

## Fall 2021 Menu

<b>Elementary 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>
Brunch for Lunch (French Toast & Sausage)	3 Sticks, 2 Patties	410	43	18	4	2	21	D, E, S, W Pork
Carnitas Burrito	1 Each	531	31	24	9	5	42	D, W, Pork
Cheeseburger	1 Each	400	30	19	7	3	31	D, W
Chicken Corndog	1 Each	240	30	8	2.5	5	9	D, E, S, W
Chicken Curry (meat only, no rice)	1 Serving	106	5	3	0	0	14	W,S
Rice	3/4 Cup	144	30	0	0	1	4	none
Chicken Sandwich	1 Each	370	47	10	2	5	25	W
Grilled Cheese Sandwich	1 Each	386	29	23	12	2	15	D, W
Hamburger	1 Each	307	30	12	4	3	24	W
Pizza, Cheese	1 Slice	287	28	12	5	3	17	D, W
Pizza, Meat Lovers	1 Slice	314	28	14	5	3	19	D, W, Pork
Pizza, Pepperoni	1 Slice	300	28	13	5	3	17	D, W, Pork
Pizza, Veggie Lovers	1 Slice	225	28	8	2	3	12	D, W
Popcorn Chicken	10 Each	293	17	17	3	3	18	D, S, W
Spicy Black Bean Burger	1 Each	310	44	9	1	8	21	D, S, E W
Yogurt & Granola	1 Each	367	66	8	2	2	9	D, S
<b>Breakfast</b>								
Burrito, Egg & Cheese	1 Each	265	23	14	6	2	13	D, E,W
Bagel & Cream Cheese	1 Each	285	43	8	5	5	12	W
Banana Bread	1 Each	280	44	10	2	2	5	E, S, W
Benefit Bar	1 Each	290	47	9	3	3	5	D, E, S, W
Burrito, Sausage & Cheese	1 Each	354	26	19	9	4	18	D, W, Pork
Cereal, Cinnamon Toast Crunch	1.5 Cup	260	50	6	1	4	2	(W,S)
Cereal, Corn Chex	2 Cups	230	53	2	0	3	4	none
Cereal, Honey Nut Cheerios	1.5 Cup	220	44	3	0	4	4	T
Cheese Quesadilla	1 Each	369	27	20	11	4	18	D, W
Ham & Cheese Breakfast Sandwich	1 Each	233	28	8	3	2	14	D, W, Pork
Mini Pancakes	1 Package	210	35	6	1	4	4	D, E, S, W
Pan Dulce	1 Each	200	34	6	2	2	5	D, E, S, W
Sausage & Cheese Biscuit	1 Each	293	29	14	8	1	14	D, W, Pork

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