

Carbohydrate Count

3/24/2026

Lunch Entrées	Serving Size	Carbohydrates (g)
Bistro Box	1 each	30
Crackers	1 bag	29
Cheese Cubes	1 oz	1
Salami	1 pack	0
Chicken Sandwich	1 patty/1 bun	49
Patty	1 each	19
Hamburger Bun	1 each	30
Chicken Tenders	3 each	14
Corn Dog (chicken)	1 each	28
Grilled Cheese	1 each	21
Croissant Bread	2 pieces	18
Cheese	3 slices	3
Hamburger	1 patty/1 bun	30
Hamburger Patty	1 each	0
Hamburger Bun	1 each	30
Orange Chicken & Rice	3.6oz chx/4 oz rice	40
Orange Chicken	3.6oz	19
Rice	4oz	21
Pizza Cruncher	4 each	41
Pizza, Pepperoni	1 slice	33
Popcorn Chicken	15 pieces	19
Quesadilla, Bean & Cheese	1 each	40
Taco, Fish	3 each/2 each	49
Fish Sticks	3 each	17
Tortillas	2 each	32
Taco Salad, Pork Carnitas	2 oz meat/12 chips	32
Pork carnitas	2 oz	1
Tortilla Chips	12 each	31
Taquitos, Chicken	2 each	17
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 (Protein Pack)	4oz yogurt/ 1 string cheese/ 1 granola	59
Yogurt	4oz	15
String Cheese	1 each	2
Granola (2oz)	2oz	42
Yogurt Parfait & String Cheese	1 each	56
Yogurt Parfait	1 each	54
String Cheese	1 each	2
Educational Crackers	1 pouch	22
Sour Strawberry Raisins	1 pouch	30
Spicy Mango & Sunflower Seed Mix	1 pouch	37

Breakfast Entrées	Serving Size	Carbohydrates (g)
Bagel	1 each	34
with Cream Cheese	1 each	2
Breakfast Bites	1 each	37
Breakfast Taco, Potato Sausage & Cheese	1 each	17
Burrito, Egg & Chorizo	1 each	22
Cinnamon Swirl Bun	1 each	48
Croissant, Ham & Cheese	1 each	27
Maple Chicken Sandwich	1 each	17
Mini Maple Waffles	1 bag	36
Pan Dulce	1 each	34
Poffitz Pancakes	1 bag	37
Cereal, Cheerios Multigrain, 1oz	1 each	23
Cereal, Chex Cinnamon, 2oz	1 each	46
Cereal, Cinnamon Toast Crunch, RS, 2oz	1 each	44
Cereal, Lucky Charms, RS, 2oz	1 each	45
Cereal, Frosted Mini Wheats, 2oz	1 each	50
Cereal, Raisin Bran, 1oz	1 each	28
Cereal, Trix RS, 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 Apr 2026".		

Fruits & Vegetables	Serving Size	Carbohydrates (g)
Acai, frozen (acai, blueberries, banana, strawberries)	1 cup	14
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 Chamoy(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
Strawberries, fresh (1/2c)	1/2 c	6
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
<p>*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.</p>		