

<b>September 8-October 30, 2020 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>
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 Salad	1 each	513	41	24	5	7	33	D,E,S,W,pork
Cheeseburger	1 each	412	30	19	8	3	33	D,W
Chicken Sandwich	1 each	370	47	10	2	5	25	D,W
Chicken Sandwich, Spicy	1 each	370	47	10	2	6	25	D,W
Chicken Caesar Salad	1 each	420	40	17	4	4	28	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	455	64	10	0	1	33	S,pork
Popcorn Chicken + Chips	10 each, 1 bag	563	48	32	5	6	21	D,S,W
Turkey BLT	1 each	314	26	17	2	1	18	E,S,W
<b>Breakfast</b>								
Bagel (3 oz) & Cream Cheese (1 oz)	1 each	285	43	8	5	5	12	D,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
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 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**