

Chula Vista Elementary School District

Lunch Fruit and Veggie Carb Count (grams) - May 2026

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
FRUITS				
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)	Strawberries, fresh 1/2 cup (6 grams)	Acai cup, frozen (14 grams)	Honeydew, fresh 1/2 cup (8 grams)
Juice, Wildberry (15 grams)	Sidekick, frozen fruit cup (23 grams)	Tangerines, fresh (12 grams)	Juice, Orange (14 grams)	Sidekicks, frozen fruit cup 23 (grams)
		Juice, Apple (15 grams)		
VEGETABLES				
Shredded Cabbage, 1/4 cup (2 grams)	Salad Mix, 1/2 cup (1 gram)	Salad Mix, 1/2 cup (1 gram)	Shredded Lettuce, 1/2 cup (1 grams)	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)	Mini Sweet Peppers, 1/4 cup (2 grams)	Cherry Tomatoes, 1/4 cup (2 gram)	Sliced Tomatoes, 1/4 cup/4 slices (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)	Jicama, sliced 1/4 cup (3 grams)	Celery Sticks, 1/4 c (1 gram)

Breakfast Fruit Carb Count (grams) - May 2026

Monday	Tuesday	Wednesday	Thursday	Friday
FRUITS				
Oranges, fresh (15 grams)	Apple, fresh (12 grams)	Apple slices (12 grams)	Tangerines, fresh (11 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.