

September 8-October 30, 2020 Middle 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	9 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**