

## Middle School Nutritional Information 2020-2021

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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, 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
Fajita Bowl	579	16	24.87	3	78	15	963	Soy, Wheat, Milk

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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
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
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
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
Vegetarian Mini Twin Burgers	310	12	34.84	3.5	40	6	460	Wheat, soy, milk

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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
<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		
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		
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	

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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>
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 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
<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, 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
<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>
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
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 bun	250	8	28.80	2	37	5		Wheat, milk, soy
Cinnamon Roll	380	4	9.47	4	69	4	194	Wheat, milk, soy

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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.**

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