

Middle School Entrées	Serving Size	Calories	Carbohydrates (grams)	Total Fat (grams)	Saturated Fat (grams)	Fiber (grams)	Protein (grams)	Allergens*
Bean Burrito	1 Each	360	55	11	2	7	13	W, S
Burrito Bowl	1 Bowl	505	55	19	12	11	25	D
Tortilla Chips (2oz)	1 Bag	270	31	15	2	3	3	none
Cheese & Green Chile Tamale	1 Each	353	27	24	12	2	9	D, S
Chicken Ranch Wrap	1 Wrap	527	48	26	5	7	23	D, S, E W
Chicken Tenders	3 Tenders	180	12	9	2	3	12	W, E, S
Egg, Seeds, & Cracker Protein Box	1 Each	412	32	26	4	5	15	D, S, E W
French Fries	1/2 cup	120	20	4	1	2	1	none
Grilled Cheese	1 Each	366	27	23	12	0	15	D, W
Hamburger	1 Each	307	30	12	4	3	24	W
Pizza, Cheese	1 Slice	358	28	12	5	3	17	D, W
Pizza, Pepperoni	1 Slice	375	35	16	7	3	22	D, W, Pork
Popcorn Chicken	10 Pieces	293	17	17	3	3	18	D, S, W
Roll (2oz)	1 Roll	140	27	2	0	2	5	W
Spicy Black Bean Burger	1 Each	310	44	9	1	8	21	D, S, E W
Teriyaki Chicken (No Rice)	4oz	126	8	3	1	1	17	S,W
Rice	1 cup	194	41	1	0	1	5	none
Tortilla Chips (2oz)	1 Bag	270	31	15	2	3	3	none
Corn Dog	1 Each	240	30	8	3	5	9	W, E, S
Fish Sticks and Fries	4oz + 1/2 cup	330	42	14	3	2	13	F, W
Peant Butter & Jelly Sandwich	1 Each	630	64	33	7	6	19	W, S, P
Breakfast								
Bagel & Cream Cheese	1 Each	285	43	8	5	5	12	W
Banana Chocolate Chip Oatmeal Round	1 Each	280	39	12	4	4	5	D, E, S, 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
Chocolate Chip Muffin	1 Each	330	54	11	3	2	7	D,E,S,W
French Toast Sticks	3 Sticks	250	37	9	2	3	6	S,W
Honey Nut Cheerios	1.5 cups	220	44	3	0	4	4	T
Mini Wheats	1.25 cups	220	53	1	0	7	6	W
Orchard Crunch Yogurt Parfait	1 Each	221	41	4	1	3	5	D
Pan Dulce	1 Each	200	34	6	2	2	5	D, E, S, W
Pizza Toast	1 Each	185	15	9	4	2	12	D, S, W, Pork
Sausage, Egg, & Potato Burrito	1 Each	476	40	26	10	5	18	D, W, Pork
Sausage & Cheese Muffin	1 Each	253	27	11	4	1	15	D, W, Pork
Waffle	1 Each	250	37	9	4	2	6	D, E, W

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