

Middle School Nutritional Information 2022-2023

04.10.23

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
Beef Picadillo and Potato Tots	236	13.84	52.78	4	18.8	2	857	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 Big Bad	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
Cheezy Bites, Wild Mike's	280	10	32.14	6	28	2	460	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 Cheese Salsa Verde Revolution	350	17	43.71	8	51	10	640	Milk
Enchilada Chicken Salsa Verde Revolution	270	9	30.00	4	51	12	450	Milk, soy
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

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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
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
Tortilla Soup Revolution	240	6	22.50	1	21	4	920	Milk
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

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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
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)	Sodium (mg)	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	
SideKicks 100% Fruit Juice 4.4 oz	80	0	0.00	0	22	0	45	

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Tangerine small	40	0.2	0.00	0	10	1	1.5	
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Vegetables	Calories	Fat (g)	% calories from fat	Saturated fat (g)	Carbohydrate (g)	Fiber (g)	Sodium (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	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)	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	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)	Sodium (mg)	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	

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Breakfast	Calories	Fat (g)	% calories from fat	Saturated fat (g)	Carbohydrate (g)	Fiber (g)	Sodium (mg)	Allergens
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
Oatmeal Round, Apple Cinnamon	278	12	38.85	4.5	39	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	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 occur with items such as peanuts and sesame seeds.

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