

**PUSD Elementary School 2021-2022  
Breakfast Menu**

<b>Description</b>	<b>Alternative Name</b>	<b>Calories (kcal)</b>	<b>Carbs (g)</b>	<b>Fiber (g)</b>	<b>Mosaic Recipe #</b>
Bagel, Blueberry (IW)	Blueberry Bagel	225	48	3	990062
Cereal, Cinnamon Chex + Giant Cinnamon Graham	Cereal & Graham	230	42	2	990063
Cereal, Cinnamon Toast Crunch + Giant Cinnamon Graham	Cereal & Graham	241	41.275	2.012	990064
Cereal, Trix + Giant Cinnamon Graham	Cereal & Graham	230	43	2	990065
Crumb Cake + Giant Cinnamon Graham	Crumb Cake + Giant Cinnamon Graham	296	48	3.2	990067
Muffin, Chocolate	Chocolate Muffin	280	44	0	990068
Waffle, Blueberry	Blueberry Waffle	250	37	2	990070
Zee Bar, S'More	S'More Zee Zee Bar	250	42	2	990071

**PUSD Elementary School 2021-2022  
Lunch Menu**

<b>Description</b>	<b>Alternative Name</b>	<b>Calories (kcal)</b>	<b>Carbs (g)</b>	<b>Fiber (g)</b>	<b>Mosaic Recipe #</b>
Bosco Sticks, Cheese	Cheese Bosco Sticks	300	34	4	990073
Burger, Cheese (Housemade)	Cheese Burger	435	29	2	990075
Burger, Veggie (E)	Veggie Burger (E)	285	35	6	990077
Burrito, Bean & Cheese (IW)	Bean & Cheese Burrito	321	44.169	8.170	990078
Burrito, Chicken & Rice (IW)	Chicken & Rice Burrito	338	37	5	990079
Calzone, Cheese (IW)	Cheese Calzone	350	34.983	3.998	990080
Chicken, BBQ + Biscuit	BBQ Chicken & Biscuit	430	44.785	2.282	990081
Chicken, Drumstick + Biscuit	Chicken Drumstick & Biscuit	524	39.742	3.841	990082
Chicken Nuggets + Cookie	Chicken Nuggets + Cookie	358	32.8	2.5	990083
Chicken, Orange + Brown Rice	Orange Chicken & Brown Rice	233	36.446	0.727	990084
Chicken, Tender + Goldfish Cheddar Cracker	Chicken Tenders & Goldfish Cheddar Cracker	360	30	4	990085
Chicken, Teriyaki + Brown Rice	Teriyaki Chicken & Brown Rice	229	30.003	1	990086
Chili, Veggie + Tortilla Chips	Veggie Chili & Tortilla Chips	431	43.051	7.014	990087

Crispy Fish, Sticks + Potato, Wedges & Roll	Crispy Fish, Sticks + Potato Wedges & Roll	435	52.044	5.258	990088
Cup, Apple, Cheese & Cracker	Apple, Cheese & Cracker Cup	503	55.239	7.024	990089
Dumpling, Chicken	Chicken Potsticker	323	31.333	2	990090
Dumpling, Veggie + Rice	Veggie Potsticker & Rice	444	43.879	0.727	990091
Empanada, Chicken	Chicken Empanada	300	32	3	990092
Enchilada, Cheese (IW)	Cheese Enchilada	345	30.830	5	990093
Hot Dog, Twin (IW)	Twin Chicken Hot Dog	270	29	2	990094
Mac & Cheese + Roll	Mac & Cheese & Roll	364	44.537	3.012	990095
Nacho, Cheese (Pack)	Nacho Cup	650	59	3	990096
Pasta, Ravioli, Breaded + Bosco Stick	Pasta Ravioli + Bosco Stick	330	46	5	990097
Pasta, Tortellini, Cheese Marinara + Garlic Bread	Cheese Tortellini + Garlic Bread	220	33	3	990098
<b>Picnic Pack</b> , Muffin + Sunflower Seed + Cheese Stick + Goldfish Cracker	Picnic Pack	442	46.039	11.251	990099
Pizza, Cheese (Garlex) (E)	Cheese Pizza (E)	339	38.810	4.790	990100

Pizza, Pepperoni (Garlex) (E)	Pepperoni Pizza (E)	367	38.810	4.790	990101
Quesadilla, Chicken (Coyote Grill)	Chicken Quesadilla	300	32	3	990102
Quesadilla, Cheese (Coyote Grill)	Cheese Quesadilla	310	32	3	990103
Quesadilla, Cheese (IW)	Cheese Quesadilla	330	25	2	990104
Sandwich, Chicken, Crispy	Crispy Chicken Sandwich	360	38	5	990105
Sandwich, Grilled Cheese (IW)	Grilled Cheese Sandwich	390	41	3	990106
Sandwich, Turkey & Cheese	Turkey & Cheese Sandwich (E)	256	24.126	3	990107
Sandwich, Wowbutter	Wowbutter Sandwich	540	53	8	990108
Taco, Beef Soft	Beef Taco	326	33.270	5.360	990109
Taco, Chicken, Mini	Mini Chicken Taco Trio	320	31	4	990110
Tamale, Cheese & Green Chili (E)	Cheese Tamale	370	29	2	990111
Tofu, Orange + Brown Rice	Orange Tofu + Brown Rice	348	43.515	7.434	990112
Tofu, Orange + Chow Mein	Orange Tofu + Chow Mein	495	70.069	6.707	990137
Veggie Nuggets + Roll	Veggie Nugget + Roll	350	39	3	990113
Waffles & Chicken with Syrup	Chicken & Waffles	485	60	7	990114

Waffles & "Chicken" Nuggets with Syrup	Veggie Nuggets & Waffles	435	57	5	990115
Yogurt Parfait (E)	Yogurt Parfait	522	94.941	6.958	990116