

Nutritional Information

2/5/2026

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
Chicken Sandwich	1 patty/1 bun	380	49	9	1.5	50	780	3	26	D,W,S,Sesame
Patty	1 each	210	19	7	1	50	590	0	19	D,W,S
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
Grilled Cheese	1 each	325	21	21.5	12	43.5	615	1	10.5	D,W
Croissant Bread	2 pieces	160	18	8	4.5	6	210	1	3	D,W
Cheese	3 slices	165	3	13.5	7.5	37.5	405	0	7.5	D
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, Cheese	1 slice	390	37	15	7	35	520	1	19	D,W
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
Pupusa, Birria	1 each	310	28	14	6	40	820	2	18	D
Tamale, Chicken	1 each	290	26	16	1.5	35	680	2	11	none
Tacos, Carne Asada	1 each	293	33	11	2	37	270	2	15	S
Carne Asada	2.6 oz	128	1	9	2	37	256	0	11	S
Tortillas	2 each	165	32	2	0	0	14	2	4	none
Taquitos, Beef & Cheese	2 each	320	32	0	6	35	360	3	17	D
Teriyaki Chicken & Rice	2.8 oz chx/ 4 oz rice	227	31	3.5	1	70	482	1	17	S
Teriyaki Chicken	2.8 oz	130	10	3.5	1	70	480	0	15	S
Rice	4 oz	97	21	0	0	0	2	1	2	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
Cheeze It, Buffalo	1 pouch	100	14	4	0.5	<5	150	2	3	D,W,S
Spicy Nacho Chickpeas	1 pouch	170	26	4	0	0	320	16	9	none
Raisels Watermelon Shock	1 pouch	160	38	0	0	0	5	2	1	none

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

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

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Nutritional Information

2/5/2026

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
Cinnamon Swirl Bun	1 each	300	48	9	2.5	10	125	3	6	E,S,W
Croissant, Ham & Cheese	1 each	300	27	0	9	55	580	0	13	D,E,W,P
Maple Chicken Sandwich	1 each	160	17	6	1.5	40	220	1	8	D,E,W
Muffin, Egg & Cheese	1 each	190	23	6	2	65	480	1	12	D,E,W
Pan Dulce	1 each	200	34	6	1.5	5	90	2	5	E,W
Poffitz Pancakes	1 bag	250	37	12	1	40	290	2	4	D,E,S,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

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