

**PUSD High 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, Cheese, Fresh Baked	Cheese Bagel	91	1.012	0	990139
Breakfast Burrito	Breakfast Burrito	561	53	5	990140
Cereal, Cinnamon Chex	Cereal	240	46	3	990117
Cereal, Cinnamon Toast Crunch	Cereal	230	44	6	990118
Cereal, Lucky Charms	Cereal	210	46	4	990141
Cinnamon Roll, Fresh Baked	Cinnamon Roll	292	54.322	1.333	990142
Croissant, Fresh Baked	Croissant	115	22	0	990143
Crumb Cake	Crumb Cake	283	47	3	990119
French Toast, Chocolate Chip	Chocolate Chip French Toast	210	35	4	990120
Muffin, Chocolate	Chocolate Muffin	280	44	0	990068
Pancake, Blueberry	Blueberry Pancake	210	35	4	990121

**PUSD High 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>TR #</b>
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
Burger, Veggie, BBQ + Fries	BBQ Veggie Burger + Fries	463	72.933	7.667	990146
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, Gochujang + Rice	Gochujang Chicken & Rice	355	30.931	0.727	990148
Chicken, Orange + Brown Rice	Orange Chicken & Brown	233	36.446	0.727	990084
Chicken, Snackers + Cheez-It	Chicken Snackers + Cheez-It	390	33	3	990151

Chicken, Tender Fritter	Chicken Tender Fritter	248	21.722	2.069	990153
Chili, Veggie + Tortilla Chips	Veggie Chili & Tortilla Chips	431	43.051	7.014	990087
Dumpling, Chicken	Chicken Potsticker	323	31.333	2	990090
Egg Roll, Crispy Chicken	Crispy Chicken Egg Roll	320	40	6	990126
Empanada, Chicken	Chicken Empanada	300	32	3	990092
Lasagna, Cheese	Cheese Lasagna	452	56.2	6.012	990154
Masala, Chana	Chana Masala	312	52.374	5.989	990155
Masala, Chicken Tikka	Chicken Tikka Masala	233	24.488	1.116	990156
Nacho, Cheese	Cheese Nachos	367	41.335	4	990157
Nacho, Cheese & Turkey	Turkey Nachos	507	46.547	4	990159
Pasta, Marinara + Cheesy Garlic Bread	Pasta Marinara + Cheesy Garlic Bread				990160
Pasta, Meatball + Garlic Bread	Pasta & Meatballs with Garlic Bread	328	43.057	6.014	990161
Pasta, Veggie Meatballs + Garlic Bread	Pasta & Veggie Meatballs with Garlic Bread	430	51.041	5.981	990162
Pizza, Cheese (Garlex)	Cheese Pizza	423	48.520	5.990	990129
Pizza, Pepperoni (Garlex)	Pepperoni Pizza	459	48.520	5.990	990130
Pork, Pulled, Korean & Rice Bowl	Korean Pulled Pork & Rice Bowl	333	39.495	0.727	990165

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, Grilled Cheese, 2-Cheese + Garlic Fries	Grilled Cheese Sandwich + Garlic Fries	628	41.011	4.001	990167
Sandwich, Pulled Pork + Seasoned Fries	Pulled Pork Sandwich with Seasoned Fries	502	64.548	3.001	990169
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
Veggie Nuggets + Roll	Veggie Nuggets + Roll	350	39	3	990113