

Nutrition Middle School 2025-24

Entrée	Calories	Fat (g)	% calories from fat	Saturated fat (g)	Carbohydrate (g)	Fiber (g)	Sodium (mg)	Allergens
BBQ Beef Rib Sandwich	282	10	31.91	3	33	3	550	Wheat, soy
BBQ Chicken Club Sandwich	351.5	10	25.60	3	36	3	936	Wheat, milk
Beef Broccoli and Rice Bowl	497	16	28.97	5	71	4	986	Wheat, soy
Beef Dunkers and Rice	489	20.35	37.45	6.6	58	4.4	799	Wheat, soy, sesame oil
Beef Picadillo and Cilantro Lime Rice	561	18	28.88	6.1	76	7	1798	Soy
Bosco Sticks 6 inch 2 each cheese	300	10.00	30.00	5	34	4	440	Wheat, milk
Burrito, Bean (Vegan)	360	11	27.50	1.5	55	7	630	Wheat, soy
Burrito, Chicken, Cheese and Rice Michael B's	338	9.5	25.30	3	37	5	478	Wheat, soy, milk
Burritos, Ultra Bean & Cheese Burrito Cabo Primo Big Ba	330	11	30.00	4.5	43	7	440	Wheat, soy, milk
Cheeseburger Don Lee	270	9	30.00	3.5	30	3	410	Wheat, soy, milk
Cheeseburger Sliders	272	9	29.78	3	30	2.4	475	Wheat, milk, soy
Cheeseburger, Bacon and Cheese	457	24	47.26	9.8	30	3	987	Wheat, milk
Cheezy Bites, Wild Mike's	280	10	32.14	6	28	2	460	Wheat, milk
Chicken BBQ Club Sandwich	351	10	25.64	3	36	3	936	Wheat, Milk
Chicken Chow Mein Bowl	332	8	21.69	1.3	40	4.5	974	Wheat, soy, eggs
Chicken Nuggets (6) Potato Wedge 1/2 cup	408	21	46.32	3.5	39	5.6	668	Wheat, soy
Chicken Nuggets 6 pieces Tyson	288	17	53.13	3	19	3.6	528	Wheat, soy
Chicken Patty on WG Bun 70304	390	15.5	35.77	2.5	45	6	720	Wheat, soy
Chicken Patty Spicy on WG Bun	373	13	31.37	2.5	43	4	757	Wheat, Soy
Chicken Popcorn 15 pieces Tyson	318	18	50.94	3.5	19.4	4	485	Wheat, soy
Chicken Popcorn Bowl	463	20	38.88	3.8	49	6.6	966	Wheat, milk, soy
Chicken Fajita Wrap	439	18	36.90	6	46	4.7	661	Wheat, milk
Spicy Ranch Dressing 1 oz	89	9.7	98.09	1.3	0.9	0	500	Milk, egg, soy
Chicken Tenders Hot and Spicy 4 & Fries	438	23	47.26	3.7	38	4	689	Wheat, soy
Chicken Tenders & Fries	341	18	47.51	3.3	28	1	898	Wheat, soy
Chicken BBQ Teriyaki and Brown Rice with vegetables	415	8	17.35	1.7	62	4	977	Soy, egg
Chili - Turkey	141	4	25.53	1	12	2.4	419	
Corn Dog, Chicken	238	9	34.03	2.5	28	2	690	Wheat, milk, soy, eggs
Crunchy Beef Tacos	257	9	31.52	2.6	27.8	2.5	85.6	
Enchilada Bowl Cheese, Beans, Rice Vegetarian	612	24	35.29	14	67	16	1572	Wheat, soy, milk
Fiesta Chicken Bowl	517	15	26.11	6	62	12.6	1405	Milk, soy, wheat
Fiestada Beef Stuffed Sandwich	320	14	39.38	7	31	3	590	Wheat, soy, egg, milk
Grilled Cheese Integrated	280	10	32.14	5.3	31.5	3	600	Wheat, milk, soy
Hamburger on WG Bun	290	11.5	35.69	4	31	4	570	Wheat, soy
Hamburger Don Lee	258	8.2	28.60	2.8	29	2.8	260	Wheat, soy
Hot Dog on a bun Beef	320	17	47.81	6.5	32	3	540	Wheat
Impossible Burger on bun	399	15.6	35.19	8	40	6	667	Wheat, Soy

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Lasagna Hearty with Cheese Stuffed Breadstick	385	11.5	26.88	6.5	44	3	635	Wheat, milk, soy, egg
Mac N Cheese Rose & Shore 850	298	12	36.24	7	29	3.5	674	Soy, milk, wheat
Nacho Bean Dip and Tortilla Chips	485	20	37.11	4.3	60.5	14.5	1031	Milk
Orange Chicken and Brown Rice with vegetables	445	6.5	13.15	0.85	76	5.7	847	Wheat, egg, soy
Pick Up Stix House Chicken and Brown Rice	400	11	24.75	2	58	3	370	Wheat, soy, egg, gluten***
Pick Up Stix House Tofu and Brown Rice	340	6	15.88	1	58	5	390	Wheat, soy, gluten***
Pick Up Stix Orange Chicken and Rice	390	11	25.38	2.5	54	3	250	Egg, soy, wheat****
Pick Up Stix Teriyaki Chicken and rice	320	4	11.25	1	51	3	410	Soy, wheat***
Pick Up Stix Firecracker Chicken and Rice	400	11	24.75	2.5	57	3	280	Soy, wheat, egg
Pizza Boli	310	12	34.84	6	34	0	640	Wheat, milk, soy
Pizza Crunchers	420	20	42.86	9	41	5	770	Milk, wheat
Pizza Papa John Cheese WW	360	11	27.50	4	46	4	750	Wheat, milk
Pizza Papa John's Pepperoni pork WW	410	16	35.12	4	46	4	920	Wheat, milk
Pizza Papa John Vegetarian WW	380	12	28.42	4	48	5	780	Wheat, milk
Pretzel Hot Dog Beef	300	6.5	19.50	2	41	5	790	Wheat, soy
Pretzel Dog Chicken	260	9	31.15	2.5	20	2	690	Wheat
Ravioli Bake	353	11	28.05	5	41	2.7	919	Egg, milk, soy, wheat
Rotini and marinara sauce vegetarian	405	14.00	31.11	7	50	4	440	Wheat, milk
Rotini Pasta with Meat Sauce with bread stick	456	13	25.66	5	66	5	789	Wheat, milk, soy
Salad, BBQ Chicken with Tortilla chips Ranch	686	38.70	50.77	10.3	56	8	880	Milk, soy, Ranch- milk egg
Salad, BBQ Chicken and Bacon with Tortilla chips Ranch	749	41.40	49.75	11	64.5	8	1285	Milk, soy, Ranch- milk egg
Salad, Caesar Chicken with Dressing	607	40.50	60.05	6.3	35	9	1210	Wheat, milk, soy, egg, Fish
Salad, Chef	576	36.00	56.25	8.7	37	8	1178	Wheat, milk, egg, soy
Salad, Chef, vegetarian	459	23.50	46.08	8.3	41	4	838	Wheat, milk, egg, soy
Salad, Spicy Buffalo Chicken	545	31.00	51.19	6	45	10	1491	Wheat, milk, Ranch-milk egg
Sandwich, Croissant Turkey & Cheese Michael B's	333	16.00	43.24	8	32	2	1092	Wheat, milk, soy
Spaghetti and Chicken Meatball bowl	467	17.00	32.76	5.6	56.5	6	913	Milk, soy, wheat
Spaghetti Plant Based Bolonese	341	5	13.20	0	55	4	740	Wheat, soy
Spicy Pink Alfredo Pasta with Chicken Bowl	544	19.7	32.59	10	56	5.5	1096	Wheat, milk
Stuffed Sandwich Beef Pepperoni	300	12	36.00	5	31	3	590	Wheat, eggs, milk, soy
Taco Stick Beef Integrated	345	13	33.91	8.35	32	3.85	630	Wheat, milk, soy
Taquitos, Chicken Michael B's 2 each	227	4	15.86	0.5	27	5.2	226	Soy
Texas Garlic Cheese Toast 6 inch	368	19	46.47	8	28	2	447	Wheat, milk, soy
Quesadilla, Cheese Integrated	326	15	41.41	8.6	32	3	581	Wheat, milk, soy
Uncrustables Peanut Butter & Jelly 5.3 oz	600	34	51.00	6	64	7	540	Wheat, soy, peanuts
Veggie Gardenburger Morning Star	230	4.5	17.61	0	35	6	690	Wheat, soy, milk
Veggie Chickenless Soy Nuggets	285	12	37.89	1.5	27	6	450	Wheat, soy
Yogurt Muffin and Cheese								Wheat, milk, egg, soy

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Yogurt 4 oz	60	0	0.00	0	12	0	70	Milk
Muffin Blueberry Dave's	223	6	24.22	0.9	38.5	3.3	115	Wheat, eggs, soy, milk
Muffin Chocolate Chip Dave's	227	6	23.79	0.9	39.5	3.1	115	Wheat, milk, egg, soy
String Cheese	80	6	67.50	4	2	0	200	Milk
Wrap - BLT Bacon Lettuce Turkey	377	10.6	25.31	2	44	5	891	Wheat, soy
Wrap - Caesar	624	35.5	51.20	11	44	5	1388	Wheat, milk, soy, egg, anchovies
Wrap Chicken Fajita	439	18	36.90	6	46	4.8	661	Wheat, milk
Wrap Turkey Lettuce	448	18	36.16	8	44.5	5	1424	Wheat, milk, soy

Fruit	Calories	Fat (g)	% calories from fat	Saturated fat (g)	Carbohydrate (g)	Fiber (g)	Sodium (mg)	Allergens
Apple Sauce 4.5 oz unsweetened cup	60	0	0.00	0	15	3	0	
Apple Slices 2 oz 1/2 cup	30	0	0.00	0	8	1	1	
Apple small	50	0.1	0.00	0	14	2.5	1	
Banana Petite about 6 inches	90	0.3	0.00	0.1	23	2.6	1	
Canned Fruit	64	0	0.00	0	16	1	6	
Canned Pineapple 1/2 Cup	108	0.1	0.00	0	28	1	2	
Craisin	110	0	0.00	0	27	2	0	
Fresh Fruit general rule of thumb for small fruit	60	0	0.00	0	15	3	1	
Frozen Fruit Cup Peaches	80	0	0.00	0	19	1	0	
Frozen Fruit Cup Strawberry	80	0	0.00	0	19	2	0	
Frozen Fruit Cup Mixed Berries	90	0	0.00	0	20	2	0	
Juice 6.75oz Juicy Juice	100	0	0.00	0	24	0	10	
Lunch Bunch Grapes 2.25 oz	45	0	0.00	0	11	1	8	
Mandarin Oranges	70	0	0.00	0	17	1	10	
Melon	27	0	0.00	0	7	1	13	
Mixed Fruit 1/2 Cup	65	0	0.00	0	16	1	6	
Orange slices 1/2 cup 90 grams	42	0	0.00	0	11	2	0	
Peaches, canned diced or sliced 1/2 cup 124g	60	0	0.00	0	16	1	0	
Pears, canned diced 1/2 cup	60	0	0.00	0	16	2	2	
Pears, small	60	0.1	0.00	0	17	3.5	1	
Pineapple Fruti Fruit	35	0.1	0.00	0	9	1	1	
Pineapple Spear 2.7 oz	40	0	0.00	0	10	1	0	
Raisins 1 box 37.7 grams	110	0	0.00	0	30	1	4	
SideKicks 100% Fruit Juice 4.4 oz	90	0	0.00	0	23	0	20	
Tangerine small	40	0.2	0.00	0	10	1	1.5	

Vegetables	Calories	Fat	% calories	Saturated	Carbohydrate	Fiber	Sodium	Allergens
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Vegetables	Calories	(g)	from fat	fat (g)	(g)	(g)	(mg)	Allergens
Baby Carrots 1/2 cup	23	0	0.00	0	5.4	1.33	55	
Corn 1/2 cup	67	0.55	7.39	0	16	2	7.6	
Cucumbers 1/2 cup	9	0.1	10.00	0	1.5	0.5	1	
Edamame 1/2 cup	43	2	41.86	0.3	3	0.4	5	soy
Green Beans 1/2 cup	20	0	0.00	0	4	1.9	6	
Potato Wedges 1/2 cup	120	5	37.50	1	17	1	420	soy
Side Salad 1 cup Romaine 1/2 cup	8	0	0.00	0	0.71	0.4	3	
Sugar snap peas 1/2 cup	18	0	0.00	0	2.5	1	3	
Tomatoes 1/2 cup	13	0.1	6.92	0.02	3	0.9	3.8	

Milk	Calories	Fat (g)	% calories from fat	Saturated fat (g)	Carbohydrate (g)	Fiber (g)	Sodium (mg)	Allergens
Non-Fat Chocolate	130	0	0.00	0	26	0	130	Milk
1% Percent White	120	2.5	18.75	1.5	13	0	130	Milk

Grains	Calories	Fat (g)	% calories from fat	Saturated fat (g)	Carbohydrate (g)	Fiber (g)	Sodium (mg)	Allergens
Crackers MJM	180	6	30.00	1	30	3	390	Wheat
Crackers 2 grain Back to Basics	170	5	26.47	5	28	3	350	Wheat, Soy, Milk
Croutons 1.8 oz .75 cup	255	15	52.94	0	30	7	510	Wheat, Milk
Dinner Roll Artisan Roll 2 oz	160	2	11.25	0	34	5	270	Wheat
Tortilla Chips yellow round 1.5 oz Warnock	210	10	42.86	0	27	0	184	Soy

Extras	Calories	Fat (g)	% calories from fat	Saturated fat (g)	Carbohydrate (g)	Fiber (g)	Sodium (mg)	Allergens
Barbeque Sauce, 1 oz	50	0	0.00	0	12	0	240	
Cream Cheese	70	6	77.14	3.5	1	0	115	Milk
Ketchup, 7 g	10	0	0.00	0	3	0	95	
Marinara Sauce, 1 oz	15	0	0.00	0	4	0	130	
Mayonnaise, 9 g	60	6	90.00	1	1	0	60	Egg
Mustard, 5.6 oz	0	0	0.00	0	0	0	65	
Pancake Syrup, 1.5 oz	120	0	0.00	0	30	0	20	
Ranch Dressing, 12 g Kraft	45	4.5	90.00	0.5	1	0	120	Milk, egg
Soy Sauce, 8 mL	0.5	0	0.00	0	0	0	29.4	Wheat, soy

Breakfast	Calories	Fat (g)	% calories from fat	Saturated fat (g)	Carbohydrate (g)	Fiber (g)	Sodium (mg)	Allergens
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Apple-Bites	270	10	33.33	4.5	41	3	160	Wheat, milk, egg, soy
Breakfast sandwich egg and cheese	215	8.5	35.58	3.5	23	1	550	Egg, milk, soy, wheat
Breakfast Bowl, turkey bacon	305	17.6	51.93	6.2	21	2	1047	Egg, milk, soy, wheat
Breakfast Bowl, chicken patty	361	21	52.35	7	21	2	1073	Egg, milk, soy, wheat
Bagel	217	1	4.15	0	45	4	230	Wheat
Banana Bread	260	8	27.69	1.5	45	2	240	Wheat, egg, soy, milk
Benefit Bar Large	285	8.5	26.84	3	47.5	3	230	Wheat, egg, soy, milk
Blueberry muffin	223	6	24.22	0.9	38.5	3.3	115	Wheat, egg, soy, milk
Breakfast Burrito, Los Cabos	255	10	35.29	4	29	4	334	Wheat, egg, milk, soy
Bosco Stick Pizza (pepperoni pork)	250	9	32.40	4.5	30	3	510	Wheat, milk
Breakfast/Honey bun	270	10	33.33	4.5	38	3	280	Wheat, milk, soy, egg
Cinnamon Crumble Coffee Cake 4 oz	340	13	34.41	1.5	44	2	350	Wheat, egg, soy, milk
Cinnamon Crumble 2.9 oz Buena Vista	250	9	32.40	1	32	2	250	Wheat, egg, soy, milk
Cinnamon Roll Super Bakery	240	7	26.25	3	40	3	280	Wheat, milk, eggs, soy
Cinnamon Roll Central Kitchen	374	8	19.25	4	70	4.6	192	Wheat, milk, soy
Crumb Cake Central Kitchen	443	13	26.41	7.5	77.5	3	464	Wheat, eggs, milk
Donut whole grain Low Fat powdered	311	11	31.83	5	52	2	251	Wheat, eggs, milk, soy
Frudel	210	6	25.71	1	36	2	250	Wheat, soy, milk
Mini Cinnis	240	8	30.00	1.5	40	3	270	Wheat, milk, soy
Mozzarella string cheese	80	6	67.50	4	2	0	200	Milk
Muffin, Blueberry Dave's	223	6	24.22	0.9	38.5	3.3	115	Wheat, egg, soy, milk
Muffin, Chocolate Buena Vista	350	11	28.29	3	59	4	390	Wheat, milk, egg, soy
Oatmeal Round, Apple Cinnamon	278	12	38.85	4.5	38	4	240	Wheat, milk, soy, eggs
Pancakes, mini Eggo	200	6	27.00	1	36	4	320	Wheat, milk, egg, soy
Pop tart, Whole Grain Brown Sugar Cinnamon	170	3	15.88	1	36	3	190	Wheat, soy
Pop tart, Whole Grain Strawberry	170	2.5	13.24	1	36	3	180	Wheat, soy
Uncrustables Peanut Butter & Jelly 2.6 oz WG	300	16	48.00	3.5	32	4	280	Wheat, peanuts
Yogurt Parfait	289	6.5	20.24	1	53	3.3	182	Wheat, milk, soy

Although this information is deemed reliable, it may not be accurate. We cannot guarantee cross contamination from different allergens.

**** - Pick Up Stix - The recipe and ingredients do not contain peanuts or sesame; cross contamination may occur with items such as peanuts and sesame seeds.

Please be advised that this is general information and not intended to be used as medical advice. Information is accurate to the best of our knowledge based on the information provided by the manufacturer. Products may change at any time.