

# Week of 3/11 Nutrition Information

Menu Item	Portion	Cals	Fat (g)	Sat Fat (g)	Carbs (g)	Sodium (mg)	Top 9 Common Allergens
<b>3/11</b>							
Cheese Pizza	1 slice	300	11	4	37	580	Milk, Soy, Wheat
Pepperoni Pizza	1 slice	320	12	4	37	687	Milk, Soy, Wheat
Buffalo Chicken Pizza (9-12)	1 slice	390	15	5	44	1078	Milk, Soy, Wheat
Salad w/ dressing	3/4 cup	48	3	0	3	135	--
<b>3/12</b>							
Egg & Cheese Croissant	1 each	345 (K-8), 360 (9-12)	20 (K-8), 21 (9-12)	9 (K-8), 10 (9-12)	29 (K-8), 29 (9-12)	760 (K-8), 780 (9-12)	Egg, Milk, Soy, Wheat
Tater Tots	1/2 cup	140	7	1	16	190	--
Applesauce	1/2 cup	60	0	0	14	15	--
<b>3/13</b>							
Soft Pretzel	1 each	150	1	0	30	140	Wheat
w/ Cheese Cup	1 each	180	10	6	13	390	Milk
Turkey & Cheese Croissant	1 each	350	19	9	30	800	Milk, Soy, Wheat
Crunchy Chickpeas	1/2 cup	90	3	0	14	140	--
Apple slices	1/2 cup	29	0	0	8	0	--
<b>3/14</b>							
Fish Sticks (K-8)	4 each	210	10	2	22	400	Fish, Milk, Wheat
Fish Sandwich (9-12)	1 each	335	7	1	47	527	Fish, Milk, Wheat
Rice Krispie Treat (K-8)	1 each	160	4	1	30	140	Milk, Soy
French Fries	1/2 cup	90	3.5	0	14	260	--
Remoulade Sauce (9-12)	2 Tbsp	148	16	2	<1	106	Egg
<b>3/15</b>							
Shepherd's Pie	1 cup	294	13	5	24	442	Milk
Dinner Roll	1 each	73	0	0	14	127	Wheat

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](mailto:meals@medford.k12.ma.us)