

Vallejo City Unified School District - School Menu Nutrition Information

Child Care, Elementary, K-8 Lunch Entrees

Menu/Item Name	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
Beef Border Bowl	1 ea	555	27.52	8.76	0	48.77	727.49	52.8	8.43	1.16	23.39	559.2	376.31	3.57
Burrito, Bean & Cheese	1 ea	380	15	6	0	25	490	46	7	17	200	3.6	300	3.6
Cheese & Crackers	1 ea	323	21.22	12.15	0	40.5	524.99	14	1	16.17	1607.49	0	444.99	0.72
Cheeseburger Mini Twins	1 ea	272	9.16	3	0	31.46	475	29.82	2.39	18.65	78.52	10.3	114.22	3.09
Chicken Alfredo	1 ea	505	20.72	9.73	0	96.15	696.13	48.49	4	29.49	411.53	0	137.17	0.72
Chicken Burger (Crispy)	1 ea	233	10.13	2.03	0	50.62	384.74	14.17	1.01	22.27	0	0	20.25	1.46
Chicken Tenders	1 ea	260	15	2.5	0	25	390	16	3	15	100	0	40	1.8
Chicken with Waffle Sticks	1 ea	363	16.25	3.25	0	72.5	697.5	32.75	4.75	19.75	100	0	57.5	2.83
Chicken, Mandarin Orange w/Rice	1 ea	164	2.24	0.35	0	27.78	197.6	26.21	0.03	6.94	0	0.83	2.37	0.89
Chicken, Popcorn	1 ea	250	14	2.5	0	25	380	15	3	15	100	0	40	1.8
Chicken, Sweet & Sour w/Fried Rice	1 srvg	445	5.5	0.5	0	40	645	80.5	4.5	17	0	6.6	0	1.08
Chicken, Teriyaki w/Rice	1 ea	190	3.66	1	0	70	483.16	23.02	0.03	17.09	0	0	2.37	1.11
Corn Dog, Chkn	1 ea	240	8	2.5	0	40	390	30	5	9	25	0	80	1.8
Enchiladas, Beef	1 srvg	456	19.36	12.62	0	72.5	911.49	36.88	4.84	3.31	27.6	9.97	430.02	2.77
Hamburger on Bun	1 ea	310	11	4	0.5	40	450	33	4	20	0	220	3.24	2.88
Hot Dog (Trky) w/Bun	1 ea	292	9.83	3.75	0	50	816.67	30.83	4	23.83	137	1	163.5	1.74
Macaroni and Cheese	1 ea	277	10.8	5.4	0	27	674.99	29.02	1.35	16.88	674.99	0	404.99	0.97
MaxStix	1 Pkg	233	8.85	4.83	0	24.14	555.19	21.72	0.8	15.29	321.85	0	321.85	1.45
Nachos, Walking	1 ea	482	25	9.31	0	84.31	1199.2	33.25	3.19	29.06	449.27	0.4	260.79	2.26
Pasta w/Chicken Meatballs & Marinara Sauce	1 ea	282	15.89	3.28	0	50.68	325.08	59.57	6.01	22.7	601.36	13.5	50.27	2.72
Pizza, Galaxy	1 ea	292	12.08	5.03	0	30.2	523.51	30.2	3.02	16.11	302.02	0	251.69	2.72
Pizza, Wild Mike's Cheese	1 ea	359	15.96	7.98	0	29.93	508.82	33.92	2.99	19.95	498.84	5.99	448.96	1.8
Salad, Taco w/Frito Corn Chips	1 ea	369	21.46	9.61	0	72.23	723.52	19.95	3.19	23.34	2521.17	3.36	22.65	2.35
Sandwich, PB&J (w/Crust)	1 ea	550	33	7	0	0	480	52	7	20	100	1.2	60	2.7
Sandwich, Trky & Chz	1 ea	292	9.83	3.75	0	50	816.67	30.83	4	23.83	137	1	163.5	1.74
Sandwich, Turkey Ham & Cheese	1 ea	282	10.18	3.73	0	61.52	958.01	30.82	4	22.75	137	0.98	163.5	2.32
Turkey w/Gravy, Mashed Potatos	1 srvg	301	10.03	2	0	55	891.37	36.19	3.01	19.03	15.19	10.22	40.25	1.44

Note: Product allergen information is available in school cafeteria