

**District 211 Menu Information 2015-2016**

<b>Item Description</b>	<b>Calories</b>	<b>Total Fat g.</b>	<b>Protein g</b>	<b>Carbs g.</b>	<b>Allergens</b>	<b>Vegetarian</b>
<b>Yogurt &amp; Muffins</b>						
Yogurt Parfait with Granola	444	9.5	10.8	79	Milk, may contain wheat	Yes
Apple Muffin	162	6.5	3.0	23	Egg, Milk, Wheat	Yes
Blueberry Muffin	162	6.5	3.1	23	Egg, Milk, Wheat	Yes
Banana Muffin	165	6.5	2.9	24	Egg, Milk, Wheat	Yes
Muffin, Plain Whole Grain	159	6.5	3.0	23	Egg, Milk, Wheat	Yes
Peach Muffin	163	6.5	3.1	24	Egg, Milk, Wheat	Yes
Strawberry Muffin	162	6.5	3.1	23	Egg, Milk, Wheat	Yes
Sweet Potato Muffin	125	3.6	2.1	21	Egg, Milk, Wheat	Yes
Zucchini Muffin	163	6.6	3.3	23	Egg, Milk, Wheat	Yes
Oatmeal Muffin	158	5.3	2.2	26	Egg, Milk, Wheat	Yes
<b>Bistro Boxes</b>						
Bistro Box, Cheese & Crackers	385	19.1	16.1	38	Milk, Soy, Wheat	Yes
Bistro Box, Cheese & Muffin	499	25.5	17.2	52	Egg, Milk, Soy, Wheat	Yes
Bistro Box, Hummus	404	15.0	19.2	48	Milk, Wheat	Yes
Hummus	179	8.0	7.3	21	none	Yes
Bistro Box, Uncrustable & Muffin	603	30.4	20.1	62	Egg, Milk, Peanut, Wheat	Yes
Bistro Box, Uncrustable & Crackers	500	25.5	20.0	46	Milk, Peanuts, Soy, Wheat	Yes
Bistro Box, Peanut Butter & Pita	517	31.0	25.5	40	Milk, Peanut, Wheat	Yes
<b>Salads</b>						
Popcorn Chicken Salad	333	14.0	20.2	29	Egg, Milk, Soy, Wheat	No
Chicken Caesar Salad	342	22.0	16.5	17	Egg, Fish, Milk, Soy, Wheat	No
Tomato Mozzarella Salad	321	19.6	16.1	21	Milk, Soy, Wheat	Yes
Chicken Chopped Salad	294	9.1	19.7	32	Egg, Milk, Soy	No
Southwestern Chicken Salad	245	3.9	17.8	38	Milk, Soy	No
BBQ Chicken Salad	248	3.8	15.7	38	Milk, Soy	No
Chicken Fajita Salad	248	11.1	14.6	23	Milk, Soy, Wheat	No
Spinach Salad with Chicken	205	10.2	14.5	15	Milk, Soy	No
Spinach Salad w/Chic. (winter version)	269	10.0	14.6	32	Milk, Soy	No
Vegetarian Salad	370	21.1	18.6	28	Milk	Yes
Chef Salad	238	10.6	19.6	15	Milk	No
*All salads served with 1 or 2 oz bread- see nutritionals on grain options						
<b>Sandwiches</b>						
Ham & Cheese Sandwich	280	8.6	23.2	29	Milk, Soy, Wheat	No
Turkey & Cheese Sandwich	258	6.4	21.7	30	Milk, Soy, Wheat	No
Hot Dog on Bun	330	18.2	12.7	28	Wheat	No
<b>Wraps</b>						
Turkey & Cheese Wrap	301	9.9	21.5	33	Wheat, Milk	No
Popcorn Chicken Wrap	458	16.9	20.1	53	Egg, Milk, Soy, Wheat	No
Chicken Caesar Wrap	376	18.5	17.5	33	Egg, Fish, Milk, Soy, Wheat	No
Veggie Wrap	412	21.7	17.6	38	Milk, Soy, Wheat	Yes
Spicy Chicken Tender Wrap	444	17.8	20.9	51	Egg, Milk, Soy, Wheat	No
BBQ Chicken Wrap	353	7.9	18.2	51	Milk, Soy, Wheat	No
Chipotle Chicken Wrap	333	12.6	16.4	38	Egg, Milk, Wheat, Soy, Shellfish	No
Chicken Tender Wrap	437	18.8	20.2	48	Egg, Milk, Soy, Wheat	No
Ham & Cheese Wrap	318	12.1	22.7	31	Milk, Wheat	No

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<b>Daily Specials</b>						
Rib-e-que on Bun	394	14.0	19.0	47	Wheat, Soy	No
Cheese Quesadilla	330	12.0	16.0	40	Milk, Soy, Wheat	Yes
Chicken Alfredo	288	3.3	19.6	46	Milk, Soy, Wheat	No
Chicken and Waffles	476	15.5	14.0	69	Egg, Milk, Soy, Wheat	No
Bosco Sticks with Marinara Sauce	340	7.5	21.0	46	Milk, Soy, Wheat	Yes
Roasted Vegetable Panini	257	7.7	20.2	26	Egg, Milk, Soy, Wheat	Yes
Roasted Red Pepper Sauce	9	0.7	0.1	1	Egg	Yes
Meatball Sub	333	10.8	18.9	39	Milk, Soy, Wheat	No
Turkey & Mozzarella Panini	265	5.7	21.8	30	Egg, Milk, Soy, Wheat	No
Baked Mostaccioli	392	9.2	23.4	54	Milk, Soy, Wheat	No
Chicken Parmesan Sandwich	363	11.6	25.3	39	Egg, Milk, Soy, Wheat	No
Pasta w/ Meat Sauce (Beef)	371	8.6	22.2	51	Wheat	No
Appetizer Basket w/Spicy Tenders	349	14.0	25.0	31	Egg, Milk, Soy, Wheat	No
Appetizer Basket w/Chicken Tenders	381	18.0	24.0	31	Egg, Milk, Soy, Wheat	No
App Basket (corn dog & mozz sticks)	290	11.0	15.5	34	Egg, Milk, Soy, Wheat	No
App Basket (6 corn dog nuggets only)	250	10.0	11.0	31	Egg, Milk, Soy, Wheat	No
App Basket (6 mozz sticks only)	330	12.0	20.0	36	Milk, Wheat	Yes
Burrito/Taco Bar	521	19.9	25.0	63	Soy, Milk, Wheat	Can be
Cilantro Lime Rice	109	2.3	2.1	20	None reported	Yes
Chicken Lo Mein	390	13.6	20.8	47	Milk, Soy, Wheat	No
Potato Popper Bowl	415	14.6	21.8	46	Egg, Milk, Soy, Wheat	No
Hot & Spicy Potato Popper Bowl	453	19.6	20.7	49	Milk, Soy, Wheat	No
Macaroni & Cheese	290	11.0	17.0	31	Egg, Milk, Soy, Wheat	Yes
Nachos with Chili and Cheese	542	29.1	18.4	51	Milk, Soy	No
Nachos with Veg Chili Cheese	598	31.1	18.4	62	Milk, Soy	Yes
Chili	77	2.0	6.0	9	Soy	No
Vegetarian 3-Bean Chili	133	4.0	6.0	20	None reported	Yes
Nacho Cheese Sauce	185	15.1	8.4	4	Milk, Soy	Yes
Nacho Topper	21	0.3	0.9	5	None reported	Yes
Orange Chicken & Rice Bowl	510	11.0	20.6	77	Egg, Milk, Soy, Wheat	No
Taco Salad with Tortilla Chips	595	28.5	27.0	59	Milk, Soy	Can be
Tortilla Chips 2oz	263	9.1	4.1	41	None reported	Yes
Baked Potato Bar (cheese only)	531	30.4	21.2	44	Milk, Soy	Yes
Baked Potato Bar (chili and cheese)	426	17.2	18.7	50	Milk, Soy	No
Ravioli with Marinara Sauce	370	21.1	18.6	28	Egg, Milk, Wheat	Yes
Quesadilla, Spinach & Mushroom	382	19.2	20.8	34	Milk, Soy, Wheat	Yes
Pizza Crunchers	420	20.0	20.0	41	Milk, Wheat	Yes
<b>Burgers</b>						
Hamburger	257	7.0	20.2	28	Soy, Wheat	No
Cheeseburger	301	10.6	22.2	28	Milk, Soy, Wheat	No
Turkey Burger	367	17.0	26.2	27	Wheat	No
Black Bean Burger	327	9.0	20.2	41	Egg, Milk, Soy, Wheat	Yes

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<b>Chicken</b>						
Spicy Chicken Sandwich	318	10.0	21.2	36	Egg, Soy, Wheat	No
Spicy Chicken Sandwich- Conant	318	10.0	21.2	36	Egg, Soy, Wheat	No
Chicken Tenders	288	16.0	18.7	17	Egg, Milk, Soy, Wheat	No
Popcorn Chicken	213	9.1	15.1	13	Egg, Milk, Wheat, Soy	No
Chicken Sandwich, Breaded	318	10.0	21.2	36	Egg, Soy, Wheat	No
Hot & Spicy Chicken Tenders	245	10.7	20.0	17	Egg, Soy, Wheat	No
Buffalo Grilled Chicken Sandwich	261	5.6	25.3	28	Soy, Wheat	No
Buffalo Chicken Sandiwch- Conant	318	10.0	21.2	36	Egg, Soy, Wheat	No
<b>Pizza</b>						
Stuffed Crust Cheese Pizza	330	14	16	35	Milk, Soy, Wheat	Yes
Stuffed Crust Pepperoni Pizza	330	14	17	35	Milk, Soy, Wheat	Yes
Bosco Pizza	350	11	21	43	Milk, Soy, Wheat	Yes
UNO'S Cheese Pizza	300	11	20	32	Milk, Soy, Wheat	Yes
UNO'S Pepperoni Pizza	350	15	23	32	Milk, Soy, Wheat	No
Big Daddy Pizza, Cheese, Hand tossed	340	15	18	36	Milk, Soy, Wheat	Yes
Big Daddy Pizza, Pepperoni, Hand Tos	350	16	19	35	Milk, Soy, Wheat	No
Big Daddy Pizza, Primo Cheese	360	16	21	34	Milk, Soy, Wheat	Yes
Pizza, Big Daddy Bold Cheese	400	16	19	43	Milk, Soy, Wheat	Yes
Pizza, Big Daddy Bold Pepperoni	410	18	20	43	Milk, Soy, Wheat	Yes
Pizza, French Bread	300	11	17	34	Milk, Soy, Wheat	Yes
Georgelo's Chicago Style Pizza	310	7	23	44	Milk, Soy, Wheat	Yes
Georgelo's Sicilian Pizza	260	6	20	33	Milk, Soy, Wheat	Yes
<b>Sides</b>						
Steamed English Blend Vegetables	47	0	1	7	None reported	Yes
Carrot Sticks	27	0	0	6	Ranch dressing contains: milk, wheat	Yes
Carrot & Celery Sticks	21	0	0	4	Ranch dressing contains: milk, wheat	Yes
Bean & Corn Salad	135	4	7	20	None reported	Yes
Steamed Green Beans	22	0	1	5	None reported	Yes
Steamed California Blend Vegetables	27	0	2	5	None reported	Yes
Steamed Broccoli Cuts	24	0	3	5	None reported	Yes
Steamed Winter Blend Vegetables	23	0	2	4	None reported	Yes
Stir Fry Vegetables	35	0	1	6	None reported	Yes
Steamed Corn	67	1	2	16	None reported	Yes
Steamed Mixed Vegetables	64	0	3	13	None reported	Yes
Mashed Potatoes w/ Gravy	73	0	1	15	Milk, Soy	Yes
Mashed Potatoes without Gravy	62	0	1	13	Milk, Soy	Yes
Kale Chips	49	3	2	4	None reported	Yes
Tossed Romaine Salad with Dressing	22	0	1	4	Milk, Wheat (in dressing)	Yes
Curly Fries	111	5	1	15	Wheat, Soy	Yes
Sweet Potato Seasoned Fries	107	4	1	16	None reported	Yes
Tator Tots	143	8	2	18	Soy	Yes
Sweet Potato Waffle Fries	90	3	1	15	None reported	Yes
Sweet Potato Krinkle Kut Fry	129	4	1	23	None reported	Yes
Hash Browns	100	5	1	13	Soy	Yes
Black Beans	102	0	7	18	None reported	Yes
Corn and Tomato Salsa	63	3	1	10	None reported	Yes

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<b>Grains</b>						
Homemade Biscuit 1oz	80	4	2	9	Eggs, Milk, Wheat	Yes
Homemade Biscuit 2oz	161	9	3	18	Eggs, Milk, Wheat	Yes
Dinner Roll 1oz	82	2	3	14	Eggs, Milk, Wheat	Yes
Dinner Roll 2oz	164	4	5	28	Eggs, Milk, Wheat	Yes
French Bread 1oz	46	0	2	10	Wheat	Yes
French Bread 2oz	91	0	3	20	Wheat	Yes
Granola	215	9	4	29	May contain wheat	Yes
<b>Condiments</b>						
Hot Sauce	0	0	0	0	None reported	
BBQ Sauce	15	0	0	4	Wheat	
Ketchup	10	0	0	2	None reported	
Mustard	5	0	0	0	None reported	
Mayo/Salad Dressing	41	4	0	2	Egg, Soy	
Red French Dressing, fat free	10	0	0	3	None reported	
Buttermilk Ranch Dressing, fat free	10	0	0	2	Milk, Wheat	
Italian Dressing, fat free	5	0	0	1	None reported	
<b>Beverages</b>						
Juice, Apple 4oz	60	0	0	14	None reported	
Juice, Apple Cherry 4oz	60	0	0	15	None reported	
Juice, Fruit Punch 4oz	60	0	0	16	None reported	
Juice, Grape 4oz	60	0	0	16	None reported	
Juice, Orange 4oz	60	0	1	13	None reported	
Milk, Skim, 1 c.	83	0	8	12	Milk	
Milk, 1% White, 1c.	102	2	8	12	Milk	
Milk, Strawberry 1 c.	120	0	8	22	Milk	
Milk, Chocolate Skim 1 c.	130	0	8	24	Milk	

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