

Nutritional Information

11/3/2025

Lunch Entrées	Serving Size	Calories	Carbohydrates (g)	Total Fat (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Fiber (g)	Protein (g)	Allergens*
Bistro Box	1 each	430	30	27	10	55	850	3	17	D,W
Crackers	1 bag	190	29	7	0	0	210	3	4	W
Cheese Cubes	1 oz	120	1	10	6	30	200	0	7	D
Salami	1 pack	120	0	10	4	25	440	0	6	none
Bosco Sticks w/Marinara cup	2 each/1 cup	320	37	10	5	30	540	5	21	D,W
Bosco Sticks	2 each	300	34	10	5	30	440	4	20	D,W
Marinara cup	1 cup	20	3	0	0	0	100	1	1	none
Chicken Burrito	1 each	320	38	10	3.5	50	550	4	21	D,W
Chipotle Chicken & Cilantro Lime Rice	3oz chx/4 oz rice	207	26.5	2.5	0	50	657	0	18	S
Chipotle Chicken	3oz	100	3	2.5	0	50	420	0	16	none
Cilantro Lime Rice	4 oz	107	23.5	0	0	0	237	0	2	S
Corn Dog (Chicken)	1 each	238	28	9	2.5	40	690	2	12	D,E,S,W
Hamburger	1 patty/1 bun	350	30	16	6.5	40	550	3	20	W,Sesame
Patty	3oz patty	180	0	14	6	40	360	0	13	none
Hamburger Bun	1 each	170	30	2	0.5	0	190	3	7	W,Sesame
Hot Dog (Beef)	1 bun/1 hot dog	260	30	8	3	25	530	3	16	W,Sesame
Beef Hot Dog	1 hot dog	90	0	6	2.5	25	340	0	9	none
Bread	1 bun	170	30	2	0.5	0	190	3	7	W,Sesame
Mac & Cheese (JTM)	1 bowl (6oz)	286	29	11	7	36	781	2	16	D,E,W
Mac & Cheese (Rose & Shore)	1 tray(8oz)	340	33	14	8	40	770	4	22	D,W,S
Orange Chicken & Rice	3.6oz chx/4 oz rice	247	40	3	0.5	40	282	1	13	E,S,W
Orange Chicken	3.6oz	150	19	3	0.5	40	280	0	11	E,S,W
Rice	4oz	97	21	0	0	0	2	1	2	none
Pizza, Pepperoni	1 slice	370	33	17	9	35	580	3	20	D,W,P
Popcorn Chicken	15 pieces	314	19	18	3.5	27	477	4	19	W,S
Quesadilla	1 each	440	39	24	12	60	720	2	16	D,W
Sandwich, Turkey & Cheese Croissant	1 each	355	31	15	7	63	1140	2	28	D,W
Taco, Pork Carnitas	2.7oz pork/2 each	324	33	10	3	57	75	2	21	P,S
Pork Carnitas	2.7 oz	159	1	8	3	57	61	0	17	P,S
Corn Tortilla	2 each	165	32	2	0	0	14	2	4	none
Vegan Burger	1 bun/1 vegan patty	450	36	22	6.5	0	580	5	27	W,Sesame
Burger Bun	1 bun	170	30	2	0.5	0	190	3	7	W,Sesame
Vegan Patty (Beyond Meat)	1 each	280	6	20	6	0	390	2	20	none
Veggie Buffalo Nuggets & Corn Bread (SkyB)	6 nuggets/1 each	470	63	18	2.5	20	555	8	19	D,E,S,W
Veggie Buffalo Nuggets	6 nuggets	250	27	10	1.5	0	430	6	16	W,S
Corn Bread, Sky Blue Brand	1 each	220	36	8	1	20	125	2	3	D,E,S,W
Corn Bread, Buena Vista Brand	1 each	190	33	6	0.5	15	170	1	3	D,E,W
Yogurt, Cheese, & Granola (Protein Pack)	4oz yogurt/ 1 string cheese/ 1 granola	400	59	11.5	4.5	25	260	4	16	D
Yogurt	4oz	80	15	0.5	0	5	60	0	4	D
String Cheese	1 each	80	2	6	4	20	200	0	6	D
Granola (2oz)	2oz	240	42	5	0.5	0	0	4	6	none
Granola(1oz)	1oz	120	21	2.5	0	0	0	2	3	none
Animal Crackers	1 pouch	110	18	3.5	0.5	0	60	2	2	D,W
Buffalo Ranch Fava Beans	1 pouch	190	22	7	0.5	0	380	9	10	none
Crackers Churro, Crunch n Crave	1 pouch	110	21	2.5	0	0	75	2	2	W
Dried Mango Chili Bites	1 pouch	130	33	0	0	0	85	2	0	none
Thanksgiving Turkey Cookie	1 each	130	22	4.5	1	10	100	1	2	D,E,W

Nutrition and allergy information for all Day with the Chef Items can be found on the CVESD Nutrition Webpage, under document titled "Chef Nutritionals Nov 2025".

***ALLERGENS NOTED: D = Dairy, E= Eggs, F= Fish, S= Soy, W= Wheat, Pork=P, Sesame**

*Please be advised that this is general information and not intended to be used as medical advise. The information is accurate to the best of our knowledge based on the information provided by the manufacturer. Products may change at any time.

Nutritional Information

11/3/2025

Breakfast Entrées	Serving Size	Calories	Carbohydrates (g)	Total Fat (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Fiber (g)	Protein (g)	Allergens*
Bagel	1 each	163	34	0.5	0	0	172	3	6	W
with Cream Cheese	1 each	60	2	5	3	20	110	0	3	D
Bacon, Egg, Cheese Pocket	1 each	220	22	10	4	80	420	2	13	D,E,W,P
Breakfast Bites	1 each	250	37	10	5	0	190	3	5	D,E,S,W
Breakfast Pizza	1 each	180	18	7	3	20	200	1	9	D,W
Croissant, Ham & Cheese	1 each	300	27	0	9	55	580	0	13	D,E,W,P
French Toast Sticks	2 sticks	240	38	7	1	10	260	2	6	D,E,S,W
Maple Chicken Sandwich	1 each	160	17	6	1.5	40	220	1	8	D,E,W
Mini Blueberry Waffles	1 pouch	210	37	6	1	0	170	2	4	D,E,W
Pan Dulce	1 each	200	34	6	1.5	5	90	2	5	E,W
Vanilla Breakfast Square	1 each	260	36	7	2	20	180	1	5	D,E,W
Cereal, Cheerios Multigrain, 1oz	1 each	110	23	1	0	0	105	2	2	none
Cereal, Chex Cinnamon, 2oz	1 each	240	46	5	0.5	0	340	3	3	none
Cereal, Cinnamon Toast Crunch, RS, 2oz	1 each	210	44	5	0	0	320	7	3	W
Cereal, Lucky Charms, RS, 2oz	1 each	210	45	2.5	0.5	0	440	5	5	none
Cereal, Frosted Mini Wheats, 2oz	1 each	210	50	12	0	0	10	6	5	W
Cereal, Raisin Bran, 1oz	1 each	110	28	0.5	0	0	120	4	3	W
Cereal, Trix RS, 2oz	1 each	220	47	3	0.5	0	320	3	3	none
String Cheese (comes with cereal)	1 each	80	2	6	4	20	200	0	6	D

Nutrition and allergy information for all Day with the Chef Items can be found on the CVESD Nutrition Webpage, under document titled "Chef Nutritionals Nov 2025".

***ALLERGENS NOTED: D = Dairy, E= Eggs, F= Fish, S= Soy, W= Wheat, Pork=P, Sesame**

*Please be advised that this is general information and not intended to be used as medical advise. The information is accurate to the best of our knowledge based on the information provided by the manufacturer. Products may change at any time.