Chula Vista Elementary School District

Lunch Fruit and Veggie Carb Count (grams) - November 2026				
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
FRUITS				
Apples, fresh (14 grams)	Apple slices, fresh (12 grams)	Pears, fresh (27 grams)	Bananas, fresh (23 grams)	Oranges, fresh (15 grams)
Craisin, dried (27 grams)	Cantaloupe,diced 1/2 cup (7 grams)	Grapes, fresh 1/2 cup (14 grams)	Kiwi, fresh (11 grams)	Honeydew, fresh 1/2 cup (8 grams)
Juice, Wildberry (15 grams)	Sidekick, frozen fruit cup (23 grams)	Juice, Apple (15 grams)	Juice, Orange (14 grams)	Sidekicks, frozen fruit cup 23 (grams)
VEGETABLES				
Spinach, 1/2 cup (1 gram)	Caesar Salad, 1/2 cup (6 grams)	Shredded Lettuce, 1/2 cup (1 grams)	Shredded Lettuce, 1/2 cup (1 grams)	Salad Mix, 1/2 cup (1 gram)
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)
Garbanzo beans 1/4 cup (11 grams)	Corn, 1/4 cup (8 grams)	Jicama sticks, 1/4 cup (3 grams)	Edamame, 1/4 cup (2 grams)	Cauliflower, 1/4 cup (1 grams)
Celery sticks, 1/4 cup (1 grams)	Cucumbers, 1/4 cup (1 grams)	Sugar snap peas, 1/4 cup (5 grams)	Sweet Peppers, 1/4 cup (2 grams)	Cherry tomatoes, 1/4 cup (2 grams)

Breakfast Fruit Carb Count (grams) - November 2026				
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
FRUITS				
Oranges, fresh (15 grams)	Apples, fresh (14 grams)	Apple slices, fresh (12 grams)	Pears, fresh (27 grams)	Banana, fresh (23 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, 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.