

## Chula Vista Elementary School District

### Lunch Fruit and Veggie Carb Count (grams) - Mar 2026

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<b>FRUITS</b>				
Apples, fresh (14 grams)	Apple slices (12 grams)	Pears, fresh (27 grams)	Bananas, fresh (23 grams)	Oranges, fresh (15 grams)
Raisins, dried (29 grams)	Cantaloupe, fresh 1/2 cup (7 grams)	Tangelos fresh (12 grams)	Applesauce cup (14 grams)	Honeydew, fresh 1/2 cup (8 grams)
Juice, Wildberry (15 grams)	Sidekick, frozen fruit cup (23 grams)	Juice, Apple (15 grams)	Juice, Orange (14 grams)	Sidekicks, frozen fruit cup 23 (grams)
<b>VEGETABLES</b>				
Spinach, 1/2 cup (1 gram)	Salad Mix, 1/2 cup (1 gram)	Shredded Lettuce, 1/2 cup (1 grams)	Salad Mix, 1/2 cup (1 gram)	Shredded Lettuce, 1/2 cup (1 grams)
Baby Carrots, 1/4 cup (3 grams)	Baby Carrots, 1/4 cup (3 grams)	Baby Carrots, 1/4 cup (3 grams)	Baby Carrots, 1/4 cup (3 grams)	Baby Carrots, 1/4 cup (3 grams)
Corn, 1/4 cup (8 grams)	Black Beans 1/4 cup (9 gram)	Cherry Tomatoes, 1/4 cup (2 gram)	Edamame, 1/4 cup (2 grams)	Garbanzo beans, 1/4 cup (11 grams)
Sugar Snap Peas, 1/4 cup (5 grams)	Broccoli 1/4 cup (1 gram)	Cucumber, 1/4 cup (1 grams)	Mini Sweet Peppers, 1/4 cup ( 2 grams)	Celery Sticks, 1/4 c (1 gram)

### Breakfast Fruit Carb Count (grams) - Mar 2026

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>FRUITS</b>				
Oranges, fresh (15 grams)	Apple, fresh (12 grams)	Apple slices (12 grams)	Pears, fresh ( 27 grams)	Bananas, fresh (23 grams)
Raisins, dried (29 grams)	Craisins, dried (27 grams)	Raisins, dried (29 grams)	Craisins, dried (27 grams)	Raisins, dried (29 grams)
Juice, Apple (15 grams)	Juice, Wildberry (15 grams)	Juice, Orange (14 grams)	Juice, Apple (15 grams)	Juice, Orange (14 grams)

\*Nutritional information for fruits and vegetables is only an approximation and can vary due to differences in size. Menu subject to change\*

This institution is an equal opportunity provider.