

March 2-June 3, 2019 Elementary Lunch Entrées								
	Serving Size	Calories	Carbohydrates (grams)	Total Fat (grams)	Saturated Fat (grams)	Fiber (grams)	Protein (grams)	Allergens*
Bacon Cheeseburger	1 each	400	30	19	6.5	3	31	D,W
Bean & Cheese Pupusa	1 each	290	35	11	3.5	4	13	D
Cheesy Nachos	1 each	517	44	27	9.5	4	20	D, S
Chicken Bites	5 each	210	17	8	1.5	2	18	D,W
Chicken Sandwich	1 each	370	47	10	1.5	5	25	D, W
Chicken Tostada	1 each	282	18	13	6	4	23	D
Fish Taco	1 each	218	29	8	1.5	2	11	F, W
Hamburger (3 oz patty)	1 each	307	29	12	4	3	24	W
Italian Club Sandwich	1 each	461	29	23	6	3	37	D,E,W, pork
Korean BBQ Bowl	1 each	476	69	10	0	2	33	S, pork, sesame
Pizza, WaveCrest Buffalo Chicken	1 slice (1/10)	317	28	13	5	2	22	D, 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
Tuna & Crackers	1 each	240	28	6	0.5	3	18	D,F,S,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
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
Chilaquile Bowl	1 each	451	42	22	7	4	17	D, E, S, pork
Choc. Chip Banana Pan Bread	1 slice	354	60	11.6	2	3.6	4.6	D,E,S,W
Ham & Cheese Biscuit	1 each	293	29	14	8	1	14	D, S, W
Mini Cinnis	1 each	240	40	7	1.5	3	4	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
Sausage & Cheese Griddle	1 each	228	21	11	4	2	13	D, W, pork
Sausage, Egg, Potato Burrito	1 each	476	39	26	10	5	18	D, E, S, W, pork
Very Berry Yogurt Parfait	216	216	40	4	1	3	5	D, oats
Waffle	1 each	100	15	3	1	1	2	D, E, 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**