

Middle School Entrées	Serving Size	Calories	Carbohydrates (grams)	Total Fat (grams)	Saturated Fat (grams)	Fiber (grams)	Protein (grams)	Allergens*
Carnitas Street Tacos	2 Tacos	368	28	10	4	5	27	Pork
Cheese & Green Chile Tamale	1 Each	353	27	24	12	2	9	D, S
Cheese Quesadilla	1 Each	368	27	20	10	4	18	D,W
Cheeseburger	1 Each	412	30	19	8	3	33	D,W
Chicken Bites	4 Pieces	222	15	8	1	2	19	W
Tortilla Chips (2oz)	1 Bag	270	31	15	2	3	3	none
Chicken Sandwich	1 Each	370	47	10	2	5	25	W
Orange Chicken (No Rice)	4 oz	150	19	3	1	0	11	E, S, W
Rice	1 cup	194	41	1	0	1	5	none
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
Pulled Pork Gyro	1 Each	365	26	14	7	4	25	D, W, Pork
Spicy Black Bean Burger	1 Each	310	44	9	1	8	21	D, S, E, 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
Benefit Bar	1 Each	290	47	9	3	3	5	D, E, S, W
Burrito, Chorizo Egg	1 Each	210	22	9	3	3	10	D,E,S,W
Burrito, Egg, Potato, & Cheese	1 Each	407	38	19	9	5	17	D,E,W
Burrito, Sausage & Cheese	1 Each	354	26	19	9	4	18	D, W, Pork
Cereal, Corn Chex	2 cups	230	53	2	0	3	4	none
Cereal, Honey Nut Cheerios	1.5 cups	220	44	3	0	4	4	T
Cereal, Mini Wheats	1.25 cups	220	53	1	0	7	6	W
Mini Cinis	1 Each	240	40	7	2	3	4	D,W
Muffin, Blueberry	1 Each	310	52	9	1	2	5	D,E,S,W
Muffin, Chocolate Chip	1 Each	330	54	11	3	2	7	D,E,S,W
Pan Dulce	1 Each	200	34	6	2	2	5	D, E, S, W
Pancakes, 2 Pack	2 Pack	160	29	3	0	1	4	D, E, S, W
Pizza Toast	1 Each	185	15	9	4	2	12	D, S, W, Pork
Yogurt Parfait, Berry Crisp	1 Each	279	57	3	1	5	7	D
Yogurt Parfait, Orchard Crunch	1 Each	221	41	4	1	3	5	D