

**Vallejo City Unified School District - School Menu Nutrition Information**

**Middle School & High School Lunch Entrees**

<i>Menu/Item Name</i>	<i>Serving Size</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Saturated Fat (g)</i>	<i>Trans Fat (g)</i>	<i>Cholesterol (mg)</i>	<i>Sodium (mg)</i>	<i>Carbohydrates (g)</i>	<i>Dietary Fiber (g)</i>	<i>Protein (g)</i>	<i>Vitamin A (IU)</i>	<i>Vitamin C (mg)</i>	<i>Calcium (mg)</i>	<i>Iron (mg)</i>
Burger, Hot & Spicy Chicken	1 ea	371	13.07	2.52	0	55.34	672.9	43.08	4.01	22.09	503.1	0	220.1	3.61
Burger, Western	1 ea	455	20.59	7.3	1	70	735.7	43.07	3.6	23.6	50	0.48	239.9	3.45
Burrito, Bean & Cheese	1 ea	380	15	6	0	25	490	46	7	17	200	3.6	300	3.6
Burrito, Chicken and Rice	1 ea	564	27.03	13.84	0	108.9	1005	43.04	7.42	35.74	1288	4.05	624.3	5.16
Cheeseburger, Beef Steak	1 ea	440	23.5	9.5	1	82.5	795	31	3	25.5	137	0	303.5	3.24
Chicken & Waffles	1 ea	363	16.25	3.25	72.5	697.5	32.75	32.75	4.75	19.75	100	0	57.5	2.83
Chicken, Popcorn w/Roll	1 ea	331	16.02	2.5	0	25	491.4	30.19	4.01	17.02	115.2	1.22	60.25	2.17
Chicken Tenders w/Roll	1 ea	514	27.02	4.17	0	41.67	761.4	41.85	6.01	27.02	181.9	1.22	86.91	3.36
Chicken, Spicy Sichuan w/Rice	1 ea	260	3.82	1	0	70	356.3	37.04	0.06	11	0	0	4.74	1.5
Chicken, Sweet & Sour w/Fried Rice	1 srv	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	301	5.2	1.39	0	97.5	674.9	39.96	0.06	24.46	0	0	4.74	1.78
Double Dogs (2 x Hot Dogs)	1 ea	543	26.28	6.07	0	91.12	2037	60.03	0	24.17	0	2.43	241.5	4.35
Enchiladas, Beef	1 srv	456	19.36	12.62	0	72.5	911.5	36.88	4.84	3.31	27.6	9.97	430	2.77
Nachos, Walking	1 ea	482	25	9.31	0	84.31	1199	33.25	3.19	29.06	449.3	0.4	260.8	2.26
Pasta w/Meatballs	1 ea	373	6.71	1.17	0	55	447.6	53.61	4.73	24.77	570.1	17.04	67.05	3.63
Pizza Slice , Pepperoni Combo	1 ea	402	17.86	7.26	0	34.01	785.2	37.93	4.23	10.47	21.54	21.01	421.1	3.37
Pizza Slice, Chicken Supreme	1 ea	399	17.77	7.33	0	40.32	696.5	37.71	4.06	23.24	772.4	20.96	466.7	3.26
Pizza Slice, Cheese	1 ea	360	16	7	0	35	600	34	3	21	400	0	450	2.7
Pizza Slice, Pepperoni	1 ea	370	15.98	6.99	0	33.97	659.3	33.97	3	20.98	355.6	0	399.6	2.7
Pizza, Galaxy Pepporoni	1 ea	292	12.08	5.03	0	30.2	523.2	30.2	3.02	16.11	302	0	251.7	2.72
Pizza Slice, Hawaiian	1 ea	371	16.02	7.01	0	35.05	602.4	36.64	3.16	21.18	415.8	0.18	453.7	2.76
Salad, Chkn Caesar w/Roll	1 ea	584	36.21	8.84	0.09	76.18	1255	35.39	2.3	30.99	3646	7.51	389.8	1.55
Salad, Fiesta Taco	1 ea	778	54.22	14.11	0.17	103.6	1478	43.13	6.14	30.53	3809	6.42	298.1	4.24
Sandwich, Italian Sub	1 ea	430	17.51	7.72	0	79.03	1572	44.06	4.44	27.48	1483	3.36	430.5	3.31
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	816.7	30.83	4	23.83	137	1	163.5	1.74
Sandwich, Trky Ham & Chz	1 ea	292	10.18	3.73	61.52	958	30.82	4	4.5	22.75	137	0.98	163.5	2.32
Spaghetti w/Turkey Meatsauce	1 srvg	425	9.75	1.75	0	55	532.5	61.5	5	24.5	900	25.8	70	2.7
Tacos w/Pork Carnitas	1 srvg	473	10.69	3.63	0	75	795.8	61.56	11.48	33.9	1624	33.24	155.4	4.65