

| September 8-October 30, 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 | 3 | 24 | W,pork |
| Bean Burrito | 1 each | 360 | 55 | 11 | 2 | 7 | 13 | S,W |
| Carnitas Burrito | 1 each | 430 | 28 | 13 | 4 | 4 | 42 | D,S,W,pork |
| Carnitas Salad | 1 each | 297 | 12 | 14 | 4 | 3 | 27 | D,E,S,W,pork |
| Cheeseburger | 1 each | 360 | 30 | 16 | 7 | 3 | 27 | D,W |
| Chicken Fajita Bowl | 1 each | 471 | 42 | 22 | 5 | 7 | 25 | D, S |
| Chicken Sandwich | 1 each | 370 | 47 | 10 | 2 | 5 | 25 | D,W |
| Chicken Caesar Salad | 1 each | 210 | 20 | 9 | 2 | 2 | 14 | D,E,F,S,W |
| Italian Sandwich | 1 each | 490 | 32 | 11 | 7 | 3 | 19 | D,E,S,W,pork |
| Korean BBQ Bowl | 1 each | 224 | 31 | 5 | 0 | 0 | 16 | S,pork |
| Orange Chicken + Rice | 2.5 oz + 1 cup | 300 | 54 | 3 | 0 | 1 | 13 | E,S,W |
| Popcorn Chicken + Chips | 10 each, 1 bag | 563 | 48 | 32 | 5 | 6 | 21 | D,S,W |
| Pork Nachos | 1 bowl | 550 | 32 | 30 | 9 | 3 | 28 | D,pork |
| Turkey BLT | 1 each | 314 | 26 | 17 | 2 | 1 | 18 | E,S,W |
| Breakfast | | | | | | | | |
| Bagel (3 oz) & Cream Cheese (1 oz) | 1 each | 285 | 43 | 8 | 5 | 5 | 12 | D,W |
| Banana Chocolate Chip Pan Bread | 1 slice | 354 | 60 | 12 | 2 | 4 | 5 | D,E,S,W |
| Benefit Bar | 1 each | 290 | 47 | 9 | 3 | 3 | 5 | D,E,S,W |
| Berry Crisp Yogurt Parfait | 1 each | 279 | 57 | 3 | 1 | 5 | 7 | D,T,W |
| Cheese Quesadilla | 1 each | 368 | 27 | 20 | 10 | 4 | 18 | D,S,W |
| Corn Chex | 2 cups | 229 | 53 | 1 | 0 | 3 | 4 | none |
| Egg & Potato Burrito | 1 each | 325 | 33 | 16 | 6 | 3 | 13 | D,E,S,W |
| Honey Nut Cheerios | 1.5 cups | 220 | 44 | 3 | 0 | 4 | 4 | T |
| Mini Cinnis | 1 each | 240 | 40 | 7 | 2 | 3 | 4 | D,S,W |
| Orchard Crunch Yogurt Parfait | 1 each | 221 | 41 | 4 | 1 | 2 | 5 | D,S,oats |
| Pancakes | 2 each | 239 | 50 | 3 | 0 | 0 | 4 | D,E,S,W |
| Pan Dulce | 1 each | 200 | 34 | 6 | 2 | 2 | 5 | D,E,S,W |
| Sausage & Cheese Biscuit | 1 each | 323 | 29 | 17 | 9 | 1 | 15 | D,W,pork |
| Sausage & Cheese Burrito | 1 each | 354 | 26 | 19 | 9 | 4 | 18 | D,S,W |
| Waffle | 1 each | 100 | 15 | 3 | 1 | 1 | 2 | D,E,W |

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