

Carbohydrate Count		
		2/6/2026
Lunch Entrées	Serving Size	Carbohydrates (g)
Bistro Box	1 each	30
Crackers	1 bag	29
Cheese cubes	1 oz	1
Salami	1 pack	0
Grilled Cheese	2 bread/ 3 cheese	21
Bread	2 each	18
Cheese	3 each	3
Hot Dog, Beef	1 bun/1 hot dog	30
Hot Dog, beef	1 hot dog	0
Bun	1 each	30
Mac & Cheese (Rose & Shore Brand)	1 tray (8oz)	33
Orange Chicken & Rice	3.6oz chx/4 oz rice	40
Orange Chicken	3.6oz	19
Rice	4oz	21
Pizza, Cheese	1 slice	37
Pizza, Pepperoni	1 slice	33
Popcorn Chicken	15 pieces	19
Pupusa, Birria	1 each	28
Tamale, Chicken	1 each	26
Taco, Carne Asada	2.7 oz meat/2 tortillas	33
Carne Asada	2.7 oz	1
Corn Tortilla	2 each	32
Taquitos, Beef & Cheese	2 each	32
Teriyaki Chicken w/Rice	2.8 oz chx/4 oz rice	31
Teriyaki Chicken	2.8 oz	10
Rice	4 oz	21
Sandwich, Chicken	1 each	49
Chicken Patty	1 each	19
Bun	1 each	30
Vegan Burger	1 bun/1 vegan patty	36
Burger bun	1 bun	30
Vegan patty (Beyond Meat)	1 vegan patty	6
Veggie Buffalo Nuggets & Corn Bread (SkyB)	6 nuggets/1 each	63
Veggie Buffalo Nuggets	6 nuggets	27
Corn Bread, Sky Blue Brand	1 each	36
Corn Bread, Buena Vista Brand	1 each	33
Yogurt, Cheese, & Granola	4oz yogurt, 2oz granola, 1 string cheese	59
Yogurt	4oz	15
String Cheese	1 each	2
Granola (2oz)	2oz	42
Granola(1oz)	1oz	21
Cheez It, Buffalo	1 pouch	14
Spicy Nacho Chickpeas	1 pouch	26
Raisels Watermelon Shock	1 pouch	38
Breakfast Entrées	Serving Size	Carbohydrates (g)
Bagel	1 each	34
with Cream Cheese	1 each	2
Bacon, Egg, Cheese Pocket	1 each	22
Breakfast Bites	4 pieces	37
Cinnamon Swirl Bun	1 each	48
Egg & Cheese English Muffin	1 each	23
Ham & Cheese Croissant	1 each	27
Maple Chicken Sandwich	1 each	17
Pan Dulce	1 each	34
Poffitz Pancakes	1 pouch	37
Vanilla Breakfast Square	1 each	36
Cereal, Cheerios Multigrain, 1oz	1 each	23
Cereal, Chex Cinnamon, 2oz	1 each	46
Cereal, Cinnamon Toast Crunch, 2oz	1 each	45
Cereal, Frosted Mini Wheats 2oz	1 each	50
Cereal, Lucky Charms, 2oz	1 each	45
Cereal, Raisin Bran, 1oz	1 each	28
Cereal, Trix 2oz	1 each	47
String Cheese (comes with cereal)	1 each	2

Carb information for all Day with the Chef Items can be found on the CVESD Nutrition Webpage, under document titled "Chef Nutritionals Feb 2026".

Fruits & Vegetables	Serving Size	Carbohydrates (g)
Apple, fresh (small)	1 each	14
Apple, slices (pouch)	1 each	12
Applesauce, cup	1 each	14
Asian Pear, fresh (small)	1 each	13
Banana, fresh (petite)	1 each	23
Beans, Black (1/4c)	1/4 c	9
Beans, Garbanzo (1/4 c)	1/4 c	11
Broccoli, florets (1/4 c)	1/4 c	1.5
Cabbage, shredded (1/4c)	1/4c	2
Cantaloupe, diced, fresh	1/2 c	7
Carrots, baby (1/4 c)	1/4 c	3
Cauliflower, florets (1/4 c)	1/4 c	1
Celery sticks (1/4 c)	1/4 c	1
Corn, canned (1/2 c)	1/2 c	16
Craisins, dried (box)	1 each	27
Cucumbers, sliced (1/4 c)	1/4 c	1
Edamame, fresh (1/4 c)	1/4 c	3.5
Grapes, fresh (1/2 c)	1/2 c	14
Honeydew, diced, fresh	1/2 c	8
Jalapenos (1/8 c)	1/8 c	0.5
Jicama, sliced (1/4 c)	1/4 c	3
Kiwi, fresh (medium)	1 each	11
Lettuce, shredded (1/2 c)	1/2 c	1
Lettuce, romaine (1/2 c)	1/2 c	1
Nectarine, fresh (medium)	1 each	14
Orange, fresh (medium)	1 each	15
Peaches, diced fruit cup (1/2 cup)	1/2 c	12
Peaches, fresh (medium)	1 each	14
Pear, fresh (medium)	1 each	27
Pickles, dill (1/8 c)	1/8 c	0.5
Plum, fresh (medium)	1 each	8
Pluot, fresh (medium)	1 each	8
Pop, Peach Chamov(Frozen)w/Pineapple&Mango	1 each	18
Raisins, box	1 each	29
Salad/Spinach Mix (1/2 c)	1/2 c	1
Sidekicks, Frozen Fruit (Assorted Flavors)	1 each	22
Snap Peas, fresh (1/4 c)	1/4 c	5
Spinach, fresh (1/2 c)	1/2 c	1
Sweet Peppers Mini, fresh (1/4 c)	1/4 c	2
Tangelo, fresh (medium)	1/2 c	11
Tomatoes, cherry (1/4 c)	1/4 c	1.5
Tomatoes, chopped/sliced (1/4 c, 4slices)	1/4 c	1.5
Beverages	Serving Size	Carbohydrates (g)
Juice, Apple (4oz)	1 each	15
Juice, Fruit Punch (4oz)	1 each	15
Juice, Orange (4oz)	1 each	14
Juice, Wildberry (4oz)	1 each	15
Milk, 1% (8oz)	1 each	12
Milk, Nonfat (8oz)	1 each	10
Milk, Nonfat Chocolate (8oz)	1 each	19
Milk, Nonfat Strawberry (8oz)	1 each	20
Milk, Lactaid (8oz)	1 each	13
Milk, Soymilk Very Vanilla (8oz)	1 each	18
Condiments	Serving Size	Carbohydrates (g)
Dressing, Italian (2 tbsp)	2 tbsp	6
Dressing, Ranch (2 tbsp)	2 tbsp	2
Crema (2 tbsp)	2 tbsp	1.5
Jalapenos (1/8 c)	1/8 c	1
Ketchup (9g packet)	1 each	3
Mayonnaise (9g packet)	1 each	0
Mustard (5.5g packet)	1 each	0
Pickles (1 oz/8 slices)	1 oz	1
Pico De Gallo (1/2cup)	1 each	3
Taco Sauce (9g packet)	1 each	1

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