

August 15-Nov. 1, 2019 Elementary Lunch Entrées	Serving Size	Calories	Carbohydrates (grams)	Total Fat (grams)	Saturated Fat (grams)	Fiber (grams)	Protein (grams)	Allergens*
Bean Burrito	1 each	360	55	11	1.5	7	13	S,W
Carnitas Nachos	1 each	498	39	24	7.5	2	22	D,S
Cheeseburger	1 each	360	30	15.8	6.5	3	26	D,W
Chicken Bites	5 each	210	17	8	1.5	2	18	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
Hamburger (3 oz patty)	1 each	307	29	12	4	3	24	S,W
Orange Chicken w/fortune cookie	1 serving	315	53	3	0.5	1	15	E,S,W
Pizza, WaveCrest Cheese	1 slice (1/10)	286	28	11.8	4.8	2	16	D,W
Pizza, WaveCrest Pepperoni	1 slice (1/10)	300	28	13	7	2	17	D,W
Pizza, WaveCrest Veggie Lovers	1 slice (1/10)	224	28	7.5	2.4	2.8	11	D,W
Tuna & Crackers	1 each	240	28	6	0.5	3	18	D,F,S,W
Turkey & Cheese Sandwich	1 each	253	24	7.8	3	0	25	D,W
Very Berry Yogurt Parfait w/granola	1 each	398	72	8	1.6	4	10	D,S, oats
Breakfast								
Bagel (3 oz) & cream cheese (1 oz)	1 each	285	43	8	4.7	5	12	W,D
Benefit Bar	1	290	47	9	3	3	5	D,E,S,W
Breakfast Burrito (sausage & cheese)	1	303	20.7	17	8	2	17	D,W
Breakfast Burrito (egg & potato)	1	324	32	15	5.8	3	13	D,E,S,W
Cereal: Corn Chex	2 cups	229	52	1.4	0	3	4	none
Cereal: Frosted Mini Wheats	24 biscuits	217	52	1	0	7	5	W
Cereal: Honey Nut Cheerios	1.5 cup	220	44	3	0	4	4	T
Choc. chip Banana Pan Bread	1 slice	354	60	11.6	2	3.6	4.6	D,E,S,W
French Toast Sticks	3 each	270	43	8	1	2	7	D,E,S,W
Ham & Cheese Sandwich	1 each	253	27	8.8	3.5	2	17	D,S,W
Pan Dulce	1 each	200	34	6	1.5	2	5	D,E,S,W
Quesadilla	1 each	318	21	18	9	2	17	D,S,W
Sausage & Cheese Biscuit	1 each	323	28	17	9	1	14	D,W
Yogurt w/granola	8 oz/2 oz	284	52	5	1.3	1	7	D, oats

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