

## BLUE WEEK LUNCH ENTREES 2016-17 Menu Nutrition: Middle Schools

Food Items	Item Code	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)	Common Allergens Present	Gluten Free?
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**MONDAY**

Popcorn Chicken Bowl										
Popcorn Chicken	327120	11 each	230	12	2.5	14	2	350	Wheat, Soy	N
Mashed Potatoes	613738	1/2 c	78	1	0	15	1	365	Milk,	Y
Corn	610782	1/4 c	35	0.25	0	8	1	0	No known allergens	Y
Cheese Shred	150250	1/2 oz	55	4.5	3	0.5	0	105	Milk	Y
Gravy	552061	1 fl. oz	20	0.5	0	3	0	65	Milk, Soy, Wheat	N

Pizza Crunchers	143271	4 each	420	20	9	41	5	790	Milk, Wheat	N
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**TUESDAY**

Sliver Dollar Pancakes with	669440	9 each	160	2	0	32	4	360	Egg, Milk, Soy, Wheat	N
Pork Sausage Patties	111341	2 each	240	22	8	0	0	380	No known allergens	Y
Bosco Mozz Breadsticks with	235411	2 each	280	10	6	30	2	420	Wheat, Milk	N
Red Sauce Cup	677721	1 each	40	1	0	8	1	230	No known allergens	Y

**WEDNESDAY**

Chicken Sandwich	NK 79	1 each	343	11	1.5	33.3	5.4	458	Soy, Wheat	N
Pasta Bar										
Rotini	413360	1 cup-cooked (4oz)	210	1	0	42	2	0	Wheat	
Meat Sauce	573201	5.6 oz	167	7	3	9	2	290	No known allergens	Y
Alfredo Sauce	155661	1/2 cup	180	10	6	10	0	370	Milk	Y
Garlic Toast	277862	1 each	80	3.5	1	11	1	150	Milk, Soy, Wheat	N

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**THURSDAY**

Pepperoni Calzone	135191	1 each	340	13	5	35	3	510	Wheat, soy, milk	N
Buffalo Chicken Sandwich	NK 154	1 each	403	17.3	3.5	38.9	5.15	562	Wheat, soy	N
Sweet & Spicy Baked Beans	NK 37	1/2 cup	130	0	0	30.4	4.2	583	No known allergens, vegetar	Y

**FRIDAY**

Big Daddy Primo Cheese Pizza	667772	1 slice	370	15	7	36	3	500	Milk, Wheat, Soy	N
Cheddar Jack Steakburger	NK 152	1 each	288	11.2	5	22.5	3	512	Milk, Wheat	N

**MILK (EVERY DAY CHOICE)**

Tru-Moo Choc Fat-Free Milk		1 each	120	0		20	0	125	Milk	Y
1% Lowfat White- Dean's (pink)		1 each	110	2.5		13	0	130	Milk	Y
Fat-Free White- Dean's		1 each	90	0		13	0	130	Milk	Y

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## GREEN WEEK LUNCH ENTREES 2016-17 Menu Nutrition: Middle Schools

Food Items	Item Code	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)	Common Allergens Present	Gluten Free?
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**MONDAY**

Pork BBQ Sandwich	NK 150	1 each	420	18.6	6	38	2	374	Wheat	N
Buffalo Chicken Tenders	NK 151	3 each	234	11.5	2.2	12.4	1.4	637.4	Soy, Wheat	N
Crispy Cube Potatoes	504122	1/2c	130	6	2	18	2	270	Wheat	N

**TUESDAY**

Popcorn Chicken	536620	5 each	135	6.5	1.5	10	1.5	295	Milk, Soy, Wheat	N
Belgian Waffle Sticks	152221	2 each	140	2	0	27	2	250	Milk, Soy, Eggs, Wheat	N
Syrup	160090	1 each	120	0	0	31	0	0	No known allergens	Y
Big Daddy Primo Cheese Pizza	667772	1 slice	370	15	7	36	3	500	Milk, Wheat, Soy	N

**WEDNESDAY**

Nachos										
Beef Taco Meat	722330	3.2 oz	111	5	1.8	5	2	292	Soy	Y
Cheese	135261	1.0 oz	43	3	2	1.3	0	183	Milk, Soy	Y
Refried Beans	183910	1/2 c	144	1	1	25	8	525	No known allergens	Y
Tortilla Chips	163020	1 oz	150	6	1	21	2	75	No known allergens	Y
Mini Cheese Quesadillas	107201	3 pcs	250	8	2.5	30	4	600	Milk, Wheat, Soy	N

**THURSDAY**

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GREEN WEEK LUNCH ENTREES										
2016-17 Menu Nutrition: Middle Schools										
Food Items	Item Code	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)	Common Allergens Present	Gluten Free?
Chicken Drumstick with	603391	1 pcs	190	11	2.5	5	1	450	Wheat	N
Cornbread	159791	1 each	170	5	0.5	29	1	90	Wheat, Egg, Milk, Soy	N
Cheddar Jack Steakburger	NK 152	1 each	288	11.2	5	22.5	3	512	Milk, Wheat	N
Seasoned Wedges	574902	1/2 cup	110	5	1.5	14	2	260	Wheat	N

**FRIDAY**

Pizza Crunchers	143271	4 each	420	20	9	41	5	790	Milk, Wheat	N
Lasagna with	NK 30	6 oz.	357	15	8	25	2.3	608	Wheat, Milk	N
Garlic Toast	277862	1 each	80	3.5	1	11	1	150	Wheat, Milk, Soy	N

**MILK (EVERY DAY CHOICE)**

Tru-Moo Choc Fat-Free Milk		1 each	120	0		20	0	125	Milk	Y
1% Lowfat White- Dean's		1 each	110	2.5		13	0	130	Milk	Y
Fat-Free White- Dean's		1 each	90	0		13	0	130	Milk	Y

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**RED WEEK LUNCH ENTREES****2016-17 Menu Nutrition: Middle Schools**

Food Items	Item Code	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)	Common Allergens Present	Gluten Free?
<b>MONDAY</b>										
Mandarin Mango Chicken	VE 060347	(3.9oz)	158	7	2	12		198	Egg, Soy, Wheat	N
over Brown Rice Pilaf	NK 108	1/2 cup	131	0.6	0	27.8	1	281	No known allergens	Y
Chicken Sandwich	NK 79	1 each	343	11	1.5	33.3	5.4	458	Soy, Wheat	N
Fortune Cookies	591173	1 each	37	0.3	0.2	8	0	0	Wheat, Soy	N

**TUESDAY**

French Toast Sticks with Syrup	646222	3 each	151	3.7	1.1	22	2.4	265	Milk, Eggs, Soy, Wheat	N
	160090	1 each	120	0	0	31	0	0	No known allergens	Y
Corn Dog	620220	1 each	240	8	2.5	30	5	390	Wheat, Soy, Egg	N
Hash Brown	141520	1 each	110	5.5	0.75	14.5	1.5	225	No known allergens	Y

**WEDNESDAY**

Chicken Tenders with Biscuit	533830	3 each	240	10.5	3	13.5	1.5	375	Soy, Wheat	N
	504076	1 each	200	8	4.5	29	1	600	Wheat, Milk, Soy, Egg	N
Baked Spaghetti with Garlic Toast	NK 39	3/4 cup	320	10.5	5.5	31	2.7	398	Wheat, Milk	N
	277862	1 each	80	3.5	1	11	1	150	Wheat, Milk, Soy	N

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**RED WEEK LUNCH ENTREES****2016-17 Menu Nutrition: Middle Schools**

<b>Food Items</b>	<b>Item Code</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Sat. Fat (g)</b>	<b>Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sodium (mg)</b>	<b>Common Allergens Present</b>	<b>Gluten Free?</b>
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**THURSDAY**

All Beef Hot Dog	NK 81	1 each	280	17.7	6	21.6	2	692	Wheat	N
Pork BBQ Sandwich	NK 150	1 each	420	18.6	6	38	2	374	Wheat	N
Sweet & Spicy Baked Beans	NK 37	1/2 cup	130	0	0	30.4	4.2	583	No known allergens, veg	Y

**FRIDAY**

Domino's Cheese Pizza- 8 ct		1 slice	260	7	3.5	29	3	540	Milk, Soy, Wheat	N
Jamacian Street Tacos	NK 176	2 tacos	330	11.2	5	34	4	666.8	Milk, Soy, Wheat	N

**MILK (EVERY DAY CHOICE)**

Tru-Moo Choc Fat-Free Milk		1 each	120	0		20	0	125	Milk	Y
1% Lowfat White- Dean's (pink)		1 each	110	2.5		13	0	130	Milk	Y
Fat-Free White- Dean's		1 each	90	0		13	0	130	Milk	Y

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**BREAKFAST Available Every Day** **2016-17 Menu Nutrition: Middle Schools**

Food Items	Item Code	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)	Common Allergens Present	Gluten Free?
Cinnamon Roll	865440	1each	230	7	2	37	2	250	Wheat, Eggs, Soy, Milk	N
Ham & Cheese Croissant	NK 29	1 each	347	16.3	6	32	2	750	Milk, Eggs, Soy, Wheat	N
Breakfast Pizza	160432	1 each	220	8	2	27	3	460	Milk, Wheat, Soy	N
French Toast	646222	3 each	151	3.7	1.1	22	2.4	265	Milk, Eggs, Soy, Wheat	N
Burrito	NK 61	1 each	416	20.5	10	37.4	4	786	Milk, Eggs, Soy, Wheat	N
Cheese Stick	786801	1 pkg	80	6	2	1	0	210	Milk	Y
GM Lucky Charms	265811	1 bowl	100	1	0	23	2	180	No known allergens	Y
GM Honey Nut Cheerios	509396	1 bowl	110	1.5	0	22	2	160	Tree Nuts	Y
GM Golden Grahams	509434	1 bowl	100	1	0	24	1	220	Wheat	N
100% Apple Juice	118921	1 each	50	0	0	13	0	10	No known allergens	Y
100% Grape Juice	118940	1 each	80	0	0	19	0	20	No known allergens	Y
100% Orange Juice	118930	1 each	60	0	0	13	0	0	No known allergens	Y
Tru-Moo Choc Fat-Free Milk		1 each	120	0		20	0	125	Milk	Y
1% Lowfat White- Dean's		1 each	110	2.5		13	0	130	Milk	Y
Fat-Free White- Dean's		1 each	90	0		13	0	130	Milk	Y

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**GRAB 'N GO LUNCH ENTREES Available Every Day 2016-17 Menu Nutrition: Middle Schools**

Food Items	Item Code	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)	Common Allergens Present	Gluten Free?
Deli Turkey Sub	NK160	1 each	291	5.4	2.5	32.7	4.4	755	Milk, Wheat	N
Garden Veggie Salad	NK 13	1 each	281	16.5	7.7	16.4	3.5	420	Milk, Egg, Peanut, Tree Nut, Soy, Wheat	N
Chef Salad- turkey	NK 14	1 each	244	11.8	6.5	15.8	3.5	598	Milk, Peanut, Tree Nut, Soy, Wheat	N
Fresh Veggie Wrap	NK 163	1 each	448	25.4	15.5	35.7	4.8	916	Milk, Wheat	N
Fruit Medley	NK 168	1 each	408	13.8	6.6	51.2	4.1	518	Milk, Egg, Soy, Wheat	N
Veggie Medley	NK 166	1 each	355	13.6	6.6	37.4	3.9	555	Milk, Egg, Soy, Wheat	N
Yogurt Parfait	NK 178	1 each	363	4.25	1.6	73.3	3.2	109.5	Milk	Y
Peanut Butter Jelly Uncrustable	516761	1 each	630	33	7	64	6	630	Peanuts, Wheat	N
Alternate Meal- SMALL PBJ Uncrustable	527462	1 each	320	17	3.5	32	3	320	Wheat, Peanuts	N
Tru-Moo Choc Fat-Free Milk		1 each	120	0		20	0	125	Milk	Y
1% Lowfat White- Dean's		1 each	110	2.5		13	0	130	Milk	Y
Fat-Free White- Dean's		1 each	90	0		13	0	130	Milk	Y

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## 2016-2017 Menu Nutrition: Middle Schools

**HARVEST BAR OPTIONS (Included with all Entrees)**

Food Items	Item Code	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)	Common Allergens Present	Gluten Free?
Romaine Salad	NK 148	1/2 cup	6	0	0	1	0.5	0	No known allergies	Y
Apple Slices	473171	1 pkg	28.5	0	0	7	1.7	2.9	No known allergies	Y
Apple Slices	473171	1 pkg	28.5	0	0	7	1.7	2.9	No known allergies	Y
Celery	781592	1/2 cup	7.5	0	0	2	1	50	No known allergies	Y
Cucumbers	198587	1/2 cup	4	0	0	1	0	0	No known allergies	Y
Fresh Broccoli	732451	1/2 cup	15	0.2	0	3	1.1	14.5	No known allergies	Y
Fresh Carrots	510637	1/2 cup	52	0	0	12	4	88	No known allergies	Y
Frozen Strawberries	293393	1/2 cup	100	0	0	25	1.3	0	No known allergies	Y
Fruitable- Reg	272122	1 each	60	0	0	14	0	15	No known allergies	Y
Grape Tomato	129631	1/2 cup	18	0	0	6	0	6	No known allergies	Y
Grapes	280895	1/2 c	60	0	0	15	0.66	10	No known allergies	Y
Mandarins	612448	1/2 c	60	0	0	14	0	10	No known allergies	Y
Peaches	256760	1/2 c	50	0	0	14	1	5	No known allergies	Y
Pickle Spears	107352	2 each	0	0	0	0	0	210	No known allergies	Y
Pickled Jalapenos	499943	1 oz	5	0	0	1	1	280	No known allergies	Y
Pineapple	189979	1/2 cup	75	0	0	20	1	1.2	No known allergies	Y
Salsa	452841	1/4 c	20	0	0	4	2	140	No known allergies	Y
Sugar Snap Peas	778214	1/2 cup	12.6	0	0	2.6	1	0	No known allergies	Y
Whole Grain Roll	AM 4372	1 each	100	1.5	0	19	2	125	Wheat	N
Ketchup	819492	1 T	20	0	0	5	0	160	No known allergies	Y
Mustard packet	109908	1 each	0	0	0	0	0	65	No known allergies	Y
Mayo- Lite packet	188741	1 each	50	4.5	0.5	2	0	70	Egg	Y
Ranch Dressing	676210	2 T	160	17	3	1	0	240	Egg, Milk, Soy	Y
Syrup	160090	1 each	120	0	0	31	0	0	No known allergies	Y
Salsa Cup	677802	1 each	30	0	0	6	0	210	No known allergies	Y
Parmesan Cheese	445401	1 T	20	2	1	0	0	70	Milk	Y
Hot Sauce- Chamula	204850	1 t	0	0	0	0	0	80	No known allergies	Y
BBQ Sauce	664950	2 T	40	0	0	9	0	390	No known allergies	Y

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