

## Chula Vista Elementary School District

### Lunch Fruit and Veggie Carb Count (grams) - March 2024

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
FRUITS				
Asian Pears (13 grams)	Apples (14 grams)	Tangelos (11 grams)	Banana (23 grams)	Oranges (15 grams)
Applesauce Cups (15 grams)	Peach Cup, diced (12 grams)	Apple Slices (12 grams)	Kiwi (11 grams)	Cranberries (27 grams)
Juice, Orange (14 grams)	Sidekick, frozen fruit cup (23 grams)	Juice, Fruit Punch (15 grams)	Juice, Apple (15 grams)	Sidekick, frozen fruit cup (23 grams)
VEGETABLES				
Shredded Cabbage, 1/2 cup (2 grams)	Shredded Lettuce, 1/2 cup (1 gram)	Romaine Lettuce, 1/2 cup (1 gram)	Shredded Lettuce, 1/2 cup (1 gram)	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)
Corn, 1/4 cup (8 grams)	Tomatoes, Sliced 1/4 cup (1.5 grams)	Jicama, 1/4 cup (3 grams)	Black Beans, 1/4 cup (9 grams)	Cauliflower 1/4 cup (1 gram)
Celery Sticks, 1/4 cup (1 gram)	Garbanzo Beans, 1/4 cup (11 grams)	Celery Sticks, 1/4 cup (1 gram)	Broccoli 1/4 cup (1.5 grams)	Sugar Snap Peas, 1/4 cup (5 grams)

### Breakfast Fruit Carb Count (grams) - March 2024

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
FRUITS				
Oranges (15 grams)	Asian Pears (13 grams)	Apples (14 grams)	Tangelos (11 grams)	Banana (23 grams)
Cranberries (27 grams)	Cranberries (27 grams)	Cranberries (27 grams)	Cranberries (27 grams)	Cranberries (27 grams)
Juice, Apple (15 grams)	Juice, Orange (14 grams)	Juice, Wildberry (15 grams)	Juice, Fruit Punch (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.