

# Temecula Valley Unified School District – Nutrition Services

## Carbohydrate Count for Middle & High School Menus

### 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 middle and high schools in the district; therefore, some items may not be available at all schools. Nutrition information is based on the standard formulations, differences may occur due to supplier, time of year, and point of purchase.

\*Substitutions may be made if product is not received from a vendor

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

- |           |              |
|-----------|--------------|
| 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	Each size	Calories	Carbohydrates (g)	Allergens
Breakfast, Apple Sticks	1 each	190	38	Wheat
Breakfast, Bagel	1 each	163	34	Wheat
Breakfast, Bagel & Cream Cheese	1 each	267	35	Milk, Wheat
Breakfast, Breakfast Pizza Sausage	1 each	240	31	Milk, Soy, Wheat
Breakfast, Burrito (GOHS)	1 each	478	34	Egg, Milk, Soy,
Breakfast, Burrito, Egg, Cheese & Bacon	1 each	212	22	Egg, Milk, Soy, Wheat
Breakfast, Burrito, Egg, Cheese & Chorizo	1 each	200	22	Egg, Milk, Soy, Wheat
Breakfast, Cereal Cinnamon Toasters	1 each	110	22	Milk, Soy, Wheat
Breakfast, Cereal Rice Krispies Gluten Free	1 each	100	23	NONE

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Food	Each size	Calories	Carbohydrates (g)	Allergens
Breakfast, Cereal Cinn. Toasters & String Cheese	1 serving	200	23	Milk, Soy, Wheat
Breakfast, Cinnamon Roll	1 each	245	45	Egg, Soy, Wheat
Breakfast, Coffee Cake	1 each	340	53	Egg, Milk, Wheat
Breakfast, Double Chocolate Chip Muffin	1 each	260	41	Egg, Milk, Soy, Wheat
Breakfast, Mini Cinnis	1 serving	202	33	Milk, Wheat
Breakfast, Mini Maple Pancakes	1 each	247	44	Egg, Milk, Wheat
Breakfast, Oatmeal Chocolate Chip Breakfast Bar	1 each	290	47	Egg, Milk, Soy, Wheat
Breakfast, Pop Tart & String Cheese	1 serving	260	38	Milk, Soy, Wheat
Breakfast, Sandwich Sausage & Cheese	1 each	157	15	Milk, Soy, Wheat
Breakfast, Yogurt & Granola	1 serving	190	34	Milk, Soy, Tree Nuts, Wheat
Bacon Macaroni & Cheese w/ Roll	1 serving	435	48	Egg, Milk, Soy, Wheat
Beef, Meatballs	4 each	173	10	Milk, Soy, Wheat
Beef, Patty	1 patty	111	1	Soy
Black Bean & Ham Soup w Tortilla Chips	1 serving	452	52	Milk
Bread, Bun (Hamburger)	1 bun	150	29	Soy, Wheat
Bread, (Tortilla) 6"	1 each	87	15	Soy, Wheat
Bread, (Tortilla) 10"	1 each	174	29	Soy, Wheat
Burrito, Bean & Cheese	1 each	291	41	Milk, Soy, Wheat
Burrito, California	1 each	440	43	Milk, Soy, Wheat
Burrito, Combo (beef, bean, cheese & salsa)	1 each	304	39	Milk, Soy, Wheat
Cheese Sandwich	1 each	216	30	Milk, Soy, Wheat
Cheeseburger	1 each	291	31	Milk, Soy, Wheat
Cheeseburger, BBQ Onion	1 serving	394	48	Milk, Soy, Wheat
Chicken, Breaded Breast Filet	1 piece	230	14	Soy, Wheat
Chicken & Waffles w Syrup	1 serving	500	66	Egg, Milk, Soy, Wheat
Chili Bowl w/ Tortilla Chips	1 serving	454	56	Milk
Fajita Chicken Bowl	1 each	384	49	Soy
Meatball Pinwheel	1 each	369	43	Egg, Milk, Soy, Wheat
Orange Chicken	3.6 oz	150	19	Egg, Soy, Wheat
Orange Chicken & Brown Rice	1 each	320	55	Egg, Soy, Wheat
Pizza, French Bread (Cheesy Garlic)	1 each	330	30	Milk, Soy, Wheat
Pizza, French Bread (Pepperoni)	1 each	350	35	Milk, Soy, Wheat

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Food	Each size	Calories	Carbohydrates (g)	Allergens
Pizza, Cheese Deep Dish	1 each	300	36	Milk, Soy, Wheat
Pizza, Pepperoni Deep Dish	1 each	310	35	Milk, Soy, Wheat
Pretzel Club	1 each	346	33	Egg, Milk, Soy, Wheat
Waffles, WG	2 each	220	33	Egg, Milk, Soy, Wheat
Wrap, Chicken & Bacon Ranch	1 each	494	42	Milk, Soy, Wheat
Wrap, Spicy Chicken (Cold)	1 each	463	45	Milk, Soy, Wheat
Wrap, Spicy Chicken (Hot)	1 each	459	44	Milk, Soy, Wheat
Chicken, Fajita	4.2 oz	165	3	Soy
Chicken, Hot & Spicy Nuggets	5 each	263	18	Soy, Wheat
Chicken Corn Dog, Jumbo	1 each	238	28	Egg, Milk, Soy, Wheat
(Gluten Free) Chicken Chunks	1 each	312	18	Soy
(Gluten Free) Pizza, Pepperoni	1 each	450	46	Milk, Soy
(Gluten Free) Pizza, Cheese	1 each	400	46	Milk, Soy
(Gluten Free) Mac & Cheese	1 each	250	30	Milk, Soy
(Gluten Free) Corn Dog	1 each	180	21	Egg, Soy
Hot Pocket, Pepperoni	1 each	300	32	Egg, Milk, Soy, Wheat
H&S Chicken Nuggets w/ Tater Tots & Sun Chips	1 each	603	62	Soy, Wheat
PB&J Sandwich	1 each	310	35	Peanut, Soy, Wheat
PB&J w/ String Cheese & Sun Chips	1 each	600	64	Milk, Peanut, Soy, Wheat
Penne Pasta w/ Meatballs	1 each	351	53	Milk, Soy, Wheat
Rice, Brown	1/2 cup	105	20	Soy
Salad, Chicken Caesar w/ Sun Chips	1 serving	546	49	Egg, Fish, Milk, Peanut, Soy, Tree Nuts, Wheat
Salad, Smokehouse BBQ Chicken w/ Roll	1 serving	319	33	Egg, Milk, Soy, Wheat
Sandwich, Chicken (Classic)	1 each	380	43	Soy, Wheat
Sandwich, Chicken (Spicy)	1 each	380	44	Soy, Wheat
Sandwich, Pulled Pork	1 each	373	41	Wheat
Sandwich, Pulled Pork on Pretzel Bun	1 each	383	41	Wheat
Sandwich, Tuna Sub	1 each	384	41	Egg, Fish, Milk, Soy, Wheat
Sandwich, Turkey Sub	1 each	319	40	Milk, Soy, Wheat
Taco, Fish	1 each	466	56	Egg, Fish, Soy, Wheat
Teriyaki Chicken & Brown Rice	1 each	299	46	Soy, Wheat
Veggie Burger	1 each	330	43	Egg, Milk, Soy, Wheat
Yogurt and Crackers (LUNCH)	1 serving	410	69	Milk, Soy, Wheat
Yogurt and Granola (LUNCH)	1 serving	440	76	Milk, Soy, Tree Nuts, Wheat

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Food	Each size	Calories	Carbohydrates (g)	Allergens
Condiment, Ketchup	1 oz.	10	2	NONE
Condiment, BBQ Sauce	1 oz.	33	8	NONE
Condiment, Cream Cheese	1 each	100	1	Milk
Condiment, Guacamole	1 oz.	38	3	NONE
Condiment, Mayo Packet	1 each	60	1	Egg
Condiment, Marinara Sauce	1 oz.	14	2	NONE
Condiment, Mustard	1 oz.	5	0	NONE
Condiment, Salsa	1 oz.	10	2	NONE
Condiment, Sour Cream	1 oz.	57	1	Milk
Condiment, Syrup, No HFCS	1 oz.	80	20	NONE
Condiment, Taco Sauce; La Victoria	1/8 cup	10	2	NONE
Condiment, Tartar Sauce	1 packet	20	1	Egg
Sides, Cheese, String	1 each	80	1	Milk
Sides, Cheese Slice	1 slice	35	1	Milk
Sides, Cheese Shredded Cheddar	1 oz.	80	1	Milk
Side, Cornbread, Cheesy	1 each	240	39	Egg, Milk, Wheat
Sides, Chips ,(Sun Chips) Cheddar	1 each	210	27	Milk, Wheat
Sides, Chips ,(Sun Chips) Original	1 each	210	28	Milk, Wheat
Sides, Chips ,(Sun Chips) Salsa	1 each	210	27	Milk, Wheat
Sides, Chips (Tortilla)	1 each	140	19	NONE
Sides, Crackers (wheat)	1 each	180	30	Milk, Soy, Wheat
Sides, Dressing Ranch (pouch/salads)	1 each	10	2	Milk
Sides, Dressing Caesar (pouch/salads)	1 each	45	2	Milk, Fish, Tree Nuts, Peanuts, Egg
Sides, Granola (lunch)	2 oz.	250	42	Soy, Tree Nuts, Wheat
Sides, Granola (breakfast)	1 oz.	120	20	Soy, Tree Nuts, Wheat
Sides, Roll	1 each	85	16	Egg, 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, Applesauce Cups	1/2 cup	52	14	NONE
Fruit, Apricot Halves	1/2 cup	62	16	NONE

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Food	Each size	Calories	Carbohydrates (g)	Allergens
Fruit, Asian Pear	1 each	51	13	NONE
Fruit, Banana	1 each	90	23	NONE
Fruit, Blueberries	1/2 cup	29	7	NONE
Fruit, Crabapples	4 each	37	10	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, Fruit Mix	1/2 cup	68	18	NONE
Fruit, Grapes	1/2 cup	31	8	NONE
Fruit, Guavas	1/2 cup	56	5	NONE
Fruit, Kiwi	1/2 cup	55	13	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, 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, 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, Peaches, diced/sliced (canned)	1/2 cup	53	13	NONE
Fruit, Peach, Frozen Cup	1 each	80	19	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	120	29	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, Watermelon	1/2 cup	23	6	NONE

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Food	Each size	Calories	Carbohydrates (g)	Allergens
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, Cauliflower	1/2 cup	13	2.5	NONE
Vegetable, Carrots, Baby	1/2 cup	25	6	NONE
Vegetable, Carrots, Baby, IW	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, Green Beans	1/2 cup	61	6	NONE
Vegetable, Jalapenos	1/2 cup	13	3	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, Onion (Red Sliced)	1/2 cup	14	3	NONE
Vegetable, Peas	1/2 cup	119	20	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, Potatoes, Tator Tots	8 each	130	16	Soy
Vegetable, Side Garden Salad (MS)	1/2 cup	33	3	Milk, Soy
Vegetable, Side Garden Salad (HS)	1 svg	65	9	Milk, Soy
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

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Food	Each size	Calories	Carbohydrates (g)	Allergens
Vegetable, Tomato (Sliced)	1/4 cup	9	2	NONE
Vegetable, Zucchini Sticks	1/2 cup	13	2	NONE
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

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