

Temecula Valley Unified School District – Nutrition Services

Carbohydrate Count for Elementary Menu

IMPORTANT NOTICE PERTAINING TO NUTRITION AND INGREDIENT INFORMATION

Temecula Valley Unified School District strives to provide accurate nutrition information on all menu items. The list below provides the nutrition information for all elementary schools in the district therefore some items may not be available at all schools. Nutrition information is based on the standard formulations and serving sizes, differences may occur due to supplier, time of year, and point of purchase. Substitutions may be made if food is not received from a vendor

Only the top 8 food allergens are recorded in the allergen column. The allergens are:

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|-----------|--------------|
| 1. Egg | 5. Shellfish |
| 2. Fish | 6. Soy |
| 3. Milk | 7. Tree Nut |
| 4. Peanut | 8. Wheat |

For additional information or concerns about specific sensitivities or dietary concerns contact

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Food	Serving size	Calories	Carbohydrates (g)	Allergens
Beef Mexi Melt	1 each	345	32	Milk, Soy, Wheat
Bread, Breadstick	1 each	70	15	Soy, Wheat
Bread, Bun	1 each	150	29	Soy, Wheat
Bread, Crouton	1 each	61	7	Milk, Wheat
Bread, Roll	1 each	85	16	Egg, Milk, Soy, Wheat
Breakfast, Cereal Rice Krispies, Gluten Free	1 each	100	23	NONE
Breakfast, Cereal, Cinnamon Toasters	1 each	120	22	Soy, Wheat
Breakfast, Chicken Sausage Biscuit	1 each	260	27	Milk, Soy, Wheat

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Food	Serving size	Calories	Carbohydrates (g)	Allergens
Breakfast, Chocolate Chip Muffin	1 each	232	36	Egg, Soy, Wheat
Breakfast, Cinnamon Roll	1 each	245	45	Egg, Soy, Wheat
Breakfast, Crescent (Grape)	1 each	210	35	Milk, Wheat
Breakfast, Crescent (Chocolate)	1 each	230	37	Milk, Wheat
Breakfast, Turkey, Sausage Pizza	1 each	240	31	Milk, Wheat, Soy
Breakfast, Yogurt & Granola	1 serving	220	40	Milk, Soy, Tree Nuts, Wheat
Burger, Cheese	1 each	290	31	Milk, Soy, Wheat
Burger, Chicken	1 each	380	43	Soy, Wheat
Burger, Chicken, Grilled Teriyaki	1 each	331	41	Soy, Wheat
Burrito, Bean & Cheese	1 each	291	41	Milk, Soy, Wheat
Burrito, Cheesy Chicken	1 each	330	33	Milk, Soy, Wheat
Burrito, Fiesta (bean, beef & cheese)	1 each	304	39	Milk, Soy, Wheat
Cheese, Cup	1 each	190	14	Milk
Cheese, Shredded Cheddar	1 oz	80	1	Milk
Cheese, String	1 each	80	1	Milk
Cheesy Pizza Dippers	4 pieces	420	41	Milk, Wheat
Chicken, Breaded Breast Filet	1 each	230	14	Soy, Wheat
Chicken, Breaded Drumstick	1 each	210	14	Milk, Egg, Soy, Wheat
Chicken, Nuggets	5 each	245	16	Soy, Wheat
Chicken, Chunks (Gluten Free)	1 each	312	18	Soy
Chicken, Fingers, Holiday (all shapes)	2 each	164	14	Milk, Soy, Wheat
Chicken, Nuggets, Dinosaur Shaped	3 each	203	15	Milk, Soy, Wheat
Chicken, Nuggets, Holiday (all shapes)	4 each	164	14	Milk, Soy, Wheat
Chicken, Orange	3.6 oz	150	19	Egg, Soy, , Wheat
Chicken, Popcorn	12 pieces	253	15	Soy, Wheat
Chicken, Roasted	1 thigh	161	0	NONE
Chicken, Roasted	1 breast	266	0	NONE
Chicken, Sweet & Spicy	3.96 oz	210	28	Egg, Milk, Soy, Wheat
Chicken, Tenders	3 pcs	263	16	Soy, Wheat
Chicken, Teriyaki	2.8 oz	130	10	Soy, Wheat
Chicken, Mesquite Glazed Drumsticks	1 piece	170	3	Milk
Chickentopia Drumstick	1 each	150	1	NONE
Chili Mac, Beef	1 each	293	27	Eggs, Soy, Wheat
Chips, Sun Chips	1 each	140	19	Wheat
Chips, Tostito	1 each	110	19	NONE

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Food	Serving size	Calories	Carbohydrates (g)	Allergens
Combo, BYO Parfait (Yogurt & Granola)	1 serving	450	80	Milk, Soy, Tree Nuts, Wheat
Combo, Chicken & Waffles	1 serving	500	66	Milk, Egg, Soy, Wheat
Combo, Nachos, Cheese	1 serving	300	33	Milk
Combo, Orange Chicken & Brown Rice	1 serving	255	39	Egg, Soy, Wheat
Combo, Picnic Stix	1 serving	300	31	Milk, Soy, Wheat
Combo, Sweet & Spicy Chicken & Brown Rice	1 serving	315	48	Egg, Milk, Soy, Wheat
Combo, Teriyaki Chicken & Brown Rice	1 serving	233	30	Soy, Wheat
Combo, Yogurt and Crackers (LUNCH)	1 serving	410	69	Milk, Soy, Wheat
Combo, Yogurt and Granola (LUNCH)	1 serving	480	81	Milk, Soy, Tree Nuts, Wheat
Condiment, BBQ Sauce	1 oz.	33	8	NONE
Condiment, Caramel Cup	1 each	100	15	Milk, Soy
Condiment, Ketchup	1 oz.	33	8	NONE
Condiment, Ketchup Packet	1 each	10	3	NONE
Condiment, Marinara Sauce	1 oz.	13	2	NONE
Condiment, Mustard	1 oz.	0	0	NONE
Condiment, Mustard Packet	1 each	4	.5	NONE
Condiment, Relish Packet	1 each	12	3	NONE
Condiment, Salsa	1 oz.	10	2	NONE
Condiment, Ranch Dressing, Light	1 oz.	101	4	Egg, Milk, Soy
Condiment, Syrup, No HFCS	1 oz.	80	20	NONE
Cookie, Chocolate Chip	1 each	198	33	Egg, Wheat
Cookie, St. Patrick's Day	1 each	120	16	Egg, Soy, Wheat
Cookie, Valentines	1 each	120	16	Egg, Soy, Wheat
Corn Dog, Jumbo Chicken	1 each	238	28	Egg, Milk, Soy, Wheat
Corn Dog, Beef (Gluten Free)	1 each	180	21	Egg, Soy
Cornbread, Cheesy	1 each	240	39	Milk, Egg, Wheat
Crackers, Cinnamon Snacks (all shapes)	1 each	130	21	Wheat
Crackers, Wheat	1 each	180	30	Milk, Soy, Wheat
Enchilada, Turkey	1 each	300	35	Milk, Soy
Fortune Cookie	1 each	35	7	Wheat
French Bread, Cheesy Garlic	1 each	330	30	Milk, Soy, Wheat
French Bread, Turkey Pepperoni	1 each	350	45	Milk, Soy, Wheat
Fruit, Apple	1 each	55	15	NONE
Fruit, Apple Slices	1/2 cup	34	8	NONE
Fruit, Applesauce	1/2 cup	52	14	NONE
Fruit, Apricot Halves	1/2 cup	62	16	NONE
Fruit, Asian Pear	1 each	51	13	NONE

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Food	Serving size	Calories	Carbohydrates (g)	Allergens
Fruit, Banana	1 each	90	23	NONE
Fruit, Berry Blend	1/2 cup	38	9	NONE
Fruit, Blueberries	1/2 cup	29	7	NONE
Fruit, Crabapples	4 each	37	10	NONE
Fruit, Fruit Mix	1/2 cup	68	18	NONE
Fruit, Cranberry Sauce	1/2 cup	220	50	NONE
Fruit, Cran-Cherry & Cran-Straw Craisins	1 each	110	28	NONE
Fruit, Grapes	1/2 cup	31	8	NONE
Fruit, Guavas	1/2 cup	56	12	NONE
Fruit, Kiwi	1/2 cup	55	13	NONE
Fruit, Lemons	1 wedge	4	1	NONE
Fruit, Mandarin Oranges (canned)	1/2 cup	88	21	NONE
Fruit, Mandarin Oranges (fresh)	1 each	52	13	NONE
Fruit, Mango (diced)	1/2 cup	53	14	NONE
Fruit, Nectarine	1 each	62	15	NONE
Fruit, Orange Wedges	1/2 cup	62	15	NONE
Fruit, Orange Wedges, Berry	1/2 cup	52	15	NONE
Fruit, Orng/Pnpl/Chry Frozen Cup	1/2 cup	70	18	NONE
Fruit, Peach	1 each	59	14	NONE
Fruit, Peach, Frozen Cup	1 each	80	19	NONE
Fruit, Peaches, diced/sliced (canned)	1/2 cup	53	13	NONE
Fruit, Pears, diced/sliced (canned)	1/2 cup	58	15	NONE
Fruit, Persimmons	1/2 cup	88	24	NONE
Fruit, Pineapple Tidbits (canned)	1/2 cup	60	16	NONE
Fruit, Plum	1 each	30	8	NONE
Fruit, Raisels, Watermelon	1 each	140	35	NONE
Fruit, Raisins	1 each	113	30	NONE
Fruit, Strawberries	1/2 cup	23	6	NONE
Fruit, Strawberry, Frozen Cup	1 each	122	33	NONE
Fruit, Tangelo	1/2 cup	60	15	NONE
Fruit, Tangerines	1 each	47	12	NONE
Fruit, Tropical Slushy	1 each	80	20	NONE
Fruit, Watermelon	1/2 cup	23	6	NONE
Granola (1 oz – Breakfast)	1 each	120	20	Soy, Tree Nuts, Wheat
Granola (2 oz – Lunch)	1 each	250	42	Soy, Tree Nuts, Wheat
Grilled Cheese	1each	294	32	Milk, Soy, Wheat

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Food	Serving size	Calories	Carbohydrates (g)	Allergens
Ham & Cheese Wrap	1 each	290	26	Milk, Soy, Wheat
Hamburger on Bun	1 each	250	30	Soy, Wheat
Hot Dog on Bun	1 each	336	34	Soy, Wheat
Hot Pocket, Pepperoni	1 each	300	32	Egg, Milk, Soy, Wheat
Juice, Orange, Apple & Wildberry	4 oz.	55	15	NONE
Lasagna Rollups, Cheese	1 each	283	35	Egg, Milk, Wheat
Mac & Cheese	2/3 cup	290	31	Egg, Milk, Wheat
Mac & Cheese (Gluten Free)	1 each	250	30	Milk, Soy
Milk, 1% white	8 oz.	120	14	Milk
Milk, nonfat chocolate	8 oz.	120	22	Milk
Mozzarella Sticks, Cheese	5 each	267	30	Milk, Soy, Wheat
Ocean Treasures (Fish Sticks)	4 piece	230	19	Egg, Fish, Soy, Wheat
Pizza, Cheese (5" Round)	1 each	310	33	Milk, Wheat
Pizza, Cheese (Gluten Free)	1 each	400	46	Milk, Soy
Pizza, Pepperoni (5" Round)	1 each	340	31	Milk, Wheat, Soy
Pizza, Pepperoni (Gluten Free)	1 each	450	46	Milk, Soy
Pretzel, Soft	1 each	140	30	Wheat
Pulled Pork Sandwich	1 each	374	44	Wheat
Quesadilla, Cheese	2 pieces	320	32	Egg, Milk, Soy, Wheat
Rice, Brown	1/2 cup	105	20	Soy
Salad, BBQ Chicken	1 serving	189	10	Milk, Egg
Salad, Build Your Own Iron Man (Chef Salad)	1 serving	256	12	Egg, Milk, Soy
Salad, Chicken Caesar	1 serving	229	6	Egg, Fish, Milk, Shellfish
Salad, Chinese Chicken	1 serving	295	10	Milk, Soy, Wheat
Salad, Taco	1 serving	255	13	Egg, Milk, Soy
Sandwich, Submarine	1 each	236	30	Milk, Soy, Wheat
Spaghetti & Meat Sauce	1 each	307	21	Egg, Soy, Wheat
Stromboli, Pepperoni & Cheese	1 each	330	29	Wheat, Milk, Soy, Egg
Taco, Carnitas	1 serving	247	15	Soy, Wheat
Taco, Chicken Soft	1 serving	200	18	Soy, Wheat
Taquitos, Chicken	2 each	227	27	Milk, Soy
Tortilla, 6"	1 each	87	15	Soy, Wheat
Turkey & Gravy	4 oz	120	2	Soy
Turkey & Cheese Croissant	1 each	340	34	Milk, Soy, Wheat
Turkey Breast Stick	1 each	40	0	NONE

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Food	Serving size	Calories	Carbohydrates (g)	Allergens
Turkey Pepperoni Crescent (Calzone)	1 each	340	34	Milk, Soy, Wheat
Vanilla Mini Wafers	1 each	140	19	Egg, Soy, Wheat
Vegetable, Beans, Black	1/2 cup	96	18	NONE
Vegetable, Beans, Cowboy	1/2 cup	119	27	NONE
Vegetable, Beans, Garbonzo	1/2 cup	166	27	NONE
Vegetable, Bean, Green	1/2 cup	14	3	NONE
Vegetable, Beans, Kidney	1/2 cup	109	20	NONE
Vegetable, Beans, Pinto	1/2 cup	80	15	NONE
Vegetable, Broccoli	1/2 cup	15	3	NONE
Vegetable, Broccoli Slaw	1/2 cup	44	3	Soy, Wheat
Vegetable, Cauliflower	1/2 cup	13	2.5	NONE
Vegetable, Carrots, Baby	1/4 cup	12	3	NONE
Vegetable, Carrots, Baby	1/2 cup	30	7	NONE
Vegetable, Carrots, Sliced (canned)	1/2 cup	30	7	NONE
Vegetable, Celery Sticks	1/2 cup	4	1	NONE
Vegetable, Coleslaw	1/2 cup	24	3	Egg
Vegetable, Corn	1/2 cup	66	15	NONE
Vegetable, Cucumber, Baby	1 each	16	4	NONE
Vegetable, Cucumber Coins	1/2 cup	8	2	NONE
Vegetable, Edamame	1/2 cup	130	9	Soy
Vegetable, Jalapenos	1/2 cup	13	3	NONE
Vegetable, Jalapenos & Carrots	1/2 cup	20	5	NONE
Vegetable, Jicama Sticks	1/2 cup	23	6	NONE
Vegetable, Jicama Sticks, Chili Lime	1/2 cup	25	6	NONE
Vegetable, Olives	1/2 cup	120	4	NONE
Vegetable, Peas	1/2 cup	119	20	NONE
Vegetable, Pickles	1/2 cup	9	2	NONE
Vegetable, Pico de Gallo	1/4 cup	13	3	NONE
Vegetable, Potato Wedges	1/2 cup	84	19	NONE
Vegetable, Potatoes, Crinkle Cut	1/2 cup	170	23	Wheat
Vegetable, Potatoes, Mashed	1/2 cup	80	17	Milk, Soy
Vegetable, Potatoes, Smile	1/2 cup	130	20	Soy
Vegetable, Red Bell Pepper Strips	1/4 cup	5	1	NONE
Vegetable, Salad Greens w/ Chipotle Ranch	1/2 cup	18	3	Egg, Milk
Vegetable, Salad Greens w/ Sesame Drng	1/2 cup	53	4	Soy, Wheat
Vegetable, Salad, Power	1/2 cup	33	3	Egg, Milk, Soy

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Vegetable, Shredded Lettuce	1/2 cup	4	1	NONE
Vegetable, Shredded Lettuce w/ Cheese	1/2 cup	102	2	Milk
Vegetable, Sugar Snap Peas	1/2 cup (~10 pods)	14	3	NONE
Vegetable, Tomato, Cherry	1/2 cup	13	3	NONE
Vegetable, Tomato, Red	1/2 cup	16	4	NONE
Vegetable, Tomato (Sliced)	1/4 cup	9	2	NONE
Vegetable, X-Ray vision Carrots	1/4 cup	15	4	NONE
Vegetable, Zucchini Sticks	1/2 cup	13	2	NONE
Waffles	2 each	220	33	Egg, Milk, Soy, Wheat
Wonton Strips	1 oz	151	16	Soy, Wheat
Yogurt, Strawberry (Build Your Own Parfait)	8 oz	200	38	Milk
Yogurt (4 oz - Breakfast)	4 oz	90	17	Milk

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