

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 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
 Amanda Eberhardt, MPH, RD
aerberhardt@tvusd.k12.ca.us

Food	Serving size	Calories	Carbohydrates (g)	Allergens
Breakfast Items				
Bagel	1 each	163	34	Wheat
Breakfast Burrito (GOHS)	1 each	478	34	Egg, Milk, Soy, Wheat
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
Cereal & String Cheese, Cinnamon Toasters	1 each	200	23	Milk, Soy, Wheat
Cereal & String Cheese, Rice Krispies (Gluten Free)	1 each	181	24	Milk
Cinnamon Roll; 20th Century	1 each	245	45	Egg, Soy, Wheat
Cinnamon Roll; Bake Crafters	1 each	300	54	Egg, Milk, Soy, Wheat
Coffee Cake	1 each	340	53	Egg, Milk, Wheat
Confetti Pancakes	1 each	220	36	Egg, Milk, Soy, Wheat

Food	Serving size	Calories	Carbohydrates (g)	Allergens
Double Chocolate Chip Muffin	1 each	260	41	Egg, Milk, Soy, Wheat
Mini Cinnis	1 serving	202	33	Milk, Wheat
Mini Maple Pancakes	1 each	247	44	Egg, Milk, Wheat
Oatmeal Chocolate Chip Breakfast Bar	1 each	290	47	Egg, Milk, Soy, Wheat
Pop Tart & String Cheese	1 serving	260	38	Milk, Soy, Wheat
Pumpkin Bread	1 each	270	43	Egg, Milk, Soy, Wheat
Sausage & Cheese Biscuit	1 each	159	16	Milk, Soy, Wheat
Turkey Sausage Breakfast Pizza	1 each	240	31	Milk, Soy, Wheat
Ultimate Breakfast Round, Sunberry	1 each	270	46	Egg, Soy, Wheat
Lunch Items				
Bacon Macaroni & Cheese w/ Roll	1 serving	415	47	Egg, Milk, Soy, Wheat
Black Bean & Ham Soup w/ Tortilla Chips	1 serving	452	52	Milk
Burrito, Bean & Cheese	1 each	291	41	Milk, Soy, Wheat
Burrito, California	1 each	440	43	Milk, Soy, Wheat
Burrito, Carnitas	1 each	402	42	Milk, Soy, Wheat
Burrito, Combo (beef, bean, cheese & salsa)	1 each	304	39	Milk, Soy, Wheat
Cheese Sandwich	1 each	470	41	Milk, Wheat
Cheeseburger	1 each	341	31	Milk, Soy, Wheat
Cheeseburger, BBQ Onion	1 serving	444	48	Milk, Soy, Wheat
Cheesy Pull Apart	1 each	290	29	Milk, Soy, Wheat
Chicken, Breaded Drumstick w/Emoji Potato & SC	1 serving	520	51	Wheat
Chicken, H&S Nuggets w/ Tater Tots & Sun Chips	1 each	603	62	Soy, Wheat
Chicken, Orange & Brown Rice	1 each	320	55	Egg, Soy, Wheat
Chicken, Teriyaki & Brown Rice	1 each	299	46	Soy, Wheat
Chicken Corn Dog, Jumbo	1 each	238	28	Egg, Milk, Soy, Wheat
Chicken & Waffles w/ Syrup	1 serving	500	66	Egg, Milk, Soy, Wheat
Chicken Sandwich (Classic)	1 each	380	43	Soy, Wheat
Chicken Sandwich (Spicy)	1 each	380	44	Soy, Wheat
Chili Bowl w/ Tortilla Chips	1 serving	454	56	Milk
Fajita Chicken Bowl	1 each	459	50	Milk
Fish Tacos	1 serving	466	56	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

Food	Serving size	Calories	Carbohydrates (g)	Allergens
(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
Hot Pocket, Pepperoni	1 each	300	32	Egg, Milk, Soy, Wheat
Meatball Sub	1 each	410	44	Milk, Soy, Wheat
PB&J Uncrustables, Grape	1 each	600	64	Peanut, Wheat
PB&J Uncrustables, Strawberries	1 each	600	64	Peanut, 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
Philly Steak Sandwich	1 each	513	43	Milk, Soy, Wheat
Pizza, Deep Dish, Cheese	1 each	300	36	Milk, Soy, Wheat
Pizza, Deep Dish, Pepperoni	1 each	310	35	Milk, Soy, Wheat
Popcorn Chicken & Sun Chips	1 serving	503	45	Milk, Soy, Wheat
Popcorn Chicken Famous Bowl	1 serving	506	59	Egg, Milk, Soy, Wheat
Pretzel Club	1 each	396	33	Egg, Milk, Soy, Wheat
Pulled Pork on Pretzel Bun	1 each	460	46	Soy, Wheat
Pulled Pork Sandwich	1 each	450	46	Soy, Wheat
Salad, Chef w/ Roll	1 serving	239	25	Egg, Milk, Soy, Wheat
Salad, Chicken Caesar w/ Sun Chips	1 serving	546	49	Egg, Fish, Milk, Peanut, Shellfish, Soy, Tree Nuts, Wheat
Salad, Spicy Thai Chicken w/ Roll	1 serving	324	27	Egg, Milk, Soy, Wheat
Salad, Taco	1 serving	463	52	Milk, Soy
Sausage Bites w/ Biscuit & Honey	1 serving	489	49	Milk, Soy, Wheat
Tomato Soup & Grilled Cheese	1 serving	402	45	Milk, Soy, Wheat
Tuna Sub	1 each	434	41	Egg, Fish, Milk, Soy, Wheat
Turkey Gravy & Potatoes Bowl	1 serving	240	28	Milk, Soy
Turkey Sub	1 each	369	40	Milk, Soy, Wheat
Veggie Burger	1 each	330	43	Egg, Milk, Soy, Wheat
Wrap, Chicken & Bacon Ranch	1 each	494	42	Milk, Soy, Wheat
Wrap, Spicy Chicken (Cold)	1 each	483	49	Milk, Soy, Wheat
Wrap, Spicy Chicken (Hot)	1 each	479	48	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
Condiments				

Food	Serving 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, Dressing, Caesar (pouch/salads)	1 each	45	2	Milk, Fish, Tree Nuts, Peanuts, Egg
Condiment, Dressing, Ranch (pouch/salads)	1 each	10	2	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
Side Items				
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
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, Cornbread, Cheesy	1 each	240	39	Egg, Milk, Wheat
Sides, Crackers (wheat)	1 each	180	30	Milk, Soy, Wheat
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
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

Food	Serving 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	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, 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

Food	Serving size	Calories	Carbohydrates (g)	Allergens
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, 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	27	6	NONE
Vegetable, Jicama Sticks, Chili Lime	1/2 cup	29	7	NONE
Vegetable, Jicama Sticks, w/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
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

Food	Serving size	Calories	Carbohydrates (g)	Allergens
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