FREMONT UNION HIGH SCHOOL DISTRICT

NUTRITIONALS FOR 2026-2027 MENU

Item Name (Serving Size)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Bagel Sandwich	395	14.42	4.77	0.00	128.20	50.31	6.92	6.13	4.00	16.00
Bagel w/ cream cheese	400	8.00	4.00	0.00	25.00	69.00	2.00	9.00	0.00	13.00
Burrito	425	20.19	5.13	0.00	144.07	49.10	6.13	1.97	0.00	11.72
Burrito Bowl (Vegetarian, Gluten Free, Vegan)	703	15.44	0.17	0.00	0.00	110.41	13.91	3.79	0.00	30.61
Burrito Bowl w/ Chicken (Gluten Free)	590	10.26	0.13	0.00	50.00	96.47	5.76	4.66	0.00	27.98
Butter Chicken w/ Naan	369	11.43	1.79	0.02	70.88	42.06	2.78	10.41	2.00	24.59
Carnitas Burrito Bowl (Gluten Free)	669	22.90	6.06	0.00	55.00	85.07	3.38	2.81	0.00	30.77
Cereal, Cinnamon Toast Crunch	220	6.00	0.00	0.00	0.00	43.00	5.00	12.00	12.00	3.00
Chicken Salad w/ Hawaiian Roll	608	27.83	3.75	0.00	65.00	62.56	10.68	12.97	3.98	26.90
Cinnamon Roll	305	5.00	1.50	0.00	5.00	57.00	2.00	12.00	12.00	8.00

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Eggs w/ Potatoes and Croissant	545	26.32	6.77	0.00	314.31	59.01	4.01	3.00	3.00	18.10
Falafal Hummus Salad	657	28.52	3.72	0.00	0.00	78.24	16.45	11.75	2.67	21.82
Fried Rice (Gluten Free, Vegan)	414	13.51	1.22	0.04	0.00	55.55	8.13	2.64	0.33	17.60
Grilled Cheese Sandwich	535	15.84	7.11	0.00	29.82	74.26	8.89	13.89	1.00	23.79
House Salad w/ Hawaiian Roll	726	42.45	10.57	0.00	210.00	62.47	5.92	11.81	5.98	23.62
Korean Wings with Fries	755	30.72	5.54	0.00	75.00	83.30	6.44	9.24	8.00	36.34
Mango Berry Smoothie	532	6.66	2.12	0.07	16.36	94.57	10.43	23.22	0.00	23.51
Minestrone Soup w/ Bread	353	7.55	3.18	0.00	15.00	50.70	8.69	4.76	1.00	19.84
Muffin	364	11.60	2.10	0.00	23.70	60.30	3.60	32.60	20.00	4.60

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Nashville Chicken Wrap	540	23.65	5.93	0.00	43.74	59.71	6.89	4.04	1.34	22.09
Pasta Bolognese	885	45.52	13.98	0.86	72.05	77.05	13.42	10.28	2.00	41.85
Pizza, Cheese	280	8.00	2.90	0.00	15.00	30.00	3.00	0.00	0.00	22.00
Pizza, Pepperoni	284	8.00	3.00	0.00	15.00	33.00	3.00	0.00	0.00	20.00
Plant Based Sandwich	707	33.96	8.03	0.00	33.19	69.83	11.61	8.13	3.00	30.52
Rice Chex	120	2.00	0.00	0.00	0.00	23.00	1.00	6.00	6.00	1.00
Sushi	310	9.00	1.50	0.00	15.00	48.00	4.00	7.00	0.00	10.00
Spicy Chicken Sandwich	721	32.93	9.53	0.00	78.09	72.80	5.60	8.13	3.00	33.48
Thai Chili Chicken w/ Rice	498	11	4.07	0.00	56.41	78.22	7.84	23.05	0.00	23.20

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Teriyaki Tofu w/ Rice	628	14	0.99	0.00	0.00	89.04	10.96	26.94	0.00	39.38
Turkey & Pesto on Ciabatta	470	13.12	4.63	0.00	63.19	54.59	7.68	13.14	1.00	33.49
Vegan Tenders w/ Fries	590	25.72	4.54	0.00	0.00	68.80	7.94	9.24	8.00	20.84
Vegetarian Pasta & Garlic Bread	800	38.52	13.37	0.00	40.82	76.79	12.19	10.54	2.00	36.60
Waffles w/ Syrup	570	18.00	4.00	0.00	70.00	92.00	6.00	36.00	22.00	10.00
Yogurt Crunch Bowl	505	16.10	5.91	0.00	11.34	70.00	3.44	51.8	24.5	24.8