

Clovis Unified School District  
Nutrition Facts (Elementary Menu Items)

Food Item	Serving Size	Calories	Carbohydrate (gm)	Protein (gm)	Fat (gm)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Apple Cin Fruit Cup	4 oz	102	25.1	0.0	0.0	0.4	0.0	1.0	0.0
Apple Crisp	3/8 cup	262	46.5	3.5	7.6	1.3	28.0	294.0	0.4
Apple Juice cup	4 oz	57.03	14.5	0.1	trace	0.2	11.2	0.0	60.0
Apple Slices canned	3/8 cup	37	9.5	0.2	0.3	0.1	4.0	31.0	0.1
Apple Slices frozen	3/8 cup	31	7.9	0.1	0.3	0.1	3.0	14.0	0.1
Apples, Fresh	Each	55	14.6	0.3	0.2	0.1	6.0	57.0	4.9
Applesauce	3/8 cup	74	18.8	0.2	0.2	0.4	4.0	10.0	1.6
Applesauce Cake	Each	174	27.6	2.6	6.0	0.9	31.0	207.0	0.3
Apricot Fruit Cup	Each	118	30.4	0.9	0.1	1.1	12.0	2033.0	10.9
Baby Carrots	pkg	20	4.7	0.6	0.0	0.0	12.0	7865.0	3.5
Baked Beans	3/8 cup	95	19.0	4.4	0.4	1.4	44.0	9.0	0.9
Bananas	Each	90	23.1	1.1	0.3	0.3	5.0	65.0	8.8
BBQ chicken sand.	Each	269	38.9	18.7	5.0	2.5	70.0	238.0	4.1
BBQ steak sand.	Each	298	37.2	15.5	11.1	2.7	70.0	238.0	4.1
Beef Taco	Each	362	21.9	25.4	19.1	3.3	374.0	737.0	1.7
Breakfast Pizza	Each	227	22.5	9.4	11.2	1.8	140.0	281.0	0.4
Brown Gravy	Fl oz	22	1.9	0.3	1.4	0.1	1.0	59.0	0.0
CA Vegetable Blend	3 oz	30	5.1	1.0	0.0	0.0	20.0	1016.0	18.3
Cheese breadsticks	2 each	345	39.0	19.0	14.0	3.0	381.0	650.0	3.0
Cheese Sandwich	Each	246	26.5	10.3	10.8	1.5	236.0	272.0	0.0
Cheeseburger	Each	353	27.2	19.1	18.4	2.5	154.0	134.0	0.0
Chicken Nuggets	4 each	176	12.0	11.2	9.6	1.4	16.0	80.0	0.0
Chicken patty sand.	Each	370	40.0	18.0	16.0	2.9	80.0	100.0	0.0
Chicken Soft Taco	Each	267	20.8	21.0	11.6	1.9	346.0	251.0	1.0
Chicken Tenders	3 each	240	15.0	14.0	14.0	1.4	20.0	100.0	0.0
Ciabatta cheese bd	Each	310	48.0	18.0	9.0	3.6	350.0	1000.0	0.0
Corn Dog	Each	240	33.0	9.0	8.0	2.7	150.0	0.0	0.0
Corn frozen	3/8 cup	50	11.9	1.6	0.4	0.3	2.0	123.0	2.2
Cowboy Bread	Each	233	30.5	3.6	10.7	1.4	66.0	460.0	0.0
Deli Sandwich	Each	405	48.2	15.0	16.6	3.3	117.0	193.0	0.2
French Toast Sticks	3 each	199	29.5	3.8	7.5	0.8	30.0	0.0	0.0
Fruit Snack	Each	80	18.0	2.0	0.0	0.0	0.0	0.0	60.0
Giant Goldfish-cin	Each	120	19.0	1.0	4.0	0.7	100.0	0.0	0.0

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Goldfish-cheddar	Each	101	13.2	2.0	4.6	0.7	20.0	0.0	0.0
Goldfish-kickin ranch	Each	100	14.0	3.0	3.0	1.1	20.0	0.0	0.0
Goldfish-pretzel	Each	90	17.0	2.0	1.5	0.7	0.0	0.0	0.0
Grape Juice cup	4 oz	77.04	19.0	0.5	0.1	0.6	10.0	trace	60.0
Green Beans	3/8 cup	11	2.5	0.7	0.1	0.5	15.0	197.0	2.4
Holiday Cookie	Each	140	18.7	1.5	6.6	0.5	3.0	83.0	0.1
Ice Cream Sandwich	Each	130	25.0	3.0	2.5	0.0	200.0	100.0	0.0
Juice bar-very berry	Each	40	10.0	0.0	0.0	0.0	60.0	500.0	60.0
Juice Cup-stwbry/pom	Each	80	18.0	0.0	0.0	0.4	80.0	500.0	60.0
Juice Cup-Wtrmelon	Each	90	23.0	0.0	0.0	0.0	80.0	500.0	60.0
Mashed potatoes	3/8 cup	74	15.9	0.5	1.0	0.1	4.0	0.0	2.1
Milk-1% white	Each	130	16.0	10.0	2.5	0.0	400.0	500.0	1.2
Milk-fat free choc	Each	150	27.0	9.0	0.0	0.0	300.0	500.0	0.0
Milk-strawberry	Each	170	29.0	8.0	2.5	0.0	300.0	500.0	2.4
Mixed Fruit canned	3/8 cup	53	13.4	0.3	0.0	0.5	5.0	174.0	1.5
Nachos	Each	378	33.2	17.0	18.7	1.3	127.0	250.0	2.7
Orange Chicken RB	Each	473	67.1	14.9	15.5	2.5	21.0	0.0	0.0
Orange Juice cup	4 oz	55.03	14.4	0.1	0.1	0.2	10.2	187.5	62.5
Orange, fresh	Each	45	11.3	0.9	0.1	0.1	38.0	216.0	51.1
Oven Fries	2.4 oz	96	16.0	1.6	3.2	0.6	0.0	0.0	4.8
Peach Fruit Cup	Each	97	23.8	0.9	0.0	0.0	0.0	352.0	129.4
Peaches canned	3/8 cup	47	12.2	0.5	0.0	0.3	3.0	461.0	2.0
Pineapple canned	3/8 cup	46	11.9	0.4	0.1	0.2	12.0	38.0	7.2
Pizzata	2 each	360	28.0	19.0	19.0	1.1	350.0	500.0	1.2
Pretzel w/cheese sc	Each	461	83.0	15.0	8.1	4.5	141.0	101.0	0.0
Pumpkin Harvest Cake	Each	305	54.1	3.9	8.6	1.3	52.0	2069.0	1.0
Quesadilla chicken	Each	293	31.3	21.3	10.3	2.2	400.0	750.0	0.0
Salad w/spinach	1/2 cup	22	2.3	0.7	1.4	0.1	15.5	1268.0	4.1
Spaghetti tacos	Each	241	24.9	10.4	10.6	1.9	77.0	46.0	2.0
Spaghetti w/mt sau	1 cup	322	34.2	21.2	10.7	3.9	42.0	6.0	5.4
String Cheese mozz.	1 oz	86	1.1	7.4	5.7	0.1	207.0	147.0	0.0
Sun Chips	Each	140	18.0	2.0	6.0	0.4	0.0	0.0	0.0
Sun Chips Gd. Salsa	Each	140	19.0	2.0	6.0	0.4	0.0	0.0	0.0

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Tater Barrels	8 each	130	15.6	1.7	6.9	0.6	130.0	0.0	0.0
Teriyaki Chicken RB	Each	355	57.4	21.0	3.8	3.3	28.0	0.0	0.0
Turkey w/potato/gvy	7 oz	187	18.0	15.0	6.0	1.0	12.0	100.0	2.0
Watermelon wedge	2	45	11.4	0.9	0.2	0.4	11.0	857.0	12.2

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