

March 5 - June 7, 2018								
Elementary Lunch Entrées	Serving Size	Calories	Carbohydrates (grams)	Total Fat (grams)	Saturated Fat (grams)	Fiber (grams)	Protein (grams)	Allergens*
BBQ Chicken & Cheez Its	1 serving	360	34	14.5	4.5	2	22	D,S,W
Bean & Cheese Burrito, Grilled	1 each	350	45	11	0	6	14	D,W
Beef Rolled Tacos	2 each	313	28	13	5.5	2.5	22	D
Chicken Tamale	1 each	290	26	16	6	2	11	none
Chicken Teriyaki w/veggies & rice	1/2 c each	242	29	4	1	1	15	S,W
Corndog	1	270	27	14	4	1	10	S,W,E
Fish Taco with cheese	1 taco	270	25	11	4	2.5	15	D,F,W
Hamburger (3 oz patty)	1 each	307	29	12	4	3	21	S,W
Hand-rolled Chicken Burrito	1 each	400	41	12	5	8	16	D,W
Hummus Plate with Cheese, & Roll	1 serving	420	50	16	7	10	18	D,E,S,W
Macaroni & Cheese	1 cup	340	45	19	11	2	15	D,W
Orange Chicken & Rice	1 serving	325	55	4	1	0	15	E,S,W
Pizza, WaveCrest Cheese	1 slice (1/10)	300	30	12	5	2	18	D,W
Pizza, WaveCrest Hawaiian	1 slice (1/10)	265	26	10.5	4	1	16	D,W
Pizza, WaveCrest Pepperoni	1 slice (1/10)	313	30	13	5	2	18	D,W
Popcorn Chicken	10 each	293	17	17	3	3	18	D,S,W
Turkey & Cheese Sandwich	1 each	330	31	11	5	2	28	D,S,W
Very Berry Parfait w/Elf Grahams	6 oz	300	52	6	2	3	11	D,S,W
Elementary Breakfast								
Bagel (3 oz) & cream cheese (3/4 oz)	1 each	308	35	12	6	3	7	W,D
Benefit Bar	1	289	47	9	3	3	5	D,E,S,W
Blueberry Muffin	1 each	340	51	12	2.5	2	6	D,E,S,W
Breakfast Bread	1 slice	270	43	10	2	2	5	E,S,W
Breakfast Burrito (sausage & cheese)	1	277	22	13	6.5	3	15	D,W
Breakfast Burrito (egg & potato)	1	298	30	14	6.4	4	11.5	D,E,S,W
Cereal: Corn Chex	1.75 cup	182	40	0	0	0	2.8	none
Cereal: Frosted Mini Wheats	1.75 cup	190	46	1	0	6	5	W
Cereal: Honey Nut Cheerios	1.75 cup	223	45	3	0	4	4	none
Cereal: Kix	1.75 cup	154	35	1.4	0	0	3	none
Ham & Cheese Sandwich	1 each	263	30	10	4	3	12	D,E,S,W
Muffin, Sausage & Cheese	1 each	250	25	11	4.5	3	15	D,S,W
Pancakes, Eggo (maple)	1 package	200	34	5	1	3	4	D,E,S,W
Pan Dulce	1 each	200	34	6	2.5	2	5	D,E,S,W
Pizza Bagel	1/2 bagel	216	18	9	4	1.5	10	D,W
Sandwich, Sausage & Cheese	1 each	315	31	15	5	3	14	D,E,S,W
Waffles, Eggo maple	1 package	200	35	5	1.5	4	4	D,E,S,W
Yogurt w/granola	8 oz/2 oz	323	55	7	4	2	10	D
Yogurt Parfait, Blueberry	1 each	260	42	7	3	4	8.5	D
Yogurt Parfait, Peach	1 each	280	47	6	3	3	9.5	D

***ALLERGENS NOTED: D = Dairy, E = Eggs, F= Fish, P = Peanuts, S = Soy, T = Treenuts, W = Wheat**