

Middle School Nutritional Information 20020-2021

Revised 1.25.21

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| Entrée | Calories | Fat (g) | % calories from fat | Saturated fat (g) | Carbohydrate (g) | Fiber (g) | Sodium (mg) | Allergens |
|---------------------------------------------------|----------|---------|---------------------|-------------------|------------------|-----------|-------------|--------------------------|
| Beef Dunkers and Rice | 433 | 12 | 24.94 | 3.5 | 61 | 2 | 1008 | Wheat, soy |
| Beef Picadillo Medley and Lime Rice | 579 | 18 | | 6 | 76 | 9 | 1805 | soy |
| Beef Teriyaki Rice Bowl 5 pc 1 cup rice 1/2 c veg | 472 | 14 | 26.69 | 5 | 59 | 3 | 689 | Wheat, soy |
| Bosco Sticks 6 inch 2 each cheese | 300 | 9.00 | 27.00 | 3 | 32 | 4 | 460 | Wheat, milk |
| Burrito, Bean (Vegan) | 360 | 11 | 27.50 | 1.5 | 55 | 7 | 630 | Wheat, soy |
| Burrito, Bean and Cheese Los Cabos | 290 | 8 | 24.83 | 3.6 | 41 | 8 | 480 | Wheat, soy, milk |
| 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 | 298 | 10 | 30.20 | 4.5 | 39 | 7 | 410 | Wheat, soy, milk |
| Cheeseburger Don Lee | 279 | 10 | 32.26 | 4.2 | 30 | 2.7 | 409 | Wheat, soy, milk |
| Cheeseburger Twin Minis, Advance Pierre | 320 | 13 | 36.56 | 6 | 35 | 4 | 600 | Wheat, milk, soy |
| Cheeseburger, Bacon and Cheese | 453 | 23 | 45.70 | 9 | 28 | 3 | 971 | Wheat, milk, |
| Chicken Alfredo | 413 | 12 | 26.15 | 5 | 50 | 8.5 | 621 | Wheat, milk, soy |
| Chicken and Fried Rice Bowl | 335 | 7 | 18.81 | 1 | 47 | 5.5 | 1295 | Soy, Eggs, Wheat |
| Chicken Chow Mein Bowl | 333 | 4 | 10.81 | 1 | 50 | 8 | 893 | Wheat, soy, eggs |
| Chicken little Sliders | 315 | 11 | 31.43 | 2 | 39 | 4 | 588 | Wheat, soy, egg |
| Chicken Mini Tacos | 320 | 14 | 39.38 | 5 | 31 | 4 | 480 | Wheatm Soy, Milk |
| Chicken Noodle Soup 3/4 Cup | 144 | 3 | 18.75 | 1 | 8 | 1.4 | 900 | Wheat |
| Chicken Nuggets (6) Potato Wedge 1/2 cup | 440 | 22 | 45.00 | 3.5 | 40 | 5 | 628 | Wheat, soy |
| Chicken Nuggets 6 pieces Tyson | 315 | 18 | 51.43 | 3 | 20 | 3 | 481 | Wheat, soy |
| Chicken Patty on WG Bun 70304 | 433 | 17 | 35.33 | 2.5 | 48 | 6 | 695 | Wheat, soy |
| Chicken Patty Spicy on WG Bun | 385 | 12 | 28.05 | 3 | 728 | 4 | 729 | Wheat, Soy |
| Chicken Popcorn 15 pieces Tyson | 325 | 19 | 52.62 | 3 | 20 | 3.7 | 412 | Wheat, soy |
| Chicken Popcorn Bowl | 481 | 21.5 | 40.23 | 3.8 | 51 | 6.5 | 906 | Wheat, milk, soy |
| Chicken Spicy Fajita Wrap | 456 | 20 | 39.47 | 9 | 35 | 4.5 | 676 | Wheat, Milk |
| Chicken Tenders (3) and Waffles (2) Krusteaz | 325 | 14.5 | 40.15 | 2.5 | 31.5 | 3.5 | 875 | Wheat, eggs, milk, soy |
| Chicken Tenders and Waffle Fries | 380 | 19 | 45.00 | 3 | 36 | 3 | 1211 | Wheat, eggs, soy |
| Chicken Tenders Hot and Spice 4 each Tyson | 346 | 20 | 52.02 | 3 | 21 | 4 | 520 | Wheat, soy |
| Chicken, baked Drum stick Mashed Potatoes 1/2 | 294 | 12 | 36.73 | 3 | 25 | 2.7 | 934 | Wheat, milk, eggs |
| Chili - Turkey | 260 | 13 | 45.00 | 7 | 12 | 2.8 | 584 | Milk |
| Chili, White Bean and Chicken | 475 | 11.5 | 21.79 | 4 | 58 | 13.5 | 1225 | Milk, Soy |
| Corn Dog, Chicken | 240 | 8 | 30.00 | 2.5 | 30 | 5 | 390 | Wheat, soy, eggs, gluten |
| Enchilada Bowl Cheese, Beans, Rice | 630 | 21 | 30.00 | 10 | 82 | 13 | 1770 | Wheat, soy, milk |

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|-------------------------------------------|-----|-------|-------|------|-------|------|------|----------------------------------|
| Fajita Bowl | 579 | 16 | 24.87 | 3 | 78 | 15 | 963 | Soy, Wheat, Milk |
| Fiesta Chicken Bowl | 406 | 11 | 24.38 | 5 | 90 | 11 | 819 | Milk, Soy, Wheat |
| Grilled Cheese | 284 | 10.15 | 32.17 | 5.67 | 30.54 | 2 | 580 | Wheat, milk, soy |
| Grilled Cheese on Ciabatta | 260 | 10 | 34.62 | 5 | 30 | 2 | 670 | Wheat, soy, milk |
| Hamburger | 275 | 8.67 | 28.37 | 2.95 | 30 | 3 | 438 | Wheat, soy, gluten |
| Hot Dog on a bun | 320 | 17 | 47.81 | 6.5 | 32 | 3 | 540 | Wheat |
| Macaroni and Cheese Rose & Shore | 410 | 14 | 30.73 | 6 | 46 | 6 | 660 | Wheat, milk, soy, eggs |
| Max Sticks | 310 | 13 | 37.74 | 4.5 | 34 | 4 | 750 | Wheat, milk, soy |
| Nacho Bean Dip and Tortilla Chips | 460 | 16 | 31.30 | 5 | 61 | 11.5 | 686 | Milk |
| Nacho Cheesy Bites | 337 | 12.5 | 33.38 | 5 | 40 | 3.75 | 550 | Milk, soy, Wheat |
| Orange Popcorn Chicken & Rice Bowl | 216 | 5 | 20.83 | 0.8 | 29 | 0.4 | 727 | Wheat, soy, eggs |
| 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 | 56 | 5 | 390 | Wheat, soy, egg, 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 | 55 | 3 | 350 | Soy, Wheat*** |
| Pizza Galaxy Cheese 78366 | 300 | 13 | 39.00 | 6 | 32 | 3 | 510 | Wheat, milk, soy |
| Pizza Papa John Cheese WW | 380 | 11 | 26.05 | 4 | 49 | 4 | 780 | Wheat, milk |
| Pizza Papa John Pepperoni pork WW | 380 | 11 | 26.05 | 4 | 48 | 4 | 880 | Wheat, milk |
| Pizza Papa John Vegetarian WW | 380 | 12 | 28.42 | 4 | 48 | 5 | 780 | Wheat, milk |
| Ravioli Bake | 339 | 8 | 21.24 | 3.6 | 43 | 5 | 1102 | Egg, Milk, Soy, Wheat |
| Raviolis, Beef Chef Boyardee 8 pies | 261 | 9.00 | 31.03 | 4 | 30 | 3 | 723 | Wheat, milk, soy |
| Raviolis, Cheese 4 with sauce | 328 | 8.00 | 21.95 | 3.6 | 42 | 4.3 | 1091 | Wheat, Milk, Eggs |
| Rotini and marinara sauce | 395 | 14.00 | | 5.75 | 50 | 12 | 805 | Wheat, milk |
| Salad, BBQ Chicken with corn chips | 739 | 37.00 | 45.06 | 12 | 65 | 9 | 1056 | Milk, soy |
| Salad, Caesar Chicken with Dressing | 593 | 40.00 | 60.71 | 6 | 33 | 7 | 1235 | Wheat, milk, soy, egg, anchovies |
| Salad, Chef | 443 | 25.00 | 50.79 | 8.5 | 30 | 2 | 905 | Wheat, milk, egg, soy |
| Spaghetti and Meatball bowl | 416 | 15.00 | 32.45 | 6 | 45 | 3 | 512 | Milk, Soy, What |
| Spaghetti with Meat Sauce 1 cup pasta | 300 | 10 | 30.00 | 3 | 40 | 9 | 669 | Wheat, milk, soy, egg |
| Stuffed Sandwich Beef Pepperoni | 300 | 11 | 33.00 | 5 | 32 | 3 | 680 | Wheat, eggs, milk, soy |
| Taco Beef (2) | 257 | 9 | 31.52 | 2.6 | 28 | 2.5 | 86 | Wheat |
| Taco Stick Beef Integrated | 345 | 13 | 33.91 | 8.35 | 32 | 3.85 | 630 | Wheat, milk, soy |
| Tostada, Bean and Cheese | 245 | 11 | 40.41 | 4 | 21 | 3 | 303 | Milk, soy |
| Texas Garlic Cheese Toast | 356 | 17 | 42.98 | 8 | 31 | 2 | 447 | Wheat, milk, Soy |
| Turkey and Mashed Potatoes 5.2 oz | 212 | 7 | 29.72 | 2 | 22 | 1 | 908 | Milk, soy |

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|---------------------------------------------------|-----------------|----------------|----------------------------|--------------------------|-------------------------|------------------|------|----------------------------------|
| Unrustables 5.3 oz | 600 | 34 | 51.00 | 6 | 64 | 7 | 540 | Wheat, soy, peanuts |
| Vegetarian Burger | 285 | 6 | 18.95 | 1 | 36 | 6 | 671 | Eggs, Milk, Soy Wheat |
| Vegetarian Mini Twin Burgers | 310 | 12 | 34.84 | 3.5 | 40 | 6 | 460 | Wheat, soy, milk |
| Wings and Fries | 360 | 20.5 | 51.25 | 4 | 21 | 2 | 754 | Wheat |
| Wrap - BLT Bacon Lettuce Turkey | 398 | 12 | 27.14 | 3.5 | 43 | 2.7 | 1160 | Wheat, soy |
| Wrap - Caesar | 668 | 39 | 52.54 | 12.5 | 44.7 | 5 | 1571 | Wheat, milk, soy, egg, anchovies |
| Wrap Chicken Fajita | 444 | 19 | 38.51 | 8 | 45 | 5.7 | 922 | Wheat, milk |
| Fruit | Calories | Fat (g) | % calories from fat | Saturated fat (g) | Carbohydrate (g) | Fiber (g) | | Allergens |
| Apple Sauce 4.5 oz unsweetened cup | 51 | 0 | 0.00 | 0 | 14 | 1 | 2 | |
| 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 | |
| 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 | |
| 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 | |
| Mixed Fruit 1/2 Cup | 65 | 0 | 0.00 | 0 | 16 | 1 | 6 | |
| Orange slices 160 gm | 100 | 0.5 | 0.00 | 0 | 25 | 7 | 3 | |
| Peaches, canned diced or sliced 1/2 cup 124g | 76 | 0.2 | 0.00 | 0 | 19 | 1 | 5 | |
| Pears, canned diced 1/2 cup | 60 | 0 | 0.00 | 0 | 15 | 2 | 2 | |
| Pears, small | 60 | 0.1 | 0.00 | 0 | 17 | 3.5 | 1 | |
| Raisins 1 box 37.7 grams | 110 | 0 | 0.00 | 0 | 30 | 1 | 4 | |
| SideKicks 100% Fruit Juice 4.4 oz | 80 | 0 | 0.00 | 0 | 22 | 0 | 45 | |
| Tangerine small | 40 | 0.2 | 0.00 | 0 | 10 | 1 | 1.5 | |
| | | | | | | | | |
| Vegetables | Calories | Fat (g) | % calories from fat | Saturated fat (g) | Carbohydrate (g) | Fiber (g) | | Allergens |
| Baby Carrots | 23 | 0 | 0.00 | 0 | 5.4 | 1.33 | | |
| Corn 1/2 Cup | 67 | 0.55 | 7.39 | 0 | 16 | 2 | 7.6 | |
| Cucumbers | 9 | 0.1 | 10.00 | 0 | 1.5 | 0.5 | | |

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| Edamame | 43 | 2 | 41.86 | 0.3 | 3 | 0.4 | | soy |
| Potato Wedges | 120 | 4 | 30.00 | 0.5 | 20 | 2 | 140 | |
| Side Salad 1 cup | 8 | 0 | 0.00 | 0 | 0.71 | 0.4 | | |
| sugar snap peas | 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) | | Allergens |
| Non-Fat White | 90 | 0 | 0.00 | 0 | 12 | 0 | 130 | Milk |
| 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) | | Allergens |
| Cornbread muffin | 233 | 8 | 30.90 | 1.4 | 37 | 2 | 322 | Eggs, soy, wheat |
| Crackers MJM | 180 | 6 | 30.00 | 1 | 30 | 3 | 400 | Wheat |
| Crackers WG | 170 | 0.5 | 2.65 | 0.5 | 28 | 3 | 350 | Milk, Wheat, Soy |
| Croutons | 80 | 2 | 22.50 | 0 | 13 | 1 | 135 | Wheat, Milk |
| Dinner Roll 1.75 oz Skyblue | 150 | 2.5 | 15.00 | 0.5 | 28 | 1 | 135 | Wheat, milk, soy, Eggs |
| Dinner Roll Artisan Roll 2 oz | 160 | 2 | 11.25 | 0 | 34 | 5 | 270 | Wheat |
| Tortilla Chips yellow round 2 oz | 270 | 10 | 33.33 | 2 | 38 | 4 | 110 | Soy |
| Extras | Calories | Fat (g) | % calories from fat | Saturated fat (g) | Carbohydrate (g) | Fiber (g) | | Allergens |
| Holiday Cookies Heart, Egg, Star, Tree, Shamrock, Turkey | 160 | 8 | 45.00 | 2 | 21 | 1 | 95 | Wheat, milk, soy, egg |
| Chocolate Chip Cookie Linda's Reduced Fat 1 oz | 120 | 4.5 | 33.75 | 1 | 19 | 1 | 105 | Wheat, milk, egg |
| Cream Cheese | 70 | 6 | 77.14 | 3.5 | 1 | 0 | 115 | Milk |
| Dinner Roll 1.75 oz Skyblue | 150 | 2.5 | 15.00 | 0.5 | 28 | 1 | 135 | Wheat, milk, soy, Eggs |
| Dinner Roll Artisan Roll 2 oz | 160 | 2 | 11.25 | 0 | 34 | 5 | 270 | Wheat |
| Ranch Dressing | 70 | 8 | 102.86 | 1 | 0 | 0 | | Milk, soy, egg |
| Tortilla Chips yellow round 2 oz | 270 | 10 | 33.33 | 2 | 38 | 4 | 110 | Soy |
| Breakfast | Calories | Fat (g) | % calories from fat | Saturated fat (g) | Carbohydrate (g) | Fiber (g) | | Allergens |
| Breakfast sandwich egg and cheese | 212 | 8 | 33.96 | 3.5 | 23 | 3 | 550 | Egg, milk, soy, wheat |
| Breakfast Bowl | 320 | 19 | 53.44 | 6 | 20 | 2 | 812 | Egg, milk, soy, wheat |
| Bagel | 217 | 1 | 4.15 | 0 | 45 | 4 | 230 | Wheat, milk |
| Benefit Bar Large | 290 | 9 | 27.93 | 3 | 47 | 3 | 240 | Wheat, Egg, Soy, milk |

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| | | | | | | | | |
|--------------------------------------------|-----|-----|-------|------|------|-----|-----|-----------------------|
| Biscuit Sausage (beef) sandwich | 230 | 11 | 43.04 | 5 | 26 | 1 | | Wheat, milk, soy |
| Blueberry muffin | 223 | 6 | 24.22 | 0.9 | 38.5 | 3.3 | 115 | Wheat, egg, soy, milk |
| Breakfast/Honey bun | 250 | 8 | 28.80 | 2 | 37 | 5 | | Wheat, milk, soy |
| Cinnamon Roll | 380 | 4 | 9.47 | 4 | 69 | 4 | 194 | Wheat, milk, soy |
| Crumb Cake | 443 | 13 | 26.41 | 7.5 | 77 | 3 | 437 | Wheat, eggs, milk |
| Mozzarella string cheese | 80 | 5 | 56.25 | 3.5 | 1 | 0 | | Milk |
| Pancakes, mini | 200 | 6 | 27.00 | 1 | 34 | 2 | | Wheat, milk, egg |
| Pop tart, Whole Grain Brown Sugar Cinnamon | 200 | 6 | 27.00 | 2 | 34 | 5 | | Wheat, soy |
| Pop tart, Whole Grain Strawberry | 190 | 5 | 23.68 | 1.5 | 35 | 5 | | Wheat, soy |
| Uncrustables 2.6 oz WG | 320 | 17 | 45 | 3.50 | 32 | 3 | 320 | Wheat, peanuts |
| Whole Grain French Toast | 230 | 2 | 7.83 | 2 | 32 | 3 | | Wheat, soy, egg |
| Yogurt Parfait | 286 | 6.5 | 20.45 | 1.9 | 52 | 4 | 191 | Wheat, milk, soy |

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

A entrée may be sold a la carte if it is less than 400 Kcals and less than 40% fat. An entrée must also consist of at least two groups (Meat/Meat Alternative, Fruit/Vegetable, Grain/Bread).

****** - Pick Up Stix - The recipe and ingredients do contain peanuts or sesame; cross contamination may occur with items such as peanuts and sesame seeds.**