March 5 - June 7, 2018 High School Entrées	Serving Size	Calories	Carbohydrates (grams)	Total Fat (grams)	Saturated Fat (grams)	Fiber (grams)	Protein (grams)	Allergens*
BBQ Roasted Chicken & Sun Chips	1 serving	370	33	16	4.5	3	21	W
Beef Rolled Tacos	2 each	313	28	13	5.5	2.5	22	D
Boneless Buffalo Chicken & Roll	1 serving	335	41	7.5	1.5	3	16	E,S,W
Burrito: Grilled Bean & Cheese	1 each	350	45	11	0	6	14	D,W
Cheeseburger, 4 oz patty	1 each	404	27	19	8	3	29	D,W
Chicken Breast Fillet Sandwich	1 each	370	40	12.5	2	4	26	D,W
Chicken Breast Sandwich, spicy	1 each	377	42	12.5	2	4	25	D,W
Chicken Eggroll & Fried Rice	1 serving	323	40	8	2	4	20	D,E,S,W
Chicken Parmesan Pocket	1 each	354	35	12	3	4	28	D,W
Chicken Tamale	1 each	290	26	16	6	2	11	none
String Cheese (served with tamale)	1 oz	80	1	6	3.5	0	7	D
Chicken Teriyaki w/rice	3/4 c, 1 c rice	402	56	6	1.5	5	29	S,W
Potsticker (served with Teriyaki Chicken)	1 each	47	7	1	0	0.5	2.5	S,W
Club Wrap	1 each	375	33	15	3.5	4	26	E,S,W
Corndog	1	270	27	14	4	1	10	S,W,E
Fish Tacos	2 each	391	51	12	2	5	18	D,F,W
Hummus Plate w/ Cheese, & Roll	1 serving	420	50	16	7	10	18	D,E,S,W
Macaroni & Cheese	1.5 cup	512	68	29	16	3	22	D,W
Orange Chicken & Rice	1 serving	386	68	4	1	1	15.5	E,S,W
Potsticker (served with Orange Chicken)	1 each	47	7	1	0	0.5	2.5	S,W
Pizza, WaveCrest Pepperoni	1 slice (1/8)	370	39	16	6.5	2	22	D,W
Pizza, WaveCrest Cheese	1 slice (1/8)	356	39	14	6	2	22	D,W
Pizza, WaveCrest Hawaiian	1 slice (1/8)	331	33	13	5	1	20	D,W
Popcorn Chicken	10 ea	293	17	17	3	3	18	D,S,W
Cheez its (served with Popcorn Chicken)	1 bag	130	19	4.5	1	2	3	D,S,W
Salad: Chef Salad	1	473	45	21	6.5	5	28	D,E,S,W
Salad: Chicken Caesar	1	440	42	16	4	4	27	D,E,F,S,W
Salad: Spicy Crispy Chicken	1	443	47	20	4	8	22	D,E,S,W
Salad: Taco Beef	1	642	55	35	10	10	27	D,E,S
Salad: Taco Chicken	1	604	56	29	7	10	26	D,E,S
Salad: Tuna	1	461	43	23	4	7	26	E,F,S,W
Salad: Veggie Protein (w/egg)	1	456	44	25	7.5	8	20	D,E,S,W
Sandwich: Ham & Cheese	1	328	28	14	6	2	21	D,W,S
Sandwich, Tuna	1 each	276	32	7.5	1	2	23	E,F,S,W
Sandwich: Turkey & Cheese	1	342	29	12	5.5	2.5	29	D,S,W
Sandwich, PB&J large	5.3 OZ	630	64	33	7	6	19	P,S,W
Spicy Pollo Verde Bowl	1 serving	503	41	22	5	6	28	D,S
Veggie Burger (Spicy Blackbean)	1	320	40	9.5	1	9	18	S,D,E,W
Yogurt & Granola	8 oz, 1/4 c	307	61	4	1.5	2	9	D,S,W
High School 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**