

## Spring 2022 Menu

Middle School Entrées	Serving Size	Calories	Carbohydrates (grams)	Total Fat (grams)	Saturated Fat (grams)	Fiber (grams)	Protein (grams)	Allergens*
Cheeseburger	1 Each	400	30	19	7	3	31	D, W
Chicken Sandwich	1 Each	370	47	10	2	5	25	W
Chile Verde Pork Carnitas Nachos	1 Serving	552	42	20	3	3	42	D
Fish Tacos	1 Serving	290	32	10	2	4	16	D,W,F
Red Chicken Tamale	1 Each	290	26	16	1.5	2	11	none
Hamburger	1 Each	307	30	12	4	3	24	W
Peanut Butter & Jelly Sandwich	1 Each	630	64	33	7	6	19	W, S, P
PepperJack Quesadilla	1 Each	389	28	23	12	4	16	D,W
Pizza, Cheese	1 Slice	358	35	15	6	3	21	D, W
Pizza, Cheeseburger	1 Slice	358	35	15	6	3	21	D, W, E
Pizza, Buffalo Chicken	1 Slice	396	34	17	6	3	28	D, W
Pizza, Pepperoni	1 Slice	375	35	16	6	3	22	D, W, Pork
Popcorn Chicken Bowl	1 bowl	708	71	34	10	5	31	D,S,W
Strawberry Spinach Salad	1 Salad	555	47	33	8	6	24	D,E,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
Veggie Burger, Spicy Black Bean	1 Each	310	44	9	1	8	21	D, S, E W
<b>Breakfast</b>								
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**