

August 15 - Nov. 2, 2018								
Middle School Entrées	Serving Size	Calories	Carbohydrates (grams)	Total Fat (grams)	Saturated Fat (grams)	Fiber (grams)	Protein (grams)	Allergens*
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 Caesar Salad Wrap	1 each	315	34	7	2	4	24	D,E,F,S,W
Chicken Tamale	1 each	290	26	16	6	2	11	none
Chili Verde Pork Nachos	1 serving	639	34	35	12	4	32	D,S
Corndog, chicken	1	270	27	14	4	1	10	S,W,E
Cubano Hot Ham Sandwich	1 each	428	37	20	7	4	22	D,E,S,W
Hummus Plate w/ Cheese, & Roll	1 serving	520	50	30	8	7	16	D,S
Orange Chicken & Rice	1 serving	386	68	4	1	1	15.5	E,S,W
<i>Potsticker (served with Orange Chicken)</i>	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
<i>Sun Chips (served with Popcorn Chicken)</i>	1 bag	140	18	6	1	3	2	W
Pork Bahn Mi Sandwich	1 each	512	30	25	6	3	30	E,S,W
Salad: Chicken Caesar	1	440	42	16	4	4	27	D,E,F,S,W
Salad: Cobb	1	427	34	23	7.5	3.8	24	D,E,S,W
Salad: Rainbow	1	744	80	40	10	12	24	D,E,S,W
Salad: Spicy Crispy Chicken	1	443	47	20	4	8	22	D,E,S,W
Salad: Taco Chicken	1	604	56	29	7	10	26	D,E,S
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
Southwest Chicken Salad Wrap	1 each	365	43	9.5	2	6	24	D,E,S,W
Spicy Cheese Quesadilla	1 each	371	32	18	10	3	20	D,W
Turkey Taco Nada	1 each	260	31	8	2.5	4	17	D,S,W
Veggie Burger (Spicy Blackbean)	1	320	40	9.5	1	9	18	S,D,E,W
Middle 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
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
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
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