

Middle School Nutritional Information 2021-2022

Entrée	Calories	Fat (g)	% calories from fat	Saturated fat (g)	Carbohydrate (g)	Fiber (g)	Sodium (mg)	Allergens
Beef Dunkers and Rice	425	12	25.41	3.5	61	2	1008	Wheat, soy
Beef Picadillo Medley and Lime Rice	561	18	28.88	6	75	9	1805	soy
Beef Teriyaki Broccoli Rice Bowl	355	11.5	29.15	3.5	44.5	3.5	1403	Wheat, 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, Bean and Cheese Los Cabos	291	8	24.74	3.6	41	8	478	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	331	10.7	29.09	4.3	42	7.5	438	Wheat, soy, milk
Cheeseburger Don Lee	279	10	32.26	4.2	30	2.7	409	Wheat, soy, milk
Cheeseburger Sliders	272	9	29.78	3	30	2	475	Wheat, milk, soy
Cheeseburger, Bacon and Cheese	453	26	51.66	10	32	3	1116	Wheat, milk
Chicken Alfredo	409	11.5	25.31	5	54	9	647	Wheat, milk, soy
Chicken Chow Mein Bowl	350	5.7	14.66	1	50	6	973	Wheat, soy, eggs
Chicken little Sliders	315	11	31.43	2	39	4	289	Wheat, soy, egg
Chicken Mini Tacos	320	14	39.38	5	31	4	480	Wheatm Soy, Milk
Chicken Noodle Soup	127	3	21.26	0.5	17	2.5	913	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	320	18	50.63	3	20	3	488	Wheat, soy
Chicken Patty on WG Bun 70304	443	18.5	37.58	3	50	6.5	809	Wheat, soy
Chicken Patty Spicy on WG Bun	373	13	31.37	2.5	43	4	757	Wheat, Soy
Chicken Popcorn 15 pieces Tyson	312	17.5	50.48	3	18.75	3.7	475	Wheat, soy
Chicken Popcorn Bowl	462	20	38.96	3.8	49	6.5	906	Wheat, milk, soy
Chicken Spicy Fajita Wrap	427	19	40.05	8	41.5	4.5	676	Wheat, Milk
Chicken Tenders and Waffle Fries	345	18	46.96	3.5	28	1	902	Wheat, soy
Chicken Tenders Hot and Spice 4 & Fries	445	23	46.52	4	38	4	700	Wheat, soy
Chili - Turkey	150	4	24.00	1	11	2.5	441	Milk
Chili, White Bean and Chicken	475	11.5	21.79	4	58	13.5	1225	Milk, Soy
Corn Dog, Chicken	240	9	33.75	2.5	30	2	470	Wheat, soy, eggs, gluten
Enchilada Bowl Cheese, Beans, Rice	650	26	36.00	12	83	14	2180	Wheat, soy, milk
Fiesta Chicken Bowl	488	16	29.51	6	57	11	1243	Milk, Soy, Wheat
Grilled Cheese Integrated Wheat	280	10	32.14	5.3	31.5	3	600	Wheat, milk, soy
Grilled Cheese on Ciabata	260	10	34.62	5	28	2	670	Wheat, milk, soy

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Hamburger on WG Bun	299	12	36.12	4	33	4	568	Wheat, soy
Hamburger Don Lee	276	10.4	33.91	3.7	29	2.8	260	Wheat, soy
Hot Dog on a bun Beef	477	19	35.85	7	62.5	6	835	Wheat
Mac N Cheese Rose & Shore 850	380	15	35.53	8	43	5	590	Eggs, milk, wheat
Max Stick (2 each) 77387 12722	310	12	34.84	6	34	2	650	Wheat, Milk
Nacho Bean Dip and Tortilla Chips	440	19	38.86	3.5	54	12	818	Milk
Nacho Cheesy Bites	337	12.5	33.38	5	40	3.75	550	Milk, soy, Wheat
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 Papa John Cheese WW	360	11	27.50	4	46	4	750	Wheat, milk
Pizza Papa John 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
Ravioli Bake	366	11	27.05	5	41	2.7	972	Egg, Milk, Soy, Wheat
Raviolis, Cheese 4 with sauce	392	12.00	27.55	5	44	3	1161	Wheat, Milk, Eggs
Rotini and marinara sauce	416	14.00	30.29	5	55	6	873	Wheat, milk
Salad, BBQ Chicken with corn chips Ranch	684	33.50	44.08	11	63	9	763	Milk, soy, Ranch- milk egg
Salad, Caesar Chicken with Dressing	593	40.00	60.71	6	33	7	1200	Wheat, milk, soy, egg, anchovies
Salad, Chef	568	37.00	58.63	8.5	35	8	1167	Wheat, milk, egg, soy
Spaghetti and Meatball bowl	611	27.00	39.77	10	59	6	1128	Milk, Soy, Wheat
Spaghetti with Meat Sauce with bread stick	453	15	29.80	5	57	6	960	Wheat, milk, soy, egg
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
Texas Garlic Cheese Toast	356	17	42.98	8	31	2	447	Wheat, milk, Soy
Uncrustables 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
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	430	19	39.77	8	42	4	920	Wheat, milk

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<b>Fruit</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>% calories from fat</b>	<b>Saturated fat (g)</b>	<b>Carbohydrate (g)</b>	<b>Fiber (g)</b>		<b>Allergens</b>
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	
<b>Vegetables</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>% calories from fat</b>	<b>Saturated fat (g)</b>	<b>Carbohydrate (g)</b>	<b>Fiber (g)</b>		<b>Allergens</b>
Baby Carrots	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	9	0.1	10.00	0	1.5	0.5	1	
Edamame	43	2	41.86	0.3	3	0.4	5	soy
Potato Wedges	120	4	30.00	0.5	20	2	140	
Side Salad 1 cup Romaine	8	0	0.00	0	0.71	0.4	3	
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	
<b>Milk</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>% calories from fat</b>	<b>Saturated fat (g)</b>	<b>Carbohydrate (g)</b>	<b>Fiber (g)</b>		<b>Allergens</b>

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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
<b>Grains</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>% calories from fat</b>	<b>Saturated fat (g)</b>	<b>Carbohydrate (g)</b>	<b>Fiber (g)</b>		<b>Allergens</b>
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 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
<b>Extras</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>% calories from fat</b>	<b>Saturated fat (g)</b>	<b>Carbohydrate (g)</b>	<b>Fiber (g)</b>		<b>Allergens</b>
Holiday Cookies Heart, Egg, Star, Tree, Shamrock,	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 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
<b>Breakfast</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>% calories from fat</b>	<b>Saturated fat (g)</b>	<b>Carbohydrate (g)</b>	<b>Fiber (g)</b>		<b>Allergens</b>
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	3	500	Egg, milk, soy, wheat
Breakfast Bowl	266	15	50.75	3	20	2	820	Egg, milk, soy, wheat
Bagel	217	1	4.15	0	45	4	230	Wheat
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/Honey bun	230	7	27.39	2	39	3	340	Wheat, milk, soy, Egg
Cinnamon Roll	380	8	18.95	4	70	4	194	Wheat, milk, soy
Crumb Cake	418	13	27.99	7.5	72	3	354	Wheat, eggs, milk
Donut whole grain Low Fat	310	11	31.94	5	52	2	70	Wheat, eggs, milk, soy
Frudel	210	6	25.71	1.5	36	2	280	Wheat, soy, milk
Mozzarella string cheese	80	6	67.50	4	2	0	200	Milk

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Muffin, Chocolate	280	10	32.14	2	44	0	250	Wheat, milk, egg, soy
Pancakes, mini	210	6	25.71	0.5	38	2	270	Wheat, milk, egg
Pop tart, Whole Grain Brown Sugar Cinnamon	170	3	15.88	1	38	3	190	Wheat, soy
Pop tart, Whole Grain Strawberry	170	2.5	13.24	1.5	38	3	180	Wheat, soy
Uncrustables 2.6 oz WG	320	17	45	3.50	32	3	320	Wheat, peanuts
Whole Grain French Toast	290	13	40.34	6.5	31	2	510	Wheat, soy, egg
Yogurt Parfait	293	6.5	19.97	1	52	4	180	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 not contain peanuts or sesame; cross contamination may occur with items such as peanuts and sesame seeds.**