

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
Breakfast Items				
Cereal & String Cheese, Cinnamon Toasters	1 each	200	23	Milk, Soy, Wheat
Cereal & String Cheese, Rice Krispies (Gluten Free)	1 each	181	24	Milk
Chocolate Chip Mini French Toast	1 each	242	41	Egg, Milk, Soy, Wheat
Chocolate Chip Muffin	1 each	232	36	Egg, Soy, Wheat
Cinnamon Roll; 20th Century	1 each	245	45	Egg, Soy, Wheat
Cinnamon Roll; Bake Crafters	1 each	300	54	Egg, Milk, Soy, Wheat
Egg & Turkey Sausage Breakfast Burrito	1 each	156	17	Egg, Milk, Soy, Wheat
Oatmeal Chocolate Chip Breakfast Bar	1 each	290	47	Egg, Milk, Soy, Wheat
Pumpkin Bread	1 each	270	43	Egg, Milk, Soy, Wheat
Sausage & Cheese Biscuit	1 each	159	16	Milk, Soy, Wheat

Food	Serving size	Calories	Carbohydrates (g)	Allergens
Turkey Sausage Breakfast Pizza	1 each	240	31	Milk, Soy, Wheat
Ultimate Breakfast Round, Sunberry	1 each	270	46	Egg, Soy, Wheat
Yogurt & Granola	1 serving	220	40	Milk, Soy, Tree Nut, Wheat
Lunch Items				
Beef Mexi Melt	1 each	345	32	Milk, Soy, Wheat
Breakfast Scramble w/ Roll	1 each	265	25	Egg, Milk, 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
Burrito, Macho Chili Cheese	1 each	321	32	Milk, Soy, Wheat
Cheese Lasagna Rollup	1 each	283	35	Egg, Milk, Wheat
Cheese Sandwich	1 each	470	41	Milk, Wheat
Cheeseburger	1 each	340	31	Milk, Soy, Wheat
Cheeseburger Sliders	1 each	272	30	Milk, Soy, Wheat
Cheesy Pull Apart	1 each	290	29	Milk, Soy, Wheat
Chicken Burger	1 each	380	43	Soy, Wheat
Chicken Corn Dog, Jumbo	1 each	238	28	Egg, Milk, Soy, Wheat
Chicken Drumstick, Breaded (Crispy)	1 each	190	5	Wheat
Chicken Drumstick, Mesquite Glazed	1 piece	170	3	Milk
Chicken Nuggets	5 each	245	16	Soy, Wheat
Chicken Nuggets, ABC	4 each	167	12	Milk, Soy, Wheat
Chicken Nuggets, Baseball	4 each	167	12	Milk, Soy, Wheat
Chicken Nuggets, Football	4 each	167	12	Milk, Soy, Wheat
Chicken Nuggets, Heart	4 each	167	12	Milk, Soy, Wheat
Chicken Nuggets, Star	4 each	167	12	Milk, Soy, Wheat
Chicken Taquitos	2 each	227	27	Milk, Soy
Chicken & Brown Rice, Orange	1 serving	255	39	Egg, Soy, Wheat
Chicken & Brown Rice, Teriyaki	1 serving	233	30	Soy, Wheat
Chicken & Waffles (Belgian)	1 serving	500	66	Milk, Egg, Soy, Wheat
Chicken & Waffles (Mini Maple)	1 serving	510	69	Milk, Egg, Soy, Wheat
Chicken, Crispy Roasted	1 thigh	387	15	Egg, Wheat

Food	Serving size	Calories	Carbohydrates (g)	Allergens
Chicken, Crispy Roasted	1 breast	582	22	Egg, Wheat
Chicken, Crispy Roasted	1 wing/1 drumstick	547	21	Egg, Wheat
Chicken, Popcorn	10 pieces	293	17	Milk, Soy, Wheat
Chili Bowl & Tortilla Chips	1 serving	454	56	Milk
Confetti Pancakes & Sausage Patties	1 each	420	38	Egg, Milk, Soy, Wheat
Enchilada, Turkey	1 each	296	35	Milk, Soy
Fish Sticks	4 pieces	230	19	Egg, Fish, Soy, Wheat
French Bread, Cheesy Garlic	1 each	340	29	Milk, Soy, Wheat
French Bread, Pepperoni	1 each	350	35	Milk, Soy, Wheat
(Gluten Free) Chicken Chunks	1 each	312	18	Soy
(Gluten Free) Pizza, Cheese	1 each	400	46	Milk, Soy
(Gluten Free) Pizza, Pepperoni	1 each	450	46	Milk, Soy
Grilled Cheese	1 each	294	32	Milk, Soy, Wheat
Ham & Cheese Wrap	1 each	290	26	Milk, Soy, Wheat
Hamburger on Bun	1 each	250	30	Soy, Wheat
Hot Dog on Bun (All Beef)	1 each	316	30	Soy, Wheat
Hot Pocket, Pepperoni	1 each	300	32	Egg, Milk, Soy, Wheat
Macaroni & Cheese	2/3 cup	290	31	Egg, Milk, Wheat
Meatball Pinwheel	1 each	369	43	Milk, Egg, Soy, Wheat
Mozzarella Sticks	5 each	267	30	Milk, Soy, Wheat
Nachos, Chips & Cheese	1 serving	442	48	Milk
Nachos, Tostada Nachos	1 serving	427	50	Milk, Soy
Picnic Stix (Turkey, Cheese Stick, Crackers)	1 serving	300	31	Milk, Soy, Wheat
Pizza, Cheese (5" Round)	1 each	310	33	Milk, Wheat
Pizza, Pepperoni (5" Round)	1 each	340	31	Milk, Wheat, Soy
Pizza Dippers, Cheesy	4 pieces	420	41	Milk, Wheat
Pulled Pork on Pretzel Bun	1 each	460	46	Soy, Wheat
Pulled Pork Sandwich	1 each	450	46	Soy, Wheat
Quesadilla, Cheese	2 pieces	320	32	Egg, Milk, Soy, Wheat
Quesadilla, Cheese & Green Chile	1 each	291	28	Milk, Soy, Wheat
Rotini w/ Italian Meat Sauce	1 serving	314	24	Egg, Wheat

Food	Serving size	Calories	Carbohydrates (g)	Allergens
Salad, BBQ Chicken	1 serving	180	9	Milk, Egg
Salad, BYO Iron Man Chef	1 serving	246	11	Egg, Milk, Soy
Salad, Chicken Caesar	1 serving	195	9	Egg, Fish, Milk, Shellfish
Salad, Chinese Chicken	1 serving	288	10	Milk, Soy, Wheat
Salad, Taco w/ Tortilla Chips	1 serving	522	47	Egg, Milk, Soy
Spaghetti w/ Meat Sauce	1 each	307	21	Egg, Soy, Wheat
Taco, Carnitas	1 serving	236	16	Soy, Wheat
Taco, Chicken Soft	1 serving	191	19	Soy, Wheat
Taco, Fish	1 serving	312	25	Egg, Fish, Milk, Soy, Wheat
Turkey Coins, Cheese & Crackers	1 serving	310	31	Milk, Soy, Wheat
Turkey & Cheese Croissant (Sub Sandwich)	1 each	310	30	Egg, Milk, Soy, Wheat
Turkey & Gravy	4 oz	120	6	Milk, Soy, Wheat
Yogurt, BYO Parfait (Yogurt & Granola)	1 serving	450	80	Milk, Soy, Tree Nut, Wheat
Yogurt and Crackers (LUNCH)	1 serving	370	64	Milk, Soy, Wheat
Yogurt and Granola (LUNCH)	1 serving	440	76	Milk, Soy, Tree Nut, Wheat
Condiments				
Condiment, BBQ Sauce	1 oz.	33	8	NONE
Condiment, BBQ Sauce Packet	1 each	15	4	NONE
Condiment, Caramel Cup	1 each	100	15	Milk, Soy
Condiment, Cheese, Cup	1 each	190	14	Milk
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	0.5	NONE
Condiment, Ranch Dressing, Light	1 oz.	101	4	Egg, Milk, Soy
Condiment, Relish Packet	1 each	12	3	NONE
Condiment, Salsa	1 oz.	10	2	NONE
Condiment, Spaghetti Sauce	1 oz.	14	2	NONE
Condiment, Syrup, No HFCS	1 oz.	80	20	NONE
Condiment, Taco Sauce	1 oz.	18	3	NONE

Food	Serving size	Calories	Carbohydrates (g)	Allergens
Condiment, Tartar Sauce	1 oz	20	1	Egg
Side Items				
Sides, Breadstick	1 each	70	15	Soy, Wheat
Sides, Brookie	1 each	199	33	Egg, Milk, Soy, Wheat
Sides, Cheese, Shredded Cheddar	1 oz	80	1	Milk
Sides, Cheese, String	1 each	80	1	Milk
Sides, Chips (Sun Chips)	1 each	210	28	Wheat
Sides, Chips (Tortilla)	1 each	140	19	NONE
Sides, Cinnamon Snacks (all shapes)	1 each	130	21	Wheat
Sides, Cookie Dough Bites	1 each	190	29	Milk, Soy, Wheat
Sides, Cookie, Chocolate Chip	1 each	198	33	Egg, Wheat
Sides, Cookie, St. Patrick's Day	1 each	120	16	Egg, Soy, Wheat
Sides, Cookie, Triple Chocolate Filled	1 each	200	31	Egg, Milk, Peanut, Soy, Tree Nut, Wheat
Sides, Cookie, Valentines	1 each	120	16	Egg, Soy, Wheat
Sides, Cookie, Vanilla Mini Wafers	1 each	140	19	Egg, Soy, Wheat
Sides, Cornbread Muffin, Cheesy	1 each	190	30	Milk, Egg, Wheat
Sides, Crackers, Wheat	1 each	180	30	Milk, Soy, Wheat
Sides, Granola (1 oz – Breakfast)	1 each	120	20	Soy, Tree Nut, Wheat
Sides, Granola (2 oz – Lunch)	1 each	250	42	Soy, Tree Nut, Wheat
Sides, Roll	1 each	85	16	Egg, Milk, Soy, Wheat
Fruits				
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, Applesauce Cups	1/2 cup	52	14	NONE
Fruit, Apricot Halves	1/2 cup	62	16	NONE
Fruit, Asian Pear	1 each	51	13	NONE
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

Food	Serving size	Calories	Carbohydrates (g)	Allergens
Fruit, Fruit Mix	1/2 cup	68	18	NONE
Fruit, Cranberry Sauce	1/2 cup	220	50	NONE
Fruit, Cranberries (Dried USDA)	1 each	110	28	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	78	19	NONE
Fruit, Mandarin Oranges (fresh)	1 each	52	13	NONE
Fruit, Mango (diced)	1/2 cup	53	14	NONE
Fruit, Mixed Berry, Frozen Cup	1/2 cup	90	20	NONE
Fruit, Mixed Fruit (canned)	1/2 cup	68	18	NONE
Fruit, Nectarine	1 each	62	15	NONE
Fruit, Fortune Fruit Freeze (Orange Ice)	1 each	99	25	NONE
Fruit, Orange Wedges	1/2 cup	62	15	NONE
Fruit, Orange Wedges, Berry	1/2 cup	52	15	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	160	37	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

Food	Serving size	Calories	Carbohydrates (g)	Allergens
Fruit, Watermelon	1/2 cup	23	6	NONE
Vegetables				
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, Bell Pepper Strips (Red)	1/4 cup	5	1	NONE
Vegetable, Broccoli	1/2 cup	15	3	NONE
Vegetable, Broccoli & Cauliflower	1/2 cup	25	5	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, Carrots & Corn	1/2 cup	91	21	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	27	6	NONE
Vegetable, Jicama Sticks, Chili Lime	1/2 cup	29	7	NONE
Vegetable, Jicama Sticks, Tajin Packet	1/2 cup	31	7	NONE
Vegetable, Olives	1/2 cup	120	4	NONE
Vegetable, Onion (Red Sliced)	1/2 cup	14	3	NONE
Vegetable, Peas	1/2 cup	119	20	NONE

Food	Serving size	Calories	Carbohydrates (g)	Allergens
Vegetable, Peas & Carrots	1/2 cup	75	15	NONE
Vegetable, Peas & Corn	1/2 cup	112	24	NONE
Vegetable, Peppers & Onion	1/2 cup	20	5	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, Emoji	1/2 cup	120	18	Soy
Vegetable, Potatoes, Mashed	1/2 cup	80	17	Milk, Soy
Vegetable, Potatoes, Smile	1/2 cup	130	20	Soy
Vegetable, Salad Greens w/ Chipotle Ranch	1/2 cup	17	3	Egg, Milk
Vegetable, Salad Greens w/ Sesame Drsg	1/2 cup	41	4	Soy, Wheat
Vegetable, Salad, Power	1/2 cup	33	3	Milk, Soy
Vegetable, Shredded Lettuce	1/2 cup	4	1	NONE
Vegetable, Shredded Lettuce w/ Cheese	1/2 cup	123	2	Milk
Vegetable, Sugar Snap Peas	1/2 cup (~10 pods)	14	3	NONE
Vegetable, Tomato, Colorful Cherry	1/2 cup	13	3	NONE
Vegetable, Tomato, Red Cherry	1/2 cup	16	4	NONE
Vegetable, Tomato (Sliced)	1/4 cup	9	2	NONE
Vegetable, Zucchini Sticks	1/2 cup	13	2	NONE
Beverages				
Juice, Orange, Apple & Wildberry	4 oz.	56	14	NONE
Milk, 1% white	8 oz.	120	16	MILK
Milk, nonfat chocolate	8 oz.	110	20	MILK
Milk, Soy	8 oz	140	12	SOY
Milk, Strawberry	8 oz	130	27	MILK