PUSD NUTRITION INFO

HIGH SCHOOL ENTREES	CALORIES	CARBS gms	FAT gms	PROTEIN gms	FIBER gms	SODIUM mg	ALLERGENS NUTS	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			X		
side - GRANOLA (2oz)	147	29	3	3	2	20		X	X				
Benefit Granola Bar	140	24	4	2	3	115		X	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	X		
Cereal Bowl - Kashi	90	24	1	2	5	125		X	X				
Cinnamon Roll	180	37	1	5	3	140	X	X	X	X			X
Ham and Cheese Breakfast Pocket	250	36	7	9	1	610	X	X	X	X			
MINI PANCAKES W/TURKEY SAUSAGE	320	35	13	15	4	740		X	X	X	X		
YOGURT PARFAIT, LARGE	360	69	5	14	3	163		X	X				
BREAKFAST BURRITO, HAM AND EGG	335	38	14	19	6	1200		X		X	X		
BREAKFAST BURRITO, EGG AND CHEESE	306	38	13	15	6	857		X		X	X		
LUNCH													
PIZZA, PEPPERONI	234	25	9.91	11.17	2.24	427.88		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		
FLAT BREAD SANDWICH W/CHICKEN	305	37.64	8.42	17.41	1.53	298.53		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				
CHICKEN TENDERS 3pc.	230	14	15	11	0	450	X	X	X	X			
MANDARIN ORANGE CHICKEN W/RICE	354	39.96	13.81	20.77	7.47	639.76		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	461.21		X	X		X		
CURLY PASTA MARINARA	247	24.32	10.47	14.06	4	633.36		X		X	X		
SESAME CHICKEN W/SEASONED POTATOES	297	35.3	10.01	18.09	7.58	433.44		X	X	X	X		
CHEESE BURGER	362	29	16	24	2	539	X	X		X			
DELI SANDWICH W/TURKEY	428	42	18	24	3	905	X	X	X	X			
ROAST BEEF/MOZZ PITA	336	28	2	23	6	981		X	X				
GARDEN SALAD SHAKER	199	31	6	6	5.37	460		X	X				X
CAESAR SALAD W/DRESSING	476	24	34	16	3	1318							
ASIAN CHICKEN SALAD W/SESAME DRESSING	426	25	23	30	3	773							
CHICKEN CAESAR SALAD W/DRESSING	612	23	37	42	3	1379							
FIERY CHICKEN SALAD W/RANCH	213	20	9	13	2	1502							
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							