

Chula Vista Elementary School District

Lunch Fruit and Veggie Carb Count (grams) - May 2023

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
FRUITS				
Tangerine (12 grams)	Apple Slices (8 grams)	Banana (23 grams)	Oranges (15 grams)	Apple (14 grams)
Cranberries, 1 pkg (27 grams)	Raisins, 1 box (29 grams)	Kiwis (11 grams)	Pears (27 grams)	Raisins, 1 box (29 grams)
Sidekick, frozen fruit cup (23 grams)	Juice, Fruit Punch (15 grams)	Juice, Apple (14 grams)	Sidekick, frozen fruit cup (23 grams)	Juice, Wildberry (15grams)
VEGETABLES				
Shredded Lettuce, 1/2 cup (1 grams)	Romaine Lettuce, 1/2 c (1 gram)	Shredded Lettuce, 1/2 cup (1 grams)	Romaine Lettuce, 1/2 c (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)
Celery Sticks 1/4 cup (1 gram)	Tomatoes, Sliced 1/4 cup (2 grams)	Corn 1/4 cup (8 grams)	Cherry Tomatoes 1/4 cup (1.5 grams)	Jicama, 1/4 c (3 grams)
Garbanzo Beans 1/4 cup (11 grams)	Broccoli 1/4 cup (1 gram)	Cucumbers 1/4 cup (1 gram)	Cauliflower 1/4 cup (1 gram)	Black Beans 1/4 cup (9 gram)

Breakfast Fruit Carb Count (grams) - May 2023

Monday	Tuesday	Wednesday	Thursday	Friday
FRUITS				
Apple (14 grams)	Tangerine (12 grams)	Apple (14 grams)	Banana (23 grams)	Oranges (15 grams)
Juice, Wildberry (15grams)	Juice, Orange (14 grams)	Juice, Fruit Punch (15 grams)	Juice, Apple (14 grams)	Juice, Appleberry (14 grams)
Applesauce (16 grams) Raisins (29 grams) and Cranberries (27 grams) also available at breakfast				

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.