

FREMONT UNION HIGH SCHOOL DISTRICT

NUTRITIONALS FOR SPRING 2025 MENU

Item Name	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Bagel w/ Cream Cheese	400.00	8.00	4.00	0.00	25.00	430.00	69.00	2.00	9.00	0 (M)	13.00	3.60	37.00	200.00	0.00	0(M)	45(M)	0 (M)
Banana, raw	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	0 (M)	1.29	0.31	5.90	75.52	10.27	0.00	422.44	88.39
Breakfast Burrito	393.37	18.00	5.00	0.00	170.00	1043.41	43.67	3.34	2.33	1 (M)	14.00	2.16	120.11	311.25 (M)	0.04 (M)	0 (M)	334.87 (M)	0.15 (M)
Broccoli	4.40	0.10	0.02	0.00	0.00	6.60	0.57	0.54	0.08	0.00	0.63	0.43	21.60	524.40	4.04	0.00	39.20	18.51
Carnitas Burrito Bowl	658.26	18.95	3.34	0.00	0.00	2254.16	88.09	3.92	5.13	0 (M)	33.15	2.15 (M)	32.68 (M)	603.67 (M)	31.04 (M)	0(M)	241.7 (M)	86.96 (M)
Chicken Tikka Masala w/ rice	452.12	21.14	15.37	0.00	63.78	336.99	42.59	1.91	0.00(M)	0.00(M)	23.62	4.38	12.46(M)	0.00(M)	0.69(M)	0.00(M)	222.27	50.44(M)
Chilaquiles	313.94	20.73	11.44	0.00	169.73	713.75	14.48	1.41	2.47	0.00	16.67(M)	1.07(M)	417.89(M)	22.49(M)	0.09(M)	0.00(M)	21.74(M)	0.31(M)
Cinnamon Rolls	310.00	5.00	1.50	0.00	5.00	340.00	56.00	2.00	12.00	11.00	8.00	3.00	20.00	0 (M)	0 (M)	1.40	100.00	0 (M)
Crunchy Berry Parfait	513.68	12.35	2.00	0.00	6.67	307.15	93.27	4.07	50.69	14.70	12.37	2.02	209.75	1029.41	27.72 (M)	0.00	219.49	65.98
Daily Salad Bar	194.52	5.57	0.76	0.01	0.00	250.57	28.01	10.17	6.75(M)	(M)	13.09	3.60	139.01	14841.44(M)	17	0.00(M)	759.07(M)	274.05(M)
Egg and Ham Sandwich	510.27	14.81	4.77	0.00	128.20	869.09	80.29	2.92	8.13	0.00(M)	20.00	5.71	63.20	2208.60(M)	11.36(M)	0.00(M)	213.90(M)	56.09(M)
Eggs w/ Potatoes and Croissant	507.03	26.00	7.16	0.00	238.14	811.24	56.81	2.99	3.95	3.95	12.76	2.9	22.68	340.20(M)	0.00(M)	0.00(M)	410.00(M)	(M)
French Toast Sticks w/ Syrup	426.67	10.67	1.33	0.00	13.33	406.67	76.00	2.67	32.67	0.00(M)	8.00	0.93	31.47	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Grapes	52.09	0.12	0.04	0.00	0.00	1.51	13.67	0.68	11.69	0 (M)	0.54	0.27	7.55	49.83	2.42	0.00	144.21	60.81
Grilled Cheese Sandwich	627.21	18.59	7.06	0.00	29.82	1166.69	90.24	13.14	17.33	0.00(M)	28.84	5.24	479.27	3088.80	49.32	0.00(M)	1006.95	340.272
Italian Melt	612.34	24.13	9.13	0.00	98.19	1549.14	60.90	4.92	14.73	2.00	40.64	4.19	301.90	3807.01	53.48	0.00	1005.70	379.91
Kale House Salad	831.38	46.81	11.61	0.00	215.00	1147.03	85.52	8.26	30.82	0.00(M)	23.71	4.06(M)	437.07(M)	7836.61(M)	49.85(M)	1.10(M)	319.62(M)	90.70(M)
Milk, 1 %	118.08	2.88	1.79	0.00	9.84	142.68	13.58	0.00	15.00	0.00	9.67	0.15	349.32	499.38	2.95	2.46	442.80	218.30
Milk, non fat choc	120.00	3.00	0.00	0.00	0.00	170.40	22.51	0.96	18.00	6.00	1.51	1.27	451.20	499.20	10.56	2.40	180.00	212.23
Mini Waffles w/ Syrup	230.00	5.25	0.75	0.00	7.50	275.00	42.50	1.50	21.50	6.00	3.00	1.05	30.00	0.00(M)	0.00(M)	0.30(M)	75.00(M)	(M)
Muffins (banana choc chop)	354.00	11.60	2.10	0.00	23.70	183.00	60.30	3.60	32.60	20.00	4.60	1.67	88.40	(M)	(M)	0.08	184.72	(M)
Nashville Chicken Wrap	604.39	25.65	10.44	0.00	73.74	1419.57	63.71	5.89	5.04	2.34(M)	28.09	3.91	303.63	1023.42(M)	1.11(M)	0	613.88	42.17(M)
Nashville Chicken Tenders w/ Fries	564.26	24.79	5.00	0.00	60.61	1440.01	61.88	5.51	5.03	2.52(M)	25.70	2.88	17.25	(M)	(M)	0.00(M)	609.91(M)	(M)

Overnight Oats	324.32	4.23	1.01	0.00	5.00	80.76	63.84	5.52	26.72	0.00(M)	10.51	1.81	182.16	759.12(M)	44.69(M)	0.00(M)	266.28(M)	69.12(M)
Pasta Bolognese	753.26	36.01	12.61	0.86	72.05	1276.11	76.06	13.36	10.25	2.00(M)	41.66	7.87	440.05	253.73(M)	3.96(M)	0.14(M)	749.42(M)	7.14(M)
Pears	115.50	0.63	0.03	0.00	0.00	0.00	29.29	9.90	19.39	0.00	1.38	0.00	11.00	0.00	10.45	0.00	332.75	242.69
Pizza (Cheese)	270.00	8.00	2.90	0.00	15.00	500.00	30.00	3.00	1.00	0.00	22.00	1.80	650.00	0.00	0.00	0.00	0.00	0.00
Pizza (Pepperoni)	330.00	6.00	3.00	0.00	15.00	550.00	33.00	3.00	1.00	0.00	22.00	2.70	650.00	0.00	0.00	0.00	0.00	0.00
Plant Based Tenders w/ Fries	496.70	18.67	3.23	0.00	0.00	1248.00	65.21	8.00	5.00	1.00	19.00	11.36	19.25	0.00	0.00	0.00	109.88	0.00
Pulled Pork Sandwich w/ coleslaw	460.90	18.29	6.16	0.00	18.75	1575.24	38.99	3.86	10.72	1.00(M)	34.60	3.20	271.31	135.28(M)	0.82(M)	0.00(M)	171.83(M)	33.73(M)
Ranch dressing	60.00	2.00	0.00	0.00	0.00	220.00	9.00	1.00	3.00	2.00	1.00	0.00	30.00	0.00(M)	0.00(M)	0.00	0.00	0.00(M)
Southwest Chicken Salad	586.25	27.85	3.75	0.00	65.00	1381.79	61.72	10.70	12.99	0.00	26.92	4.80	132.46	12784.75(M)	13.49(M)	0.00(M)	941.35(M)	249.30(M)
Thai Chili Chicken Rice Bowl	396.00	4.50	3.20	0.00	56.41	665.00	68.39	4.51	19.60	0.00	20.40	3.17	29.36	5620.00	85.68	0.00	332.84	0.00
Tofu Rice Bowl	485.58	7.49	0.14	0.00	0.00	5751.97	75.21	7.63	23.48	0.00(M)	28.57	6.51	245.47(M)	5312.51(M)	85.68(M)	0.00(M)	902.98	97.47(M)
Tofu Tikka Masala w/ rice	528.74	23.10	10.72	0.00	0.00	537.62	58.59	8.80	1.67(M)	0.00(M)	21.89	7.39	209.08(M)	713.35(M)	10.48(M)	0.00(M)	441.32(M)	41.40(M)
Vegan Chili w/ breadstick	376.69	8.33	3.00	0.00	15.00	1130.04	49.67	11.34	8.67	1.00(M)	23.34	5.60	311.06	5.62(M)	100.02(M)	2	1015.43	0.08(M)
Vegetarian Breakfast Burrito	433.23	8.90	2.49	0.00	0.00	994.05	73.05	6.80	2.96	1.00(M)	16.09	4.07(M)	179.52(M)	196.19(M)	20.12(M)	0.00(M)	270.05(M)	0.00(M)
Vegetarian Burrito Bowl	556.51	9.05	0.19	0.00	0.00	1978.49	104.12	10.45	4.80	0.00	16.81	2.59	54.12	607.27	33.78	0.00	540.65	170.56
Vegetarian Pasta	926.41	24.52	10.50	0.00	40.82	1351.76	136.28	11.21	8.53	0.00(M)	44.51	7.08	739.44	2748.96(M)	54.01(M)	0.28(M)	397.30(M)	14.22(M)
Yogurt Parfait	513.68	12.35	2.00	0.00	6.67	307.15	93.27	4.07	50.69	14.70	12.37	2.02	209.75	1029.41	27.72 (M)	0.00	219.49	65.98

(M)= denotes Missing. The manufacturers of commercial foods may not offer detailed data on micro nutrients of each ingredient used and that is why some of the micro nutrient information may be missing or unavailable

Our school kitchens make every effort to identify ingredients that may cause allergic reactions for those individuals with food allergies. Effort is made to instruct our food production staff on the severity of food allergies. However, there is always a risk of contamination. There is also a possibility that manufacturers of the commercial foods we use could change the formulation at any time, without notice. If you have a specific food allergy you need accommodation for, please contact your school site's Food Manager or email Nutrition Services at nutritionservices@fuhdsd.org