



Carmel Unified School District

(FFV-3004) Apple, fresh	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Apple, fresh	31.20	31.20	0.02	0.02	0.60	0.60	8.29	8.29
	31.20	31.20	0.02	0.02	0.60	0.60	8.29	8.29

* Total includes one or more missing nutrient data.

(FFV-3010) Baby Carrots	Calories (kcal)				Saturated Fat (g)				Sodium (mg)				Total Carbohydrate (g)			
	Recipe	1/2 Cup	1/4 Cup Serving	Each	Recipe	1/2 Cup	1/4 Cup Serving	Each	Recipe	1/2 Cup	1/4 Cup Serving	Each	Recipe	1/2 Cup	1/4 Cup Serving	Each
Baby Carrots	25.00	25.00	12.50	25.00	0.00	0.00	0.00	0.00	56.00	56.00	28.00	56.00	5.93	5.93	2.96	5.93
	25.00	25.00	12.50	25.00	0.00	0.00	0.00	0.00	56.00	56.00	28.00	56.00	5.93	5.93	2.96	5.93

* Total includes one or more missing nutrient data.

(FFV-3008) Bananas, Fresh	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Bananas, Fresh	89.00	89.00	0.11	0.11	1.00	1.00	22.84	22.84
	89.00	89.00	0.11	0.11	1.00	1.00	22.84	22.84

* Total includes one or more missing nutrient data.

(D-5127) Beans, Black, Low Sodium, Can, Commodity	Calories (kcal)			Saturated Fat (g)			Sodium (mg)			Total Carbohydrate (g)		
	Recipe	Serving (1/2 cup)	Serving (1/4 cup)	Recipe	Serving (1/2 cup)	Serving (1/4 cup)	Recipe	Serving (1/2 cup)	Serving (1/4 cup)	Recipe	Serving (1/2 cup)	Serving (1/4 cup)
Beans, Black, Low Sodium, Can, Commodity	90.83	69.03	34.52	0.00	0.00	0.00	116.66	88.66	44.33	16.66	12.66	6.33
	90.83	69.03	34.52	0.00	0.00	0.00	116.66	88.66	44.33	16.66	12.66	6.33

* Total includes one or more missing nutrient data.



(D-5085) Beans, Garbanzo, 6 lbs 12 oz	Calories (kcal)			Saturated Fat (g)			Sodium (mg)			Total Carbohydrate (g)		
	Recipe	1/2 Cup Serving	1/4 Cup Serving	Recipe	1/2 Cup Serving	1/4 Cup Serving	Recipe	1/2 Cup Serving	1/4 Cup Serving	Recipe	1/2 Cup Serving	1/4 Cup Serving
Beans, Garbanzo, 6 lbs 12 oz	130.00	156.48	78.24	0.00	0.00	0.00	140.00	168.52	84.26	21.00	25.28	12.64
	130.00	156.48	78.24	0.00	0.00	0.00	140.00	168.52	84.26	21.00	25.28	12.64

* Total includes one or more missing nutrient data.

(F-1205) Burrito, Bn & Ch, IW, Michael B's, 5.3 oz	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Burrito, Bn & Ch, IW, Michael B's, 5.3 oz	397.00	397.00	4.70	4.70	447.00	447.00	56.00	56.00
	397.00	397.00	4.70	4.70	447.00	447.00	56.00	56.00

* Total includes one or more missing nutrient data.

(FFV-3013) Celery, Sticks, fresh	Calories (kcal)			Saturated Fat (g)			Sodium (mg)			Total Carbohydrate (g)		
	Recipe	1/2 Cup	1/4 cup	Recipe	1/2 Cup	1/4 cup	Recipe	1/2 Cup	1/4 cup	Recipe	1/2 Cup	1/4 cup
Celery, Sticks, fresh	14.00	17.86	7.94	0.04	0.05	0.02	80.00	102.06	45.36	2.97	3.79	1.68
	14.00	17.86	7.94	0.04	0.05	0.02	80.00	102.06	45.36	2.97	3.79	1.68

* Total includes one or more missing nutrient data.

(F-1181) Chicken Bites, Whole Muscle, Tyson	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Serving (6 pieces)	Recipe	Serving (6 pieces)	Recipe	Serving (6 pieces)	Recipe	Serving (6 pieces)
Chicken Chunks, Whole Muscle, Tyson	230.00	230.00	2.00	2.00	500.00	500.00	13.00	13.00
	230.00	230.00	2.00	2.00	500.00	500.00	13.00	13.00

* Total includes one or more missing nutrient data.



(D-5070) Corn, Canned, Commodity	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1/2 Cup	Recipe	1/2 Cup	Recipe	1/2 Cup	Recipe	1/2 Cup
Corn, Canned, Commodity	79.26	99.08	0.00	0.00	18.29	22.86	18.29	22.86
	79.26	99.08	0.00	0.00	18.29	22.86	18.29	22.86

* Total includes one or more missing nutrient data.

(D-5004) Cranberries Dried Pkg 1.16oz USDA	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Cranberries Dried Pkg 1.16oz USDA	110.00	110.00	0.00	0.00	0.00	0.00	28.00	28.00
	110.00	110.00	0.00	0.00	0.00	0.00	28.00	28.00

* Total includes one or more missing nutrient data.

(FFV-3014) Cucumbers, fresh	Calories (kcal)			Saturated Fat (g)			Sodium (mg)			Total Carbohydrate (g)		
	Recipe	1/2 Cup	1/4 cup	Recipe	1/2 Cup	1/4 cup	Recipe	1/2 Cup	1/4 cup	Recipe	1/2 Cup	1/4 cup
Cucumbers, fresh	10.00	7.09	3.54	0.08	0.06	0.03	2.00	1.42	0.71	2.16	1.53	0.77
	10.00	7.09	3.54	0.08	0.06	0.03	2.00	1.42	0.71	2.16	1.53	0.77

* Total includes one or more missing nutrient data.

(REC-11) CUSD Breaded Chicken Drumstick & Cornmeal Super Star	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Cornmeal Super Star, WG, Daves, 1.65 oz	148.00	148.00	0.90	0.90	91.00	91.00	23.00	23.00
Chicken Drumstick, Breaded, Tyson	220.00	220.00	3.00	3.00	530.00	530.00	6.00	6.00
	368.00	368.00	3.90	3.90	621.00	621.00	29.00	29.00

* Total includes one or more missing nutrient data.



(REC-1097) CUSD Hamburger	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Bun, Hamburger 4", Gold Star Foods	150.00	150.00	0.50	0.50	240.00	240.00	29.00	29.00
Beef Patty, Charbroiled, FC , 3oz, Don Lee	207.00	207.00	6.40	6.40	251.00	251.00	0.90	0.90
	357.00	357.00	6.90	6.90	491.00	491.00	29.90	29.90

* Total includes one or more missing nutrient data.

(REC-37) CUSD Orange Chicken & Fried Rice, K-5	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving
Fried Rice,Veg WG	140.00	140.00	0.00	0.00	220.00	220.00	27.00	27.00
Orange Chicken, Yangs	150.00	150.00	0.50	0.50	280.00	280.00	19.00	19.00
	290.00	290.00	0.50	0.50	500.00	500.00	46.00	46.00

* Total includes one or more missing nutrient data.

(REC-18) CUSD Turkey Sandwich, 4 inch	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Turkey Breast, Sliced, Oven Roasted, 0.5 per slice, Jenni - O	55.00	55.00	0.50	0.50	185.00	185.00	0.50	0.50
Cheese, Mild Cheddar, Reduced Fat, Sliced, Land O Lakes	90.00	90.00	4.50	4.50	190.00	190.00		
Bread, French Roll, Sliced, WG, 4"	140.00	140.00			230.00	230.00	27.00	27.00
	285.00	285.00	5.00 *	5.00 *	605.00	605.00	27.50 *	27.50 *

* Total includes one or more missing nutrient data.



(D-5158) Dressing, Italian Golden, Marzetti, Gallon	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving
Dressing, Italian Golden, Marzetti, Gallon	100.00	100.00	1.50	1.50	230.00	230.00	3.00	3.00
	100.00	100.00	1.50	1.50	230.00	230.00	3.00	3.00

* Total includes one or more missing nutrient data.

(D-5124) Dressing, Ranch Homestyle, Marzetti, Gallon	Calories (kcal)			Saturated Fat (g)			Sodium (mg)			Total Carbohydrate (g)		
	Recipe	1 Tablespoon	2 Tablespoons	Recipe	1 Tablespoon	2 Tablespoons	Recipe	1 Tablespoon	2 Tablespoons	Recipe	1 Tablespoon	2 Tablespoons
Dressing, Ranch Homestyle, Marzetti, Gallon	110.00	55.00	110.00	2.00	1.00	2.00	230.00	115.00	230.00	1.00	0.50	1.00
	110.00	55.00	110.00	2.00	1.00	2.00	230.00	115.00	230.00	1.00	0.50	1.00

* Total includes one or more missing nutrient data.

(FFV-3003) Jicama Sticks, 4"	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Serving (1/4 cup)	Recipe	Serving (1/4 cup)	Recipe	Serving (1/4 cup)	Recipe	Serving (1/4 cup)
Jicama Sticks, 4"	38.00	22.80	0.02	0.01	4.00	2.40	8.82	5.29
	38.00	22.80	0.02	0.01	4.00	2.40	8.82	5.29

* Total includes one or more missing nutrient data.

(D-5033) Juice, Fruit Punch, 4 oz, Suncup	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Juice, Fruit Punch, 4 oz, Suncup	60.00	60.00	0.00	0.00	5.00	5.00	15.00	15.00
	60.00	60.00	0.00	0.00	5.00	5.00	15.00	15.00

* Total includes one or more missing nutrient data.



(sys-34) Juice, Very Berry, Suncup, 4 oz	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Juice, Very Berry, Suncup, 4 oz	60.00	60.00	0.00	0.00	10.00	10.00	17.00	17.00
	60.00	60.00	0.00	0.00	10.00	10.00	17.00	17.00

* Total includes one or more missing nutrient data.

(FFV-3023) Lettuce, Salad Mix, 5lb bag	Calories (kcal)			Saturated Fat (g)			Sodium (mg)			Total Carbohydrate (g)		
	Recipe	1/2 Cup	3/4 Cup	Recipe	1/2 Cup	3/4 Cup	Recipe	1/2 Cup	3/4 Cup	Recipe	1/2 Cup	3/4 Cup
Lettuce, Salad Mix, 5lb bag	14.00	4.20	6.30	0.02	0.01	0.01	10.00	3.00	4.50	2.97	0.89	1.34
	14.00	4.20	6.30	0.02	0.01	0.01	10.00	3.00	4.50	2.97	0.89	1.34

* Total includes one or more missing nutrient data.

(FFV-3020) Mandarins, fresh	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Mandarins, fresh	53.00	53.00	0.04	0.04	2.00	2.00	13.34	13.34
	53.00	53.00	0.04	0.04	2.00	2.00	13.34	13.34

* Total includes one or more missing nutrient data.

(D-5058) Mayonnaise, Packet, 9 gm, Portion Pac	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Mayonnaise, Packet, 9 gm, Portion Pac	674.00	60.66	10.00	0.90	669.00	60.21	8.00	0.72
	674.00	60.66	10.00	0.90	669.00	60.21	8.00	0.72

* Total includes one or more missing nutrient data.



(DY-4002) Milk, White, Low Fat, 1/2pt, Producers	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Milk, White, Low Fat, 1/2pt, Producers	130.00	130.00	1.50	1.50	154.99	154.99	15.99	15.99
	130.00	130.00	1.50	1.50	154.99	154.99	15.99	15.99

* Total includes one or more missing nutrient data.

(DY-4008) Milk, White, Nonfat, 1/2 pt, Producers	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Milk, White, Nonfat, 1/2 pt, Producers	89.99	89.99	0.00	0.00	130.00	130.00	13.00	13.00
	89.99	89.99	0.00	0.00	130.00	130.00	13.00	13.00

* Total includes one or more missing nutrient data.

(D-5006) Mustard Packets, 7gm	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Mustard Packets, 7gm	0.00	0.00	0.00	0.00	120.00	120.00	0.00	0.00
	0.00	0.00	0.00	0.00	120.00	120.00	0.00	0.00

* Total includes one or more missing nutrient data.

(FFV-3005) Orange, fresh	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Orange, fresh	43.00	43.00	0.00	0.00	7.40	7.40	10.00	10.00
	43.00	43.00	0.00	0.00	7.40	7.40	10.00	10.00

* Total includes one or more missing nutrient data.



(D-5013) Packets,ketchup,9gm	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Packets,ketchup,9gm	10.00	10.00	0.00	0.00	85.00	85.00	3.00	3.00
	10.00	10.00	0.00	0.00	85.00	85.00	3.00	3.00

* Total includes one or more missing nutrient data.

(FFV-3022) Peaches, canned	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1/2 Cup	Recipe	1/2 Cup	Recipe	1/2 Cup	Recipe	1/2 Cup
Peaches, canned	42.00	52.08	0.01	0.01	5.00	6.20	11.10	13.76
	42.00	52.08	0.01	0.01	5.00	6.20	11.10	13.76

* Total includes one or more missing nutrient data.

(F-1111) Pizza Cheese Cruncher, Richs	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Serving (4 Pieces)	Recipe	Serving (4 Pieces)	Recipe	Serving (4 Pieces)	Recipe	Serving (4 Pieces)
Pizza Cheese Cruncher, Richs	420.00	420.00	9.00	9.00	670.00	670.00	41.00	41.00
	420.00	420.00	9.00	9.00	670.00	670.00	41.00	41.00

* Total includes one or more missing nutrient data.

(sys-55) Pizza, Cheese, Domino's, 10 cut	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Slice	Recipe	Slice	Recipe	Slice	Recipe	Slice
Pizza, Cheese, Domino's, 10 cut	250.00	250.00	3.50	3.50	480.00	480.00	30.00	30.00
	250.00	250.00	3.50	3.50	480.00	480.00	30.00	30.00

* Total includes one or more missing nutrient data.



(REC-2) Quesadilla	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Tortilla 10" Flour Tortilla-Pressed, WG, Romeros	162.00	162.00	0.00	0.00	279.00	279.00	27.00	27.00
Cheese, American, Land O Lakes, Sliced	220.00	220.00	10.00	10.00	900.00	900.00	4.00	4.00
	382.00	382.00	10.00	10.00	1179.00	1179.00	31.00	31.00

* Total includes one or more missing nutrient data.

(D-5097) Salsa, Red Gold, Dipping Cups, 1.5 oz	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Salsa, Red Gold, Dipping Cups, 1.5 oz	15.00	15.00	0.00	0.00	100.00	100.00	3.00	3.00
	15.00	15.00	0.00	0.00	100.00	100.00	3.00	3.00

* Total includes one or more missing nutrient data.

(F-1213) Sandwich, Grilled Cheese Bulk, WG, Integrated	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Sandwich, Grilled Cheese Bulk, WG, Integrated	280.32	280.32	5.56	5.56	580.79	580.79	30.96	30.96
	280.32	280.32	5.56	5.56	580.79	580.79	30.96	30.96

* Total includes one or more missing nutrient data.

(F-1146) Sidekick Blue Raspberry Lemon 4.4 oz	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Sidekick Blue Raspberry Lemon 4.4 oz	90.00	90.00	0.00	0.00	20.00	20.00	23.00	23.00
	90.00	90.00	0.00	0.00	20.00	20.00	23.00	23.00

* Total includes one or more missing nutrient data.



(FFV-3007) Tangerines, fresh	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Tangerines, fresh	53.00	53.00	0.04	0.04	2.00	2.00	13.34	13.34
	53.00	53.00	0.04	0.04	2.00	2.00	13.34	13.34

* Total includes one or more missing nutrient data.

(FFV-3028) Tomatoes, sliced, fresh	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Slice	Recipe	Slice	Recipe	Slice	Recipe	Slice
Tomatoes, sliced, fresh	18.00	4.86	0.03	0.01	5.00	1.35	3.89	1.05
	18.00	4.86	0.03	0.01	5.00	1.35	3.89	1.05

* Total includes one or more missing nutrient data.

FILTERS	
Name(s)	Value(s)
Date Range	(Start = 3/30/2026, End = 4/3/2026)
Menu Plans	(K-5 Lunch Menu (25/26))
Nutrients	(Calories, Total Carbohydrate, Sodium, Saturated Fat)