

<b>Nov. 5- March 1, 2019 Elementary Lunch Entrées</b>								
	<b>Serving Size</b>	<b>Calories</b>	<b>Carbohydrates (grams)</b>	<b>Total Fat (grams)</b>	<b>Saturated Fat (grams)</b>	<b>Fiber (grams)</b>	<b>Protein (grams)</b>	<b>Allergens*</b>
Bean & Cheese Burrito, Grilled	1 each	350	45	11	0	6	14	D,W
Beef Meatball Sub	1 each	384	35	15.6	5.7	3.5	27	D,S,W
Beef Rolled Tacos	2 each	313	28	13	5.5	2.5	22	D,S
Cheese Quesadila	1 each	318	22	18	9.6	2	17	D,S,W
Cheeseburger (3 oz patty)	1 each	360	30	15	6	3	26	D,S,W
Chicken Breast Fillet Sandwich	1 each	366	45	10	1	5	27	D,W
Chicken Tamale	1 each	290	26	16	6	2	11	none
Corndog, chicken	1 each	240	30	8	2.5	5	9	S,W,E
Ham & Cheese Sandwich	1 each	326	31	13	6	2	22	D,S,W
Hamburger (3 oz patty)	1 each	307	29	12	4	3	24	S,W
Hummus, Cheese, & Tortilla Chips	1 serving	510	43	18	8	6	14.8	D,S
Orange Chicken & Rice Bowl	1 serving	317	53	4.5	0.5	3	16	E,S,W
Pizza, WaveCrest Cheese	1 slice (1/10)	286	28	11.8	4.8	2	16	D,W
Pizza, WaveCrest Hawaiian	1 slice (1/10)	309	30	13	5	3	19	D,W
Pizza, WaveCrest Pepperoni	1 slice (1/10)	300	28	13	7	2	17	D,W
Popcorn Chicken	10 each	293	17	17	3	3	18	D,S,W
Teriyaki Chicken & Rice	1 serving	303	43.5	5	1	3.2	22	E,S,W
<i>Fortune cookie (served w/Teriyaki)</i>	1 each	20	4	0	0	0	0.7	E,S,W
Turkey Cranberry Wrap	1 each	407	56.4	9.6	4.7	5.5	27	D,W
Turkey Taco Nada	1 each	260	31	8	2.5	4	17	D,S,W
<b>Elementary Breakfast</b>								
Bagel (3 oz) & cream cheese (3/4 oz)	1 each	290	47	7	3.5	5	10	W,D
Benefit Bar	1	290	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	303	20.7	17	8	2	17	D,W
Breakfast Burrito (egg & potato)	1	318	31.5	15.8	5.7	3	12.7	D,E,S,W
Cereal: Corn Chex	2 cups	229	52	1.4	0	3	4	none
Cereal: Frosted Mini Wheats	24 biscuits	190	46	1	0	6	5	W
Cereal: Honey Nut Cheerios	1.5 cup	220	44	3	0	4	4	none
Ham & Cheese Sandwich	1 each	263	30	10	4	3	12	D,E,S,W
Muffin, Blueberry	1 each	223	38.5	6	0.9	3.3	3.9	D,E,S,W
Pancakes, Eggo (maple)	1 package	210	35	6	1	4	4	D,E,S,W
Pan Dulce	1 each	200	34	6	1.5	2	5	D,E,S,W
Pizza Toast	1 each	184	15	8.9	3.8	1.5	12	D, S, W
Sandwich, Sausage & Cheese	1 each	302	30.6	13.7	5	3	14	D,E,S,W
Very Berry Yogurt Parfait	1 each	216	40	4.2	0.8	3	5.3	D, S
Yogurt w/granola	8 oz/2 oz	293	52	5	1.8	1	8	D

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