

# Nutrition Information: Main Menu Items, p 1 of 3

Updated 9/26/24

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 3

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	7	3	38	614	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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Menu Item	Portion	Cals	Fat (g)	Sat Fat (g)	Carbs (g)	Sodium (mg)	Top 9 Common Allergens
Grilled Chicken (for Marmita)	1/2 c (K-8)	72 (K-8)	2 (K-8)	1 (K-8)	1 (K-8)	358 (K-8)	--
	Fillet (6-12)	120 (6-12)	4 (6-12)	1 (6-12)	2 (6-12)	390 (6-12)	--
Ramen Noodle Bowl w/ egg	1 bowl (K-5)	286 (K-5)	10.5 (K-5)	1.5 (K-5)	31 (K-5)	612.5 (K-5)	Egg, Soy, Wheat
	1 bowl (6-12)	562 (9-12)	23 (9-12)	3 (9-12)	46 (9-12)	1055 (9-12)	
Chicken Tenders	2 each (K-5)	230 (K-5)	11 (K-5)	2 (K-5)	12 (K-5)	400 (K-5)	Soy, Wheat
	3 each (6-12)	345 (6-12)	16 (6-12)	3 (6-12)	18 (6-12)	600 (6-12)	
Chicken Ranch Wrap	1 each	461	22	5	41	830	Egg, Milk, Soy, Wheat
Pasta w/ Meatballs	1 svg	297	8	3	45	430	Milk, Wheat

# 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	--
Seasoned Black Beans	1/2 cup	100	0	0	18	320	--
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

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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	--
Mixed Vegetables	1/2 cup	109	1	0	23	1	--

# 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
Seasoned brown rice	1/2 cup	131	3.5	0	23	140	--
Seasoned brown rice	1 cup	262	7	0	46	280	--

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# 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

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