

<b>March 2-June 3, 2019 Middle School Entrées</b>								
	<b>Serving Size</b>	<b>Calories</b>	<b>Carbohydrates (grams)</b>	<b>Total Fat (grams)</b>	<b>Saturated Fat (grams)</b>	<b>Fiber (grams)</b>	<b>Protein (grams)</b>	<b>Allergens*</b>
Bacon Cheeseburger	1 each	452	30	22	7.8	3	37	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
<i>Sun Chips (served with Chicken Bites)</i>	1 bag	140	18	6	1	3	2	W
Chicken Caesar Salad Wrap	1 each	301	34	9	2	4	24	D,E,F,S,W
Chicken Sandwich (Regular/Spicy)	1 each	370	47	10	1.5	5	25	D, W
Chicken Tostada	1 each	282	18	13	6	4	23	D
Fish Taco	2 each	270	34	10	2	2	14	F, W
Hand-Rolled Chicken Burrito	1 each	388	48	10	3	9	25	D, S, W
Italian Club Sandwich	1 each	491	30	26	8	4	34	D, E, S, W, pork
Korean BBQ Bowl	1 each	476	69	10	0	2	33	S, pork, sesame
Pizza, WaveCrest Buffalo Chicken	1 slice (1/8)	396	34	16.5	6.5	3	28	D,W
Pizza, WaveCrest Cheese	1 slice (1/8)	358	35	15	6	3	21	D,W
Pizza, WaveCrest Pepperoni	1 slice (1/8)	374	35	16	6.5	3	21	D,W
Salad: Asian Coleslaw	1	497	50	30	5.5	11	17	S, W
Salad: Carnitas	1	530	50	21	4.2	6	31	D,E, pork
Salad: Chicken Caesar	1	476	42	20	5	5	27	D,E,F,S,W
Salad: Chicken Taco	1	587	56	28.5	6.2	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: 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
Seasoned Bean Burrito	1 each	360	55	11	1.5	7	13	S, W
Tuna & Crackers	1 serving	240	28	6	0.5	3	18	D,F,S,W
Veggie Burger (Spicy Black Bean)	1	310	44	9	1	8	21	S,D,E,W
<b>Breakfast</b>								
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	1 each	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**