Week of 10/2 Nutrition Information

Menu Item	Portion	Cals	Fat (g)	Sat Fat (g)	Carbs (g)	Sodium (mg)	Top 9 Common Allergens
10/2							
Popcorn Chicken	6 pc (K-5), 8 pc (6-8), 10 pc (9-12)	162 (K-5), 216 (6-8), 270 (9-12)	8 (K-5), 10 (6-8), 13 (9-12)	1.8 (K-5), 2.4 (6-8), 3 (9-12)	12 (K-5), 16 (6-8), 20 (9-12)	384 (K-5), 512 (6-8), 640 (9-12)	Milk, Soy, Wheat
Dutch Waffle	1 each	300	13	3	43	350	Egg, Milk, Soy, Wheat
Baby Carrots	1/2 cup	25	0	0	6	55	--
10/3							
Beef Riblet	1 each	160	6	4	5	370	--
Hamburger Bun	1 each	116	2	< 1	22	215	Wheat
French Fries	1/2 cup	90	3.5	0	14	260	--
10/4							
Penne	3/4 cup	142	< 1	0	31	0	Wheat
Meat Sauce	1/2 cup	178	10	4	5	112	--
Green Beans	1/2 cup	19	0	0	4	1	--
Garlic Knot (9-12)	1 each	120	4.5	1.5	18	220	Soy, Wheat
10/5							
Chicken Empanada	1 each	300	10	4	36	570	Milk, Soy, Wheat
Apple-Jicama slaw	1/2 cup	37	3	< 1	5	44	Egg
10/6							
Mozzarella Sticks	4 pc (K-5), 5 pc (6-8), 6 pc (9-12)	210 (K-5), 263 (6-8), 315 (9-12)	8 (K-5), 10 (6-8), 12 (9-12)	2.5 (K-5), 3 (6-8), 4 (9-12)	22 (K-5), 28 (6-8), 33 (9-12)	360 (K-5), 450 (6-8), 540 (9-12)	Milk, Wheat
Marinara sauce	1/4 cup	25	0	0	5	70	--
Dinner Roll	1 each	73	0	0	14	127	Wheat
Salad w/ dressing	1/2 cup	48	3	0	3	135	--

This information reflects the best information available to us at the time of posting, however manufacturers may change product ingredients without notice. And while we do our best to avoid menu changes, menus are subject to change without notice. Should you need specific product information, please email meals@medford.k12.ma.us