

Spring 2022 Menu

Elementary School Entrées	Serving Size	Calories	Carbohydrates (grams)	Total Fat (grams)	Saturated Fat (grams)	Fiber (grams)	Protein (grams)	Allergens*
Burrito, Bean & Cheese	1 Each	320	44	9	4	8	17	D, S, W
Cheeseburger	1 Each	400	30	19	7	3	31	D, W
Chicken Sandwich	1 Each	370	47	10	2	5	25	W
Red Chicken Tamale	1 Each	290	26	16	1.5	2	11	none
Fish Tacos	2 Tacos	233	27	8	2	4	13	D,W,F
Hamburger	1 Each	307	30	12	4	3	24	W
Pizza, Cheese	1 Slice	287	28	12	5	3	17	D, W
Pizza, Cheeseburger	1 Slice	359	29	18	6	2	19	D, W, E
Pizza, Buffalo Chicken	1 Slice	317	28	13	5	2	22	D, W
Pizza, Pepperoni	1 Slice	300	28	13	5	3	17	D, W, Pork
Popcorn Chicken Bowl	1 Bowl	638	57	33	10	5	29	D, S, W
Teriyaki Chicken (meat only, no noodles)	4 oz	133	8	5	1	0	17	S,W
Noodles	1 cup	230	43	0	0	3	12	W
Turkey Sandwich	1 Each	253	25	8	3	0	25	D,W
Veggie Burger, Spicy Black Bean	1 Each	310	44	9	1	8	21	D, S, E W
Cheese Quesadila	1 each	368	27	20	10	4	18	D, S, W
Yogurt & Granola	1 Each	367	66	8	2	2	9	D, S
Breakfast								
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
Breakfast Bowl	1 bowl	326	11	24	9	0.5	13	D, E, Pork
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
Egg Potato & Cheese Burrito	1 Each	406	38	19	9	4.8	17	D,E,W
French Toast Sticks (Rich's)	1 Serving	260	38	10	1.5	3	6	S,W
Muffin	1 Each	330	54	11	3	2	7	D,E,S,W
Pan Dulce	1 Each	200	34	6	2	2	5	E, S, W

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