

PUSD NUTRITION INFO

MIDDLE SCHOOL ENTREES	CALORIES	CARBS gms	FAT gms	PROTEIN gms	FIBER gms	SODIUM mg	ALLERGENS					
							WHEAT	SOY	EGGS	MILK	PORK	SHELLFISH
BREAKFAST												
served with fresh fruit & milk or juice												
YOGURT, ASST. FLAVORS, YAMI 8OZ	200	38	2.5	7	0	105		X				
side - GRANOLA (2oz)	147	29	3	3	2	20		X	X			
Benefit Granola Bar	140	24	4	2	3	115		X	X	X		
Apple Pie Bread Stick	170	36	1.5	5	3	150		X				
Whole grain Crumb Cake	173	29	5.5	2	2	134		X		X		
Cereal Bowl - Kashi	90	24	1	2	5	125		X	X			
Cinnamon Roll	300	54	8	5	3	270	X	X	X	X		
Ham and Cheese Breakfast Sandwich	250	36	7	9	1	610	X	X	X	X		
Yogurt Parfait	360	69	5	14	3	163	X	X		X		
LUNCH												
PIZZA, PEPPERONI	234	25	9.91	11.17	2.24	428	X			X	X	
SPICY CHICKEN BREAST SANDWICH	380	43	12	25	5.76	700	X	X				
POPCORN SHRIMP	320	35	13	15	4	740	X	X	X	X		X
CHICKEN TENDERS 3pc.	230	14	15	11	0	450	X	X	X	X		
FLAT BREAD SANDWICH W/CHICKEN	305	37.64	8.42	17.41	1.53	299	X	X	X			
CHEESE BURGER	362	29	16	24	2	539	X	X		X		
VEGETARIAN BURGER	380	39	18	16	4	474	X	X	X	X		
BURRITO, BEAN AND CHEESE	290	33	13	13	4	580	X	X				
MANDARIN ORANGE CHICKEN W/RICE	354	39.96	13.81	20.77	7.47	640	X	X	X	X		
MACARONI AND CHEESE	350	32	22	16	1	980	X		X	X		
TERIYAKI SUSHI ROLL	158	13.5	5.46	14.3	1.34	461	X	X		X		
CURLY PASTA MARINARA	247	24.32	10.47	14.06	4	633	X		X	X		
SESAME CHICKEN W/SEASONED POTATOES	297	35.3	10.01	18.09	7.58	433	X	X	X	X		
DELI SANDWICH W/TURKEY	428	42	18	24	3	905	X	X	X	X		
DELI SANDWICH W/ROAST BEEF and PITA	336	28	16	23	6.27	981	X	X	X	X		
GARDEN SALAD SHAKER	199	31	6	6	5.37	460	X	X				X
ASIAN CHICKEN SALAD w Sesame Dressing	439	24	25	29	3	720	X	X	X			
CHICKEN CAESAR SALAD	513	22	31	33	3	982						
SIDES												
COOKIE	209	37	7	3	3	252	X		X	X		
CEREAL BOWL, KASHI	90	24	1	2	5	125		X	X			
FRUIT SHERBET	120	26	1.5	0	0	20					X	
FORTUNE COOKIE	22	5	0.2	0.5	0.5	0		X	X	X		
FRUIT POP	28	7	0.12	0.3	1	0.78						
POTATO ROUNDS	134	18	6	2	2	214						