Chula Vista Elementary School District

Lunch Fruit and Veggie Carb Count (grams) - September 2026				
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
FRUITS				
Watermelon, fresh 1/2 cup (6 grams)	Nectarines, fresh (14 grams)	Dragonfruit, fresh (1.5 grams)	Peaches, fresh (14 grams)	Pluot, fresh (8 grams)
Pears, fresh (27 grams)	Raisins, dried (29 grams)	Apple slices (12 grams)	Applesauce cup (14grams)	Grapes, 1/2 cup (8 grams)
Juice, Apple (15 grams)	Sidekick, frozen fruit cup (23 grams)	Peach pop, frozen (21 grams)	Juice, Orange (14 grams)	Sidekicks, frozen fruit cup 23 (grams)
VEGETABLES				
Spinach, 1/2 cup (1 gram)	Shredded Lettuce, 1/2 cup (1 grams)	Salad Mix, 1/2 cup (1 gram)	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)
Chef Black Bean Salad, 1/2cup (21 grams)	Chef Potato Salad, 1/2 cup (19 grams)	Chef Jicama Salad, 1/2 cup (8 grams)	Chef Sesame Ginger Edamame Salad, 1/2 cup (12 grams)	Chef Elote Salad, 1/2 cup (16 grams)
Sugar Snap Peas, 1/4 cup (5 grams)	Sliced Tomatoes, 1/4 cup (2 grams)	Cucumbers, 1/4 cup (1 grams)	Cherry Tomatoes, 1/4 cup (2 grams)	Sweet Peppers, 1/4 cup (2 grams)

Breakfast Fruit Carb Count (grams) - September 2026				
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
FRUITS				
Pluot, fresh (8 grams)	Pears, fresh (27 grams)	Nectarines, fresh (14 grams)	Apple slices (12 grams)	Peaches, fresh (14 grams)
Raisins, dried (29 grams)	Craisins, dried (27 grams)	Raisins, dried (29 grams)	Craisins, dried (27 grams)	Raisins, dried (29 grams)
Applesauce cup (14 grams)	Applesauce cup (14 grams)	Applesauce cup (14 grams)	Applesauce cup (14 grams)	Applesauce cup (14 grams)
Juice, Orange (15 grams)	Juice, Apple (15 grams)	Juice, Orange (14 grams)	Juice, Wildberry (15 grams)	Juice, Apple (15 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.