

Middle School Nutritional Information 2022-2023

09.12.22

Entrée	Calories	Fat (g)	% calories from fat	Saturated fat (g)	Carbohydrate (g)	Fiber (g)	Sodium (mg)	Allergens
BBQ Beef Sandiwch	282	10	31.91	3	33	3	550	Wheat, soy
Beef Dunkers and Rice	425	12	25.41	3.5	58	2	1008	Wheat, soy, sesame oil
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	465	25	48.39	10	32	3	996	Wheat, milk
Chicken Chow Mein Bowl	330	5	13.64	1	44	5.5	926	Wheat, soy, eggs
Chicken lil' Sliders	315	11	31.43	2	39	4	289	Wheat, soy, egg
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	966	Wheat, milk, soy
Chicken Spicy Fajita Wrap	427	19	40.05	8	41.5	4.5	676	Wheat, milk
Chicken Tenders Hot and Spicy 4 & Fries	445	23	46.52	4	38	4	700	Wheat, soy
Chili - Turkey	150	4	24.00	1	11	2.5	441	Milk
Corn Dog, Chicken	240	9	33.75	2.5	30	2	470	Wheat, soy, eggs, gluten
Crunchy Beef Tacos	257	9	31.52	2.6	27.8	2.5	85.6	
Enchilada Bowl Cheese, Beans, Rice	665	27	36.54	16	71	17	1693	Wheat, soy, milk
Fiesta Chicken Bowl	525	16	27.43	6	63	13	1376	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	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	320	17	47.81	7	32	3	540	Wheat
Lasagna Hearty with Cheese Stuffed Bread Stick	500	20	36.00	10	47	3	1034	Wheat, milk, soy, egg
Mac N Cheese Rose & Shore 850	340	14	37.06	8	33	4	770	Eggs, milk, wheat

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Nacho Bean Dip and Tortilla Chips	475	19	36.00	3.5	60	15	950	Milk
Orange Chicken and Rice	368	6	14.67	1	60	5.5	785	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	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 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 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
Ravioli Bake	353	11	28.05	5	41	2.7	919	Egg, milk, soy, wheat
Raviolis, Cheese 4 with marinara sauce	333	9	24.32	3	44	3	1016	Wheat, milk, soy, egg
Rotini and marinara sauce vegetarian	405	14.00	31.11	7	50	4	440	Wheat, milk
Salad, BBQ Chicken with Tortilla 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, Fish
Salad, Chef	568	37.00	58.63	8.5	35	8	1167	Wheat, milk, egg, soy
Sandwich, Croissant Turkey & Cheese	333	16.00	43.24	8	32	2	1092	Wheat, milk, soy
Sandwich Ham & Cheese on Hoagie Michael Bs	313	13.00	37.38	5.7	32	2	1032	Wheat, milk
Sandwich Turkey & Cheese on Hoagie	301	12.00	35.88	5	30	2	976	Wheat, milk
Spaghetti and Meatball bowl	611	27.00	39.77	10	59	6	1128	Milk, soy, wheat
Spaghetti with Meat Sauce with bread stick	493	15	27.38	5	68	5	953	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
Taquitos, Chicken Michael B's 2 each	227	4	15.86	0.5	27	5.2	226	
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	580	Wheat, milk
Uncrustables Peanut Butter & Jelly 5.3 oz	600	34	51.00	6	64	7	540	Wheat, soy, peanuts
Veggie Gardenburger Morning Star	240	5	18.75	0	37	6	690	Wheat, soy, milk
Veggie Chickenless Soy Nuggets	287.5	10	31.30	1.875	27.5	6.25	475	Wheat, soy
Yogurt Muffin and Cheese								Wheat, milk, egg, soy
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, milk, egg, soy

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String Cheese	80	6	67.50	3.5	1	0	210	Milk
Wrap - BLT Bacon Lettuce Turkey	400	13	29.25	4.5	43	5.7	1200	Wheat, soy
Wrap - Caesar	661	38	51.74	12.5	43	4	1568	Wheat, milk, soy, egg, anchovies
Wrap Chicken Fajita	430	19	39.77	8	42	4	920	Wheat, milk
Wrap Turkey Lettuce	447	18	36.24	8	44.5	4.9	1423	Wheat, milk, soy
Fruit	Calories	Fat (g)	% calories from fat	Saturated fat (g)	Carbohydrate (g)	Fiber (g)		Allergens
Apple Sauce 4.5 oz unsweetened cup	60	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	
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	

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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 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	4	30.00	0.5	20	2	140	
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)		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)		Allergens
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
Extras	Calories	Fat (g)	% calories from fat	Saturated fat (g)	Carbohydrate (g)	Fiber (g)		Allergens
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
Syrup 1.5 oz cups	120	0	0.00	0	31	0	0	
Tortilla Chips yellow round 2 oz	270	15	50.00	1.5	31	3	220	
Breakfast	Calories	Fat (g)	% calories from fat	Saturated fat (g)	Carbohydrate (g)	Fiber (g)		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	267	14	47.19	3	20	2	820	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	254	10	35.43	4	29	4	334	Wheat, egg, milk, soy
Bosco Stick Pizza (pepperoni pork)	240	9	33.75	4.5	29	3	500	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	8	30.00	2	38	3	300	Wheat, milk, eggs, soy
Cinnamon Roll Central Kitchen	380	8	18.95	4	70	4	194	Wheat, milk, soy
Crumb Cake Central Kitchen	418	13	27.99	7.5	72	3	354	Wheat, eggs, milk
Donut whole grain Low Fat powdered	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
Mini Cinnis	240	7	26.25	1.5	40	3	270	Wheat, milk
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
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	38	3	190	Wheat, soy
Pop tart, Whole Grain Strawberry	170	2.5	13.24	1.5	38	3	180	Wheat, soy
Uncrustables Peanut Butter & Jelly 2.6 oz WG	300	16	48.00	3.5	32	3	280	Wheat, peanuts
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.

**** - Pick Up Stix - The recipe and ingredients do not contain peanuts or sesame; cross contamination may

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