

August 15-Nov. 1, 2019 Middle School 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
Beef Rolled Tacos with cheese	2 each	313	28	13	5.5	2.5	22	D,S
BLT Club Wrap	1 each	488	32	28	5	4	27	E,S,W
Cheeseburger, 4 oz patty	1 each	412	30	19	7.8	3	32	D,W
Chicken Bites	5 each	210	17	8	1.5	2	18	D,W
<i>Sun Chips (served with Chicken Bites)</i>	1 bag	140	18	6	1	3	2	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 Street Tacos	2 each	270	27	5	1.4	4	27	none
Chicken Tamale	1 each	290	26	16	6	2	11	none
Chile Verde Pork Nachos	1 serving	548	41	20	3	3	42	D
Orange Chicken & Rice	1 serving	344	60	3.5	0.5	1	16	E,S,W
<i>Potsticker (served with Rice Bowl)</i>	1 each	47	7	1	0	0.5	2.5	S,W
Pizza, WaveCrest Pepperoni	1 slice (1/8)	374	35	16	6.5	3	21	D,W
Pizza, WaveCrest Cheese	1 slice (1/8)	358	35	15	6	3	21	D,W
Pizza, WaveCrest Veggie	1 slice (1/8)	280	35	9	3	3.5	14	D,W
Salad: Chicken Caesar	1	476	42	20	5	5	27	D,E,F,S,W
Salad: Chicken Spinach Pasta	1	629	51	34	8	8	33	D,W
Salad: Spicy Crispy Chicken	1	473	45	21	3	8.5	24	D,E,S,W
Salad: Greek Meatball	1	718	57	43	11	8	31	D,W
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
Tuna & Crackers	1 serving	240	28	6	0.5	3	18	D,F,S,W
Veggie Burger (Spicy Blackbean)	1	310	44	9	1	8	21	S,D,E,W
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**