

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

Description	Alternative Name	Calories (kcal)	Carbs (g)	Fiber (g)	Mosaic Recipe #
Bagel, Blueberry (IW)	Blueberry Bagel	225	48	3	990062
Cereal, Cinnamon Chex	Cereal	240	46	3	990117
Cereal, Cinnamon Toast	Cereal	230	44	6	990118
Crumb Cake	Crumb Cake	283	47	3	990119
French Toast, Chocolate Chip	French Toast, Chocolate Chip	210	35	4	990120
Muffin, Chocolate	Chocolate Muffin	280	44	0	990068
Pancake, Blueberry	Blueberry Pancake	210	35	4	990121
Waffle, Blueberry	Blueberry Waffle	250	37	2	990070
Yogurt Parfait	Yogurt Parfait	290	54.012	4.933	990122

**PUSD Middle School 2021-2022
Lunch Menu Index**

Description	Alternative Name	Calories (kcal)	Carbs (g)	Fiber (g)	TR #
Bosco Sticks, Cheese	Cheese Bosco Sticks	300	34	4	990073
Bosco Sticks, Pepperoni	Pepperoni Bosco Sticks	500	60	6	990074
Burger, Cheese (Housemade)	Cheese Burger	435	29	2	990075
Burger, Veggie	Veggie Burger	365	44	7	990123
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	44.978	3.998	990080
Chicken, BBQ + Cornbread	BBQ Chicken & Biscuit	413	49.259	1	990124
Chicken, Chimichanga	Chicken Chimichanga	290	36	1	990125
Chicken, Orange + Brown Rice	Orange Chicken & Brown	233	36.446	0.727	990084
Chicken, Tender + Goldfish Cheddar Cracker	Chicken Tender & Goldfish Cracker	360	30	4	990085
Chili, Veggie + Tortilla Chips	Veggie Chili & Tortilla Chips	431	43.051	7.014	990087
Dumpling, Chicken	Chicken Potsticker	323	31.333	2	990090

Dumpling, Veggie + Rice	Veggie Potsticker & Rice	444	43.879	6.877	990091
Egg Roll, Crispy Chicken	Crispy Chicken Egg Roll	320	40	6	990126
Enchilada, Cheese (IW)	Cheese Enchilada	345	30.830	5	990093
Mac & Cheese + Roll (IW)	Mac & Cheese & Roll	364	44.537	3.012	990095
Muffin Madness Lunch Pack	Muffin Madness Lunch Pack	482	51.039	3.002	990127
Nacho, Cheese (MS)	Cheese Nachos	530	41	3	990128
Nacho, Cheese & Turkey (MS)	Turkey Nachos	497	39.544	3	990138
Pizza, Cheese (Garlex)	Cheese Pizza	423	48.520	5.990	990129
Pizza, Pepperoni (Garlex)	Pepperoni Pizza	459	48.520	5.990	990130
Quesadilla, Cheese	Cheese Quesadilla	635	37.025	3	990131
Quesadilla, Chicken	Chicken Quesadilla	692	37.025	3	990132
Sandwich, Chicken, Crispy	Crispy Chicken Sandwich	360	38	5	990105
Sandwich, Chicken, Spicy	Spicy Chicken Sandwich	433	46.184	5.033	990133
Sandwich, Grilled Cheese (Housemade)	Grilled Cheese Sandwich	368	22	3	990134
Sandwich, Turkey & Cheese	Turkey & Cheese Sandwich	346	40.126	3	990135
Taco, Beef, Soft	Beef Taco	326	33.270	5.360	990109
Taco, Chicken, Mini	Mini Chicken Taco	320	31	4	990110

	Trio				
Tamale, Cheese & Green Chili	Cheese Tamale	351	27.045	2.003	990136
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 Nuggets + Roll	350	39	3	990113
Yogurt Parfait (E & MS)	Yogurt Parfait	522	94.941	6.958	990116