<td>All American Cheeseburger (B)</td>
</tr>
<tr>
<td>Breadstick Bites &amp; Marinara (V)</td>
</tr>
</tbody>
</table>

Breakfast Entrees $1.75

Available choices to go with menu items:
- Non-Fat Chocolate Milk
- 1% Low-Fat White Milk
- 100% Fruit Juice
- Seasonal Fresh Fruit
- Baby Carrots & Ranch
t- Tossed Garden Salad
- Whole Grain Snacks

What Makes a Complete Lunch?
USDA requires that a student select a minimum of 3 different components:
- Fruit
- Vegetable
- Protein
- Grain
- Milk

A COMPLETE LUNCH MUST INCLUDE A ½ CUP OF FRUIT OR VEGETABLE

A La Carte Menu

<table>
<thead>
<tr>
<th>Fruit Juice $0.75</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water 16.9oz $0.75</td>
</tr>
<tr>
<td>Fruit Roll-Ups $0.75</td>
</tr>
<tr>
<td>Pop-Tarts $0.75</td>
</tr>
<tr>
<td>Whole Grain Snacks $0.75</td>
</tr>
<tr>
<td>Whole Grain Desserts $0.75</td>
</tr>
<tr>
<td>Seasonal Fruit Cup $1.00</td>
</tr>
<tr>
<td>Frozen Novelties $1.99</td>
</tr>
<tr>
<td>Breakfast Entrees $1.75</td>
</tr>
<tr>
<td>Switch Beverages $1.50</td>
</tr>
<tr>
<td>Lunch Entrees $2.50</td>
</tr>
</tbody>
</table>

Fruit

- Apple Oatmeal
- 5¼ cups 100% apple juice
- 3 cups quick cooking oats
- ½ tablespoon ground cinnamon
- ⅛ teaspoon salt
- ½ cups 100% apple juice
- Small cups and spoons

Instructions
1. Chop apples into bite-sized chunks.
2. Combine apple chunks, oats, cinnamon, salt, and apple juice in a large microwave-safe bowl. Cover bowl with lid or plastic wrap. Leave a little opening for steam to get out.
3. Microwave on high for 3-4 minutes, stirring once after 2 minutes.
4. Stir and let cool 1 minute before serving.

Nutrition information per serving:
- Calories: 52, Carbohydrate 11 g, Protein 1 g
- Fat 0 g, Cholesterol 0 mg, Sodium 26 mg

Ingredients:
- Small cups and spoons


Vegetarian Options
Available Daily!
Check in with your Super Lunch Lady at your school site for the vegetarian entrée of the day.

The Child Nutrition Services Dept. can be reached at (408) 223-4500, Mon-Fri, 7:30am – 4:00pm