

Nov. 4 - Feb. 28, 2020 High School Entrées								
	Serving Size	Calories	Carbohydrates (grams)	Total Fat (grams)	Saturated Fat (grams)	Fiber (grams)	Protein (grams)	Allergens*
BBQ Pulled Pork Sandwich	1 each	356	34	10	3	2.5	24	W
Bean Burrito	1 each	360	55	11	1.5	7	13	S,W
Buffalo Chicken Wings & Roll	5 wings/2 oz roll	426	30.5	22	5	2	24	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 Caesar Salad Wrap	1 each	301	34	9	2	4	24	D,E,F,S,W
Chicken Tamale	1 each	290	26	16	6	2	11	none
<i>String Cheese (served with tamale)</i>	1 oz	80	1	6	3.5	0	7	D
Chile Verde Chicken Nachos	1 serving	480	35.5	26	7	3.6	26	D
Club Sandwich	1 each	530	27	35.5	9	1	27	D,E,S,W
Corn dog, chicken	1 each	240	30	8	2.5	5	9	S,W,E
Pizza, WaveCrest Cheese	1 slice (1/8)	358	35	15	6	3	21	D,W
Pizza, WaveCrest Combo	1 slice (1/8)	401	35	18	7	3	24	D,W
Pizza, WaveCrest Hawaiian	1 slice (1/8)	377	37	15	6	3	22	D,W
Pizza, WaveCrest Pepperoni	1 slice (1/8)	374	35	16	6.5	3	21	D,W
Popcorn Chicken	10 each	293	17	17	3	3	18	D,S,W
Salad: Antipasto	1	646	50	42	10	6	24	D,W
Salad: Chicken Caesar	1	476	42	20	5	5	27	D,E,F,S,W
Salad: Chicken Taco	1	587	56	28	6	11	28	D,E,S
Salad: Spicy Crispy Chicken	1	473	45	21	3	8.5	24	D,E,S,W
Salad: Veggie Protein (w/egg)	1	487	43.4	26.3	8.9	8.5	20.4	D,E,S,W
Sandwich, PB&J large	5.3 OZ	630	64	33	7	6	19	P,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
<i>Sun Chips (served with Chicken Bites)</i>	1 bag	140	18	6	1	3	2	W
Teriyaki Chicken Noodle Bowl	1 each	362	50	5	1	3	29	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
Berry Peach Yogurt Parfait	1 each	220	40	4	0.8	2.5	5	D, oats
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
Pizza Toast	1 each	184	15	8.9	3.8	1.5	12	D, 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**