

# FREMONT UNION HIGH SCHOOL DISTRICT

## NUTRITIONALS FOR FALL 2024-25 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)	Mois (g)
Asian Chicken Rice Bowl	442.00	6.79	0.69	0.00	44.44	529.55	76.91	4.48	14.29	0	18.24	1.42	29.36	5312.51	87.01	0	262.84	0
Bagel w/ Cream Cheese	290.00	8.50	4.00	0.00	20.00	445.00	47.00	6.00	5.00	4.00	9.00	1.80	30.00	0	0	0	188.00	0
Banana, raw	105.02	0.39	0.13	0.00	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	88.39
Broccoli	4.40	0.10	0.02	0.00	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	18.51
Burrito	393.37	18.00	5.00	0.00	170.00	1043.41	43.67	3.34	2.33	1	14.00	2.16	120.11	311.25	0.04	0	334.87	0.15
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	41.32
Chilaquiles	313.94	20.74	11.44	0	169.73	713.75	14.48	1.41	2.47	0	16.67	1.07	417.89	22.49	0.09	0	21.74	0.31
Chili Verde w/ Spanish Rice	482.09	17.41	4.27	0	0.00	1231.16	56.67	4.69	6.96	0	29.19	3.03	70.83	721.89	19.97	0	309.09	84.9
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	0	1.40	100.00	0
Crunchy Berry Parfait	337.68	7.29	1.31	0.00	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	65.98
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	274.05
Deli style Turkey Sub	503.64	16.29	12.01	0.00	106.00	1324.69	52.83	4.61	6.93	0	35.48	5.05	639.46	1684.08	8.16	0	113.42	46.93
Egg and Bacon Sandwich	548.27	18.32	4.44	0.00	130.00	1037.49	80.07	2.92	8.13	0	22.92	5.47	58.80	2208.60	11.10	0.00	213.90	56.09
Eggs w/ Potatoes 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	0
French Toast Sticks w/ Syrup	380.00	11.00	1.00	0.00	20.00	500.00	62.00	2.00	28.00	0	10.00	0.70	23.60	0	0	0	0	0
Grapes	52.09	0.12	0.04	0.00	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	60.81
Grilled Cheese Sandwich	329.40	9.95	6.10	0.00	29.82	1605.66	42.46	4.17	2.91	0	18.78	2.23	307.25	342.41	4.11	0	97.77	60.95
House Salad	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	137.81
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	218.30
Milk, non fat choc	120.00	3.00	0.00	0.00	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	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	3.00	1.05	30.00	0.00	0	0.3	75	0
Muffins	349.00	11.50	2.00	0.00	23.40	180.60	59.50	3.50	32.20	0	4.50	1.65	87.24	0	0	0	0	0
Overnight Oats	324.32	4.23	1.01	0.00	5.00	80.76	63.84	5.52	26.72	0	10.51	1.81	182.16	759.12	44.69	0	266.28	69.12
Pasta Bolognese	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	7.14
Pears	115.50	0.63	0.03	0.00	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	242.69

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Philly Cheesesteak Sandwich	610.01	27.82	9.13	0.58	75.66	1586.69	59.00	4.33	6.02	2.3	30.18	2.56	311.25	20.70	9.91	0.00	519.22	22.51
Pizza (Cheese)	270	8	2.9	0	15	500	30	3	1	0	22	1.8	650	0	0	0	0	0
Pizza (Pepperoni)	330	6	3	0	15	550	33	3	1	0	22	2.7	650	0	0	0	0	0
Plant based Burger w/ Oven baked fries	493.54	17.96	2.03	0.00	3.19	1492.02	64.83	9.61	6.13	0	22.52	5.39	127.46	1250.85	15.36	0	636.42	52.49
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	0	0.00	0.00	0
Santa Fe Vegetarian wrap	577.24	20.60	4.93	0.00	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	61.34
Southwest Chicken Salad	586.25	27.85	3.75	0.00	65.00	1381.79	61.72	10.70	12.99	0	26.92	4.81	132.46	12784.8	13.49	0	941.35	249.3
Spicy Chicken Sandwich w/ Oven Baked Fries	603.54	26.96	6.53	0.00	73.19	1772.02	63.83	4.61	6.13	0	29.52	3.69	259.46	1140.85	15.36	0.2	436.42	52.49
Tofu Chili Verde w/ Spanish Rice	426.52	12.98	1.01	0	0.00	820.73	63.38	8.69	5.65	0	21.02	3.73	240.5	721.89	19.97	0	555.24	84.9
Tofu Rice Bowl	485.58	7.49	0.14	0	0.00	5751.97	75.21	7.63	23.48	0	28.57	6.51	245.47	5312.51	85.68	0	902.98	97.47
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	191.18
Vegan Chili w/ breadstick	460.00	9.50	3.00	0.00	15.00	1560.00	62.00	16.00	12.00	1	29.00	7.40	361.00	0.00	150	2	1465	0
Vegetarian Burrito	433.23	8.90	2.49	0.00	0.00	994.05	73.05	6.80	2.96	1	16.09	4.07	179.52	196.19	20.12	0	270.05	0
Vegetarian Pasta	616.16	23.58	10.59	0	40.82	2018.16	72.30	11.44	7.58	0	35.40	4.96	764.40	500.48	3.96	0.28	667.92	33.97

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@fuhd.org](mailto:nutritionservices@fuhd.org)