

Fall 2021 Menu

Middle School Entrées	Serving Size	Calories	Carbohydrates (grams)	Total Fat (grams)	Saturated Fat (grams)	Fiber (grams)	Protein (grams)	Allergens*
Beef Rolled Tacos	2 Each	257	28	9	3	3	19	none
Brunch for Lunch (French Toast & Sausage)	3 Sticks, 2 Patties	410	43	18	4	2	21	D, E, S, W Pork
Buffalo Chicken Tater Tot Nachos	1 Each	571	59	23	5	4	26	D, S, W
Cheeseburger	1 Each	400	30	19	7	3	31	D, W
Chicken Burrito	1 Each	377	47	9	4	9	22	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	115	7	3	0	1	15	W,S
Rice	1 Cup	200	41	0	0	1	5	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
Peant Butter & Jelly Sandwich	1 Each	630	64	33	7	6	19	W, S, P
Pizza, Cheese	1 Slice	358	35	15	6	3	21	D, W
Pizza, Meat Lovers	1 Slice	385	35	17	7	3	23	D, W, Pork
Pizza, Pepperoni	1 Slice	375	35	16	6	3	22	D, W, Pork
Pizza, Veggie Lovers	1 Slice	280	35	9	3	3	14	D, W
Veggie Burger, Spicy Black Bean	1 Each	310	44	9	1	8	21	D, S, E W
Veggie Protein Salad	1 Each	458	42	24	8	0	21	D, E, W
Yogurt Parfait, Very Berry	1 Each	400	72	8	2	4	10	D, S
Breakfast								
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**