

Nov. 5- March 1, 2019								
Middle School Entrées	Serving Size	Calories	Carbohydrates (grams)	Total Fat (grams)	Saturated Fat (grams)	Fiber (grams)	Protein (grams)	Allergens*
Bean & Cheese Burrito, Grilled	1 each	350	45	11	0	6	14	D,W
Beef Meatball Sub	1 each	412	35.3	17	6.4	3.3	30.4	D,S,W
Cheeseburger, 4 oz patty	1 each	412	30	19	7.8	3	32	D,W
Chicken Breast Fillet Sandwich	1 each	366	45	10	1	5	27	D,W
Chicken Breast Sandwich, spicy	1 each	366	45	10	1	6	27	D,W
Chicken Tamale	1 each	290	26	16	6	2	11	none
Chili Verde Chicken Nacho Bowl	1 serving	506	34.7	14.3	7.8	3.6	25	D,S
Corndog, chicken	1 each	240	30	8	2.5	5	9	S,W,E
Hummus, Cheese, & Tortilla Chips	1 serving	510	43	18	8	6	14.8	D,S
Orange Chicken & Rice	1 serving	366	63	5	1	4.5	17	E,S,W
Pizza, WaveCrest Pepperoni	1 slice (1/8)	374	35	16	6.5	3	21	D,W
Pizza, WaveCrest Hawaiian	1 slice (1/8)	387	37	16	6.3	3	24	D,W
Pizza, WaveCrest Cheese	1 slice (1/8)	358	35	15	6	3	21	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	525	30	27	6	3.5	30	E,S,W
Salad: Chicken Caesar	1	476	42	20	5	5	27	D,E,F,S,W
Salad: Chipotle Chicken	1 serving	605	51.8	20	5	10.3	23	D,E,S
Salad: Spicy Crispy Chicken	1	473	45	21	3	8.5	24	D,E,S,W
Salad: Taco Chicken	1	612	54.7	17	7	11	26	D,E,S
Salad: Veggie Protein (w/egg)	1	487	43.4	26.3	8.9	8.5	20.4	D,E,S,W
Sandwich: Ham & Cheese	1	327	31	13	6	2.5	23	D,W,S
Sandwich: Turkey & Cheese	1	347	31.7	12	5.5	3.8	32	D,S,W
Sandwich, PB&J large	5.3 OZ	630	64	33	7	6	19	P,S,W
Teriyaki Chicken & Rice Bowl	1 serving	390	59	6.6	1.2	5	25.5	S,W
<i>Potsticker (served with Teriyaki Bowl)</i>	1 each	47	7	1	0	0.5	2.5	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
Veggie Burger (Spicy Blackbean)	1	310	44	9	1	8	21	S,D,E,W
Middle School Breakfast								
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**