

Nutrition Information: Main Menu Items, p 1 of 2

| Menu Item | Portion | Cals | Fat (g) | Sat Fat (g) | Carbs (g) | Sodium (mg) | Top 9 Common Allergens |
|------------------------------|---|--|-------------------------------------|--------------------------------------|-------------------------------------|--|------------------------|
| Bento Box | 1 each | 272 (K-5) 332 (6-8) 497 (9-12) | 14 (K-5) 19 (6-8) 26 (9-12) | 7 (K-5) 10 (6-8) 13 (9-12) | 26 (K-5) 27 (6-8) 49 (9-12) | 374 (K-5) 474 (6-8) 849 (9-12) | Milk, Wheat |
| Buffalo Chicken Pizza | 1 slice | 390 | 15 | 5 | 44 | 1078 | Milk, Soy, Wheat |
| Cheese Pizza | 1 slice | 300 | 11 | 4 | 37 | 580 | Milk, Soy, Wheat |
| Cheeseburger | 1 each | 301 | 11 | 5.5 | 30 | 624 | Milk, Soy, Wheat |
| Chicken Drumstick | 1 each | 150 | 8 | 2 | 2 | 350 | -- |
| Chicken Enchilada Empanada | 1 each | 300 | 10 | 4 | 36 | 570 | Milk, Soy, Wheat |
| Chicken Fajita Burrito Bowl | 1 each | 357 (K-8) 661 (9-12) | 13 (K-8) 21 (9-12) | 3 (K-8) 6 (9-12) | 31 (K-8) 59 (9-12) | 555 (K-8) 1106 (9-12) | Milk |
| Chicken Patty Sandwich | 1 each | 376 | 9 | 1.5 | 48 | 694 | Milk, Wheat |
| Chicken Tikka Masala | 1/4c (K-5), 1/2c (6-12) | 78 (K-5) 156 (6-12) | 3.5 (K-5) 7 (6-12) | 1 (K-5) 2 (6-12) | 5.5 (K-5) 11 (6-12) | 245 (K-5) 490 (6-12) | Milk |
| Chocolate Hummus | 1 each | 170 | 10 | 1.5 | 15 | 35 | -- |
| Creole Fish Sandwich | 1 each | 335 | 7 | 1 | 47 | 527 | Fish, Milk, Wheat |
| Egg & Cheese Croissant | 1 each | 360 | 21 | 10 | 29 | 780 | Egg, Milk, Soy, Wheat |
| French Toast Sticks | 4 pc (K-5), 5 pc (6-8), 6 pc (9-12) | 280 (K-5), 350 (6-8), 420 (9-12) | 12 (K-5), 15 (6-8), 18 (9-12) | 2.6 (K-5), 3.3 (6-8), 4 (9-12) | 35 (K-5), 43 (6-8), 52 (9-12) | 387 (K-5), 484 (6-8), 580 (9-12) | Egg, Milk, Soy, Wheat |
| General Tso's Chicken (6-12) | 8 pc (6-8) 10 pc (9-12) | 259 (6-8) 295 (9-12) | 12 (6-8) 14 (9-12) | 2.5 (6-8) 3 (9-12) | 23 (6-8), 26 (9-12) | 718 (6-8), 802 (9-12) | Milk, Soy, Wheat |

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Nutrition Information: Main Menu Items, p 2 of 2

| Menu Item | Portion | Cals | Fat (g) | Sat Fat (g) | Carbs (g) | Sodium (mg) | Top 9 Common Allergens |
|----------------------------|--|--|------------------------------------|--------------------------------------|-------------------------------------|--|------------------------|
| Grilled Chicken Marmita | 1 bowl | 284 (K-5), 329 (6-8), 438 (9-12) | 5 (K-5), 5 (6-8), 6 (9-12) | 1 (K-5), 1 (6-8), 1 (9-12) | 44 (K-5), 43 (6-8), 66 (9-12) | 314 (K-5), 531 (6-8), 532 (9-12) | -- |
| Meatball Sub | 1 each | 301 (K-8) 334 (9-12) | 7 (K-8), 9 (9-12) | 3 (K-8), 4 (9-12) | 38 (K-8), 39 (9-12) | 614 (K-8), 687 (9-12) | Milk, Wheat |
| Mini Breaded Raviolis | 5 pc (K-5), 8 pc (6-8), 10 pc (9-12) | 180 (K-5), 288 (6-8), 360 (9-12) | 2 (K-5), 3 (6-8), 4 (9-12) | 0.5 (K-5) <1 (6-8), 1 (9-12) | 33 (K-5), 53 (6-8), 66 (9-12) | 410 (K-5), 656 (6-8), 820 (9-12) | Egg, Milk, Wheat |
| Mozzarella Sticks | 5 pc (K-8) 6 pc (9-12) | 263 (K-8), 315 (9-12) | 10 (K-8) 12 (9-12) | 3 (K-8) 4 (9-12) | 28 (K-8) 33 (9-12) | 450 (K-8) 540 (9-12) | Milk, Wheat |
| Nachos (K-5) | 1 each | 351 | 20 | 8 | 26 | 669 | Milk |
| Nachos (6-8) | 1 each | 464 | 26 | 10 | 35 | 860 | Milk |
| Nachos (9-12) | 1 each | 534 | 29 | 11 | 45 | 917 | Milk |
| Pepperoni Pizza | 1 slice | 320 | 12 | 4 | 37 | 687 | Milk, Soy, Wheat |
| Shepherd's Pie | 1 cup | 294 | 13 | 5 | 24 | 442 | Milk |
| String Cheese | 1 each | 80 | 6 | 4 | 2 | 200 | Milk |
| Sunbutter & Jelly Sandwich | 1 each | 310 | 15 | 2 | 33 | 300 | Soy, Wheat |
| Hamburger | 1 each | 246 | 6 | 2.5 | 29 | 404 | Wheat |
| Orange Chicken (K-5) | 5 pc | 212 | 8 | 1.8 | 26 | 594 | Milk, Soy, Wheat |
| 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 |

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Nutrition Information: Vegetables, p 1 of 2

| Menu Item | Portion | Cals | Fat (g) | Sat Fat (g) | Carbs (g) | Sodium (mg) | Top 9 Common Allergens |
|--------------------------|---------|------|---------|-------------|-----------|-------------|------------------------|
| Black Bean Salad | 1/2 cup | 125 | 1 | 0 | 21 | 152 | -- |
| Baked Beans (vegetarian) | 1/2 cup | 160 | 1 | 0 | 29 | 140 | -- |
| Broccoli, steamed | 1/2 cup | 26 | 0 | 0 | 5 | 70 | -- |
| Black Beans | 1/2 cup | 100 | 0 | 0 | 18 | 140 | -- |
| Carrots, baby | 1/2 cup | 25 | 0 | 0 | 6 | 55 | -- |
| Broccoli, Roasted | 1/2 cup | 73 | 7 | 2 | 2 | 295 | -- |
| Cucumber Slices | 1/2 cup | 6 | 0 | 0 | 1.5 | 1 | -- |
| Carrots, Steamed | 1/2 cup | 25 | 0 | 0 | 6 | 55 | -- |
| Corn | 1/2 cup | 78 | 0 | 0 | 18 | 3 | -- |
| Crunchy Chickpeas | 1/2 cup | 90 | 3 | 0 | 14 | 140 | -- |
| French Fries | 1/2 cup | 90 | 3.5 | 0 | 14 | 260 | -- |
| Garden Salad w/ dressing | 1/2 cup | 48 | 3 | 0 | 3 | 135 | -- |
| Green Beans | 1/2 cup | 19 | 0 | 0 | 12 | <1 | -- |
| Lettuce & Tomato | 1/4 cup | 5 | 0 | 0 | 3 | 0 | -- |
| Marinara sauce cup | 1 ea | 40 | 0 | 0 | 7 | 200 | -- |
| Mashed Potatoes | 1/2 cup | 60 | 1 | 0 | 13 | 233 | Milk |
| Mixed Vegetables | 1/2 cup | 109 | 1 | 0 | 23 | 1 | -- |

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Nutrition Information: Vegetables, p 2 of 2

| Menu Item | Portion | Cals | Fat (g) | Sat Fat (g) | Carbs (g) | Sodium (mg) | Top 9 Common Allergens |
|----------------------------|---------|------|---------|-------------|-----------|-------------|------------------------|
| Refried Beans (vegetarian) | 1/2 cup | 140 | 05 | 0 | 24 | 140 | -- |
| Plantains | 1/4 cup | 140 | 2.8 | 0.5 | 28 | 0 | -- |
| Sweet Potato Fries | 1/2 cup | 150 | 8 | 2 | 19 | 125 | -- |
| Tater Tots | 1/2 cup | 140 | 7 | 1 | 16 | 190 | -- |
| Yucca Fries | 1/2 cup | 110 | 4 | <1 | 17 | 115 | -- |
| Vblend vegetable juice | 1/2 cup | 50 | 0 | 0 | 13 | 10 | -- |

Nutrition Information: Fruits

| Menu Item | Portion | Cals | Fat (g) | Sat Fat (g) | Carbs (g) | Sodium (mg) | Top 9 Common Allergens |
|-------------------------|---------|------|---------|-------------|-----------|-------------|------------------------|
| Apple | 1 each | 77 | 0 | 0 | 20 | 0 | -- |
| Apple crisps | 1 pkg | 40 | 0 | 0 | 10 | 0 | -- |
| Apple Slices | 1 pkg | 29 | 0 | 0 | 8 | 0 | -- |
| Applesauce | 1/2 cup | 60 | 0 | 0 | 14 | 15 | -- |
| Banana | 1 each | 90 | 0 | 0 | 23 | 1 | -- |
| Baked apples | 1/2 cup | 100 | 0 | 0 | 25 | 5 | -- |
| Craisins | 1 each | 110 | 0 | 0 | 27 | 0 | -- |
| Fruit Slush, Strawberry | 1 each | 90 | 0 | 0 | 22 | 0 | -- |
| Mixed Fruit | 1/2 cup | 60 | 0 | 0 | 17 | 10 | -- |
| Orange | 1 each | 65 | 0 | 0 | 16 | 0 | -- |
| Peaches, canned | 1/2 cup | 90 | 0 | 0 | 21 | 0 | -- |
| Plum | 1 each | 127 | 0 | 0 | 8 | 0 | -- |
| Watermelon | 1/2 cup | 23 | 0 | 0 | 6 | 1 | -- |

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Nutrition Information: Breads & Grains

| Menu Item | Portion | Cals | Fat (g) | Sat Fat (g) | Carbs (g) | Sodium (mg) | Top 9 Common Allergens |
|--------------------------|-----------|------|---------|-------------|-----------|-------------|------------------------|
| Dutch Waffle | 1 each | 300 | 13 | 3 | 43 | 350 | Egg, Milk, Soy, Wheat |
| Flatbread | 1/2 piece | 90 | 2.5 | 0.5 | 14 | 165 | Milk, Wheat |
| Basmati Rice | 1/2 cup | 102 | 0 | 0 | 22 | 193 | -- |
| Brown Rice | 1/2 cup | 109 | 1 | 0 | 23 | 1 | -- |
| Garlic Bread | 1 slice | 100 | 3.5 | 0.5 | 14 | 125 | Milk, Wheat |
| Dinner Roll | 1 each | 73 | 0 | 0 | 14 | 127 | Wheat |
| Breadstick | 1 each | 110 | 0 | 0 | 22 | 190 | Wheat |
| Spanish-style Brown Rice | 1/2 cup | 212 | 6 | 1 | 36 | 300 | -- |
| Fortune Cookie | 1 each | 18 | 0 | 0 | 4 | 2 | Soy, Wheat |
| Garlic Knot | 1 each | 120 | 4.5 | 1.5 | 18 | 220 | Soy, Wheat |
| Scooby Snacks | 1 pkg | 120 | 3.5 | 1 | 21 | 115 | Soy, Wheat |

Nutrition Information: Milk

| Menu Item | Portion | Cals | Fat (g) | Sat Fat (g) | Carbs (g) | Sodium (mg) | Top 9 Common Allergens |
|--------------------------|---------|------|---------|-------------|-----------|-------------|------------------------|
| 1 % Milk | 1 each | 110 | 2 | 1.5 | 13 | 125 | Milk |
| Fat Free Milk | 1 each | 80 | 0 | 0 | 13 | 125 | Milk |
| Chocolate Milk, Fat Free | 1 each | 120 | 0 | 0 | 20 | 180 | Milk |

Nutrition Information: Condiments

| Menu Item | Portion | Cals | Fat (g) | Sat Fat (g) | Carbs (g) | Sodium (mg) | Top 9 Common Allergens |
|-----------------------|----------|------|---------|-------------|-----------|-------------|------------------------|
| Salsa | 2 Tbsp | 9 | 0 | 0 | 2 | 17 | -- |
| Syrup | 1 pkg | 80 | 0 | 0 | 20 | 10 | -- |
| Sour cream | 1 oz pkg | 60 | 5 | 3.5 | 2 | 45 | Milk |
| Ketchup | 1 pkg | 10 | 0 | 0 | 2 | 75 | -- |
| Mayo, Lite | 1 pkg | 50 | 4.5 | 1 | 2 | 70 | Egg |
| Chicken Dippin' Sauce | 1 pkg | 130 | 12 | 2 | 6 | 135 | Egg |
| BBQ Sauce | 1 pkg | 45 | 0 | 0 | 10 | 210 | -- |
| Sweet & Sour Sauce | 1 pkg | 45 | 0 | 0 | 10 | 120 | -- |
| Ranch dressing | 12 gm | 30 | 2.5 | 0 | 2 | 50 | Egg, Milk |
| Ranch dressing cup | 1 oz | 70 | 6 | 1 | 4 | 125 | Egg, Milk |
| Pickles | 3 slices | 2 | 0 | 0 | 0 | 170 | -- |

Nutrition Information: Breakfast Main Items

| Menu Item | Portion | Cals | Fat (g) | Sat Fat (g) | Carbs (g) | Sodium (mg) | Top 9 Common Allergens |
|--|---------|---------|---------|-------------|-----------|-------------|--|
| Chocolate Chip Muffin | 1 each | 270 | 8 | 1.5 | 45 | 140 | Egg, Milk, Soy, Wheat |
| Cinnamon Roll | 1 each | 240 | 7 | 1.5 | 38 | 240 | Soy, Wheat |
| Assorted 'Breakfast Breaks' cereal packs | 1 each | 280 | 5.5 | 0 | 55 | 215 | May contain Egg, Milk, Soy, and/or Wheat - See individual package for specific allergens |
| Goldilox Bagel (9-12) | 1 each | 276 | <1 | 0 | 58 | 1820 | Wheat |
| Yogurt, Assorted Flavors (K-8) | 1 each | 60 | 0 | 0 | 12 | 70 | Milk |
| Greek Yogurt (9-12) | 1 each | 85 | 0 | 0 | 11 | 41 | Milk |
| Assorted Cereal | 1 each | 100-120 | 1.5-2.5 | 0 | 21-25 | 120-160 | May contain Wheat - See individual package for specific allergens |
| Granola | 1 pkg | 120 | 3.5 | 0 | 19 | 35 | -- |
| Snack'n Waffles | 1 each | 250 | 9 | 4 | 37 | 290 | Egg, Milk, Wheat |
| Fruit & Yogurt Smoothie | 1 each | 130 | 0 | 0 | 36 | 70 | Milk |