

Winter 2021 Menu

Middle School Entrées	Serving Size	Calories	Carbohydrates (grams)	Total Fat (grams)	Saturated Fat (grams)	Fiber (grams)	Protein (grams)	Allergens*
Bean & Cheese Pupusa	1 Each	290	35	11	3	4	13	D
BLT Club Wrap	1 Each	511	29	32	7	5	26	E, S, W
Cheese & Green Chile Tamale	1 Each	353	27	24	12	2	9	D, S
Cheeseburger	1 Each	400	30	19	7	3	31	D, W
Chicken Bites	5 Pieces	210	17	8	2	2	18	D, W
Tortilla Chips	1 Bag	270	31	15	2	3	3	none
Chicken Sandwich	1 Each	370	47	10	2	5	25	W
Chicken Street Tacos	2 Tacos	254	28	3	0	5	24	none
Vegetarian Chili Cheese Nachos-chili only	5oz no chips	342	31	14	9	9	20	D
Tortilla Chips	1 Bag	270	31	15	2	3	3	none
Hamburger	1 Each	307	30	12	4	3	24	W
Korean BBQ Sliders	2 Sliders	456	51	16	4	2	26	W, S
Orange Chicken (no rice)	1 Serving	150	19	3	1	1	15	E, S, W
Rice	1 Cup	200	41	0	0	1	5	none
Salad, Rainbow Chop	1 Each	729	72	41	10	13	24	D, S, E 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, Combo	1 Slice	401	36	18	7	3	24	D, W, Pork
Pizza, Hawaiian	1 Slice	377	38	15	6	3	23	D, W, Pork
Pizza, Pepperoni	1 Slice	375	35	16	6	3	22	D, W, Pork
Veggie Burger, Spicy Black Bean	1 Each	310	44	9	1	8	21	D, S, E W
Breakfast								
Bagel & Cream Cheese	1 Each	285	43	8	5	5	12	W
Banana Chocolate 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, Beef Chorizo, Egg, and Cheese	1 Each	210	22	9	3	3	10	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
Orchard Crunch Yogurt Parfait	1 Each	221	41	4	1	2	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, 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