

FREMONT UNION HIGH SCHOOL DISTRICT

NUTRITIONALS FOR 2023-24 MENU

Item Name (Serving Size)	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)
Bagel w/ cream cheese	290.00	8.50	4.00	0	20.00	445.00	47.00	6.00	5.00	4.00	9.00	1.80	30.00	0	0	0	188.00
Banana, raw	105.02	0.39	0.13	0	0.00	1.18	26.95	3.07	14.43	0	1.29	0.31	5.90	75.52	10.27	0.00	422.44
Black Bean Burger w/ Oven baked fries	493.54	17.96	2.03	0	3.19	1492.02	64.83	9.61	6.13	0	22.52	5.39	127.46	1250.85	15.36	0	636.42
Breakfast Burrito	393.37	18.00	5.00	0	170.00	1043.41	43.67	3.34	2.33	1	14.00	2.16	120.11	311.25	0.04	0	334.87
Broccoli	4.40	0.10	0.02	0	0.00	6.60	0.57	0.54	0.08	0	0.63	0.43	21.60	524.40	4.04	0.00	39.20
Cheeseburger w/ oven baked fries w/ knot bun	504.14	22.54	6.76	0	57.39	1595.32	52.39	3.67	6.27	0	26.35	3.18	245.06	1140.85	15.36	0	116.42
Chicken Caesar Salad	772.49	43.05	9.45	0	100.41	2031.39	63.24	5.11	10.80	0	37.06	4.14	477.97	5861.66	12.87	0.24	596.24
Chicken Burrito	475.42	7.89	2.49	0	49.38	1579.97	74.33	5.47	3.95	1	26.23	4.39	119.48	196.19	20.12	0	484.3
Chicken Pasta w/ garlic bread	587.40	16.82	5.66	0	69.80	2129.93	75.28	11.44	8.31	0	39.48	5.70	409.17	255.25	3.96	0.14	936.71
Chicken Tikka Masala w/ rice	446.74	18.10	10.72	0	50.00	1090.99	49.26	2.67	2.67	0	21.81	6.11	10.21	0	0.57	0	494.74
Cinnamon Roll	310.00	5.00	1.50	0	5.00	340.00	56.00	2.00	12.00	11.00	8.00	3.00	20.00	0	0	1.40	100.00
Crunchy Berry Parfait	337.68	7.29	1.31	0	5.00	180.73	62.99	3.02	36.00	7.35	8.60	1.26	159.75	779.41	27.72	0	219.49
Daily Salad Bar	224.51	5.67	0.78	0.01	0.00	316.57	34.94	12.63	6.75	0	13.63	4.36	166.02	26568.44	19.25	0	759.07
Egg McMuffin	416.07	20.46	6.53	0	125.00	738.80	45.56	6.76	13.55	3	16.74	3.01	171.80	4874.2	54.94	1	1077.3
Eggs w/ hashbrowns and croissant	459.38	23.60	11.70	0.50	278.14	573.71	49.13	3.00	6.00	5.00	12.80	2.32	52.68	340.2	0	0	365
Fajita Bowl	695.09	29.05	13.61	0	60	1336.14	87.73	8.74	6.6	0	25.9	3.56	489.58	798.39	21.4	0	395.85
Fajita Bowl w/ Carnitas	625.53	19.01	3.78	0	0.00	1393.10	90.60	9.74	9.47	0	29.69	4.43	98.53	998.39	57.4	0	355.85
French Toast Sticks w/ Bacon and syrup	380.00	11.00	1.00	0	20.00	500.00	62.00	2.00	28.00	0	10.00	0.70	23.60	0	0	0	0
Gluten Free House Salad	634.33	43.49	11.57	0	215.00	1181.43	46.48	5.37	8.31	0	18.39	3.30	321.75	14002.9	11.98	1.1	405.64
Grapes	52.09	0.12	0.04	0	0.00	1.51	13.67	0.68	11.69	0	0.54	0.27	7.55	49.83	2.42	0.00	144.21
Grilled Cheese Sandwich	329.40	9.95	6.10	0	29.82	1605.66	42.46	4.17	2.91	0	18.78	2.23	307.25	342.41	4.11	0	97.77
House salad w/ hawaiian roll	726.53	46.28	11.54	0	215.00	1117.19	60.28	4.55	10.66	0	23.25	3.77	341.83	1793.7	12.19	1.1	246.2
Milk, 1 %	118.08	2.88	1.79	0	9.84	142.68	13.58	0.00	0	0	9.67	0.15	349.32	499.38	2.95	2.46	442.80

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Milk, non fat choc	120.00	3.00	0.00	0	0.00	170.40	22.51	0.96	21.00	0	1.51	1.27	451.20	499.20	10.56	2.40	180.00
Muffin	349.00	11.50	2.00	0	23.40	180.60	59.50	3.50	32.20	0	4.50	1.65	87.24	0	0	0	0
Nashville Chicken Wrap	580.39	25.12	10.35	0	73.74	1358.44	58.83	5.26	3.49	2.34	27.28	3.82	302.88	1023.42	0.47	0.00	570.38
Orange Chicken w/ Noodles	364.27	14.32	1.72	0	44.44	543.59	63.65	4.48	17.89	0	22.24	3.42	41.38	5312.51	87.01	0	262.84
Orange Chicken w/ Rice	442.00	6.79	0.69	0	44.44	529.55	76.91	4.48	14.29	0	18.24	1.42	29.36	5312.51	87.01	0	262.84
Overnight Oats	324.32	4.23	1.01	0	5.00	80.76	63.84	5.52	26.72	0	10.51	1.81	182.16	759.12	44.69	0	266.28
Pasta Bolognese w/ garlic bread	753.26	36.01	12.61	0.86	72.05	1276.11	76.06	13.36	10.25	2	41.66	7.87	440.05	253.73	3.96	0.14	749.42
Pasta w/garlic bread	531.53	20.50	7.08	0	20.41	865.94	70.83	11.13	7.75	2	24.68	4.91	402.50	253.73	3.96	0.14	581.42
Pears	115.50	0.63	0.03	0	0.00	0.00	29.29	9.90	19.39	0	1.38	0.00	11.00	0.00	10.45	0.00	332.75
Pizza (cheese)	270	8	2.9	0	15	500	30	3	1	0	22	1.8	650	0	0	0	0
Pizza (Pepperoni)	330	6	3	0	15	550	33	3	1	0	22	2.7	650	0	0	0	0
Pizza (vegetarian)	300	8	3	0	15	500	31	4	1	0	20	2.7	650	0	0	0	0
Pizza (Butter chicken)	370	8	4	0	15	500	33	4	1	0	20	2.7	650	0	0	0	0
Ranch dressing	60.00	2.00	0.00	0	0.00	220.00	9.00	1.00	3.00	2.00	1.00	0.00	30.00	0	0	0.00	0.00
Roasted Vegetable Sandwich	832.29	27.63	21.77	0	126.42	2056.11	107.49	9.11	2.38	0	37.09	1.85	1287.50	1718.56	25.46	0	141.87
Santa Fe Vegetarian wrap	577.24	20.60	4.93	0	3.33	1149.87	75.01	8.88	7.91	0.33	25.68	12.26	92.04	1024.63	1.84	0	209.99
Scones	279.00	7.80	3.10	0	8.40	196.80	50.30	3.40	21.60	0	4.00	1.71	126.39	0	0	0	0
Stir Fry Tofu w/ Noodles	419.32	12.28	1.40	0	0.00	5859.16	59.77	4.80	25.92	0	27.82	7.10	130.11	5312.51	85.68	0.00	848.79
Stir Fry Tofu w/ Rice	543.58	9.49	0.13	0	0.00	5757.97	86.21	8.62	23.48	0	28.56	5.06	245.46	5312.51	85.68	0	832.98
Sweet & Sour Chicken w/ Noodles	442.00	6.79	0.69	0	44.44	529.55	76.91	4.48	14.29	0	18.24	1.42	29.36	5312.51	87.01	0	262.84
Tofu Tikka Masala w/ rice	450.30	20.33	11.23	0	0.00	598.15	48.67	2.84	3.35	0	19.40	7.14	62.94	0	0.57	0	456.69

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Turkey Sandwich	503.64	16.29	12.01	0	106.00	1324.69	52.83	4.61	6.93	0	35.48	5.05	639.46	1684.08	8.16	0	113.42
Vegan Chili w/ Breadstick	460.00	9.50	3.00	0	15.00	1560.00	62.00	16.00	12.00	1	29.00	7.40	361	0.00	150	2	1465
Vegetarian Burrito	433.23	8.90	2.49	0	0.00	994.05	73.05	6.80	2.96	1	16.09	4.07	179.52	196.19	20.12	0	270.05
Veggie Omelet w/ Texas Toast	210.00	11.50	3.50	0	195.00	330.00	15.00	1.00	1.00	0	11.00	1.82	94.00	374.00	0	0.1	130