

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

This information reflects the best information available to us at the time of posting, however manufacturers may change product ingredients without notice. Should you need specific product information, please email meals@medford.k12.ma.us