

Manteca Unified School District
Nutrition Services Department
Nutrient Analysis

Recipe / Ingredient Number	Servings: per Cont./ Pkg	High School Menu Items Updated 11-1-17	Carbs (g)	Total Calories	Fiber (g)	Protein (g)	Fat (g)	Sat. Fat (g)	Sodium (mg)
Breakfast Choices									
I-21521	1 ea	Bagel-ful Apple Cinnamon	45	239	4.2	8.5	4	2	239
R-38664	1 ea	Breakfast Burrito (Packaged)	26	226	4	12	9	4	267
I-20724	1 ea	Breakfast Tac-Go	14	180	2	10	9	3.5	400
R-33131	1 ea	Cinnamon Roll (Fresh Baked)	45	250	4	6	5	1	251
I-21528	1 ea	Cinnabake Square (BuenaVista)	37	260	2	5	10	1	370
I-99100	1 ea	Iced Honey Bun WW	39	230	3	6	7	2	340
I-20401	1 ea	Mini Cheeseburger	15	159	1.3	10	6.4	3	385
I-21512	1 ea	Pancakes, Mini Maple Burst'n (Pillsbury)	39	220	3	4	6	5	130
I-99101	1 ea	Pretzel (2oz)	30	140	3	5	0.5	0	150
I-11239	1 ea	Poptart	35	210	0.5	2	7	2.5	170
I-99079	1 ea	Yogurt, Yami Cup (Strawberry/Banana)	20	100	0	4	1	0.5	60
I-11199	1 ea	*Grahams, Apple Cinnamon	21	120	2	1	3.5	0.5	100

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Entrée Lunch Choices									
3306	1 ea	Beef Deluxe Cheeseburger	32	325	3	20.5	13	5	695
3367	1 ea	Beef BBQ Bacon Burger w/Onion Rings*	46	444	4	24	17	6	1056
		*Beef BBQ Bacon Burger	35	368	3	23	14	5	933
		*Onion Rings	11	76	1	1	3	1	123
R-52840	1 serving	Beef, Salisbury Steak w/ gravy	6	136	1	13	6	2	597
		*Mashed Potatoes	18	85	1.2	1	1	0	391
		*Biscuit WG (Rich's)	29	210	3.4	5	8	5	490
20704	2 ea	Bosco Cheese Breadsticks	30	311	2	21	12	6	528
I-20608	1 ea	Burrito, Chicken & Cheese (Fernando)	33	331	4	17	11	6	571
44705	1 ea	Burrito, Meaty Bean & Cheese	60	578	11	36	24	7.5	1068
R-3282	1 ea	Burrito, Pork Chili Verde	65	559	9	27	22	8	758
3280	1 serving	Cheese Cruncher w/wedge potato	56	513	7	22	23	9	821
20710	4 ea	*Cheese Crunchers	41	420	5	20	20	9	790
2952	1 serving	*Wedge Potato Fries	15	93	2	2	3	0	31
R-51318	1 each	Chicken, Baked Chimichanga	37	377	5	21.5	17	7	854
R-36152	1 serving	Chicken, Deep Dish Enchilada	49	426	5	20	13	4	774
R-11008	1 each	Chicken, Grilled Mini Sliders w/ Pepper Jack Cheese	36	320	3	18	11	4.5	470
23921	1 serving	Chicken Enchirito	36	365	5	18	13	6.5	853
	1 serving	*Spanish Rice	22	108	2	2	1	0	156
	1 serving	*Beans	17	88	5	5	1	0	79
2987	1 serving	Chicken, Mashed Potato Bowl w/ Biscuit	67	477	7	20.5	16	8	1364
		*Chicken, Mashed Potato Bowl	38	267	4	15.5	8	3	874
		*Biscuit WG (Rich's)	29	210	3	5	8	5	490
10357	1 serving	Chicken, Roasted w/ garlic mash potato & Roll	47	392	5	20	14	3	609
		*Chicken, Roasted	0.5	107	0.6	12	6	2	83
		*Garlic Mashed potato	18.5	115	1	1	5	0.5	391
		*Roll (Rich's-Sysco)	28	170	3.4	7	3	0.5	135
	1 serving	Chicken Taco Truck Style	29	290	2	20	10	3	328
R-3113	1 serving	Chicken Teriyaki Stir Fry	53	361	3	20	7	2	412
9767	1 serving	Hummus Fiesta Meal Deal	73	620	9	13	34	4.5	590
10309	1 each	*Hummus, Chili lime	11	90	4	3	3	0.5	240
11133	1 each	*Chip, Tortilla (LaTapatia-Dan)	39	270	2	4	14	1.5	210
I-11148	1 each	*Hot Sunflower Seeds	8	200	3	6	17	2.5	135
I-11341	1 each	*Juice Box	15	60	0	0	0	0	5
R-12055	1 serving	Nachos Grande w/ Chili	66	566	11	21	24	10	1,265
		*Nachos Grande	41	442	4	15	23	9.9	722
R-12914		*Chili	25	124	7	7	1	0.1	543
R-28376	1 serving	PB & J Bar Meal Deal	57	590	8	17	35.5	6	475
I-21303	1 each	*PB & J Bar	32	300	4	9	17	3.5	220
I-11151	1 each	*Honey Roasted Sunflower Seeds	11	190	3	6	15	2	65
I-11104	1 each	*Crackers, Hot n' Spicy Goldfish	14	100	1	2	3.5	0	190
I-21306	1 each	PB & J Sandwich (Welch's)	52	550	7	20	33	7	480
I-21308	1 each	PB Uncrustable (5.3 oz)	64	630	6	19	33	7	630
R-52843	1 serving	Pasta, Chicken Pesto w/ Roll	66	494	5	27	13	5	883
		*Pasta, Chicken Pesto	51	412	4	24	12	4.9	736
		*Roll, Foccacia	15	82	1	3	1	0.1	147
R-3404	1/8 slice	Pizza, BBQ Chicken Big Daddy	36	436	2	28	20	8.4	890
11511	1/8 slice	Pizza, Cheese Big Daddy	34	360	2	21	16	7	630
21212	1/8 slice	Pizza, Turkey Pepperoni Big Daddy	34	370	2	21	16	7	690
R-1248	1 ea	Salad, Garden Chicken (all items included)	42	589	9	28	37	7	1289
	1 ea	*Salad, Garden Chicken (only)	7	189	4	22	26.5	7	809
	1 ea	*Croutons	16	140	4	4	8	0	280
	1 ea	*Crackers	15	90	1	2	2.5	0	200
	1 pkt	*Ranch Packet	4	170	0	1	17	2.5	370
R-5058	1 ea	Salad, Garden Veggie (all items included)	48	618	10	25	40	9.5	1274
	1 ea	*Salad, Garden Veggie (only)	13	218	5	18	12.5	7	424
	1 ea	*Croutons	16	140	4	4	8	0	280
	1 ea	*Crackers	15	90	1	2	2.5	0	200
	1 pkt	*Ranch Packet	4	170	0	1	17	2.5	370
23901	1 ea	Sandwich, BBQ Turkey on Ciabatta Roll	35	374	2.4	27	10	2.5	1143
R-2609	1 ea	Sandwich, Cheese Steak	41	575	3	34	31	12	1262
2733	1 ea	Sandwich, Chicken Filet	44	398	3	29	13	3	650
0693	1 ea	Sandwich, Chicken Spicy	44	398	3	28	13	3	758
R-51703	1 ea	Sandwich, Ham & Cheese on Hoagie Roll	33	259	2	20	5.9	1.9	1126
	1 ea	*Chips, Doritos	9	80	1	1	4.5	0.5	115
R-3402	1 ea	Sandwich, Turkey BLT Croissant Deli	37	425	6	24	19	4	1029

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Entrée Lunch Choices (continued)									
R-11528	1 ea	Three Cheese Garlic French Bread	30	330	3	18	15	6	680
R-12914	1/2 cup	*w/ Route 66 Vegetable Chili	25	124	7	7	1	0.1	543
1297	1 serving	Turkey & Gravy w/ mashed potatoes & roll	51	402	4.6	24	10	3	1299
		*Turkey & Gravy	5	147	0.2	16	6	2	773
		*Mashed Potatoes	18	85	1.2	1	1	0	391
R-24129	1 each	*Roll WG Butter (Rich's-Danielson)	28	170	3.2	7	3	1	135
R-51517	1 serving	Turkey & Cheese Stick Meal	40	370	3	18	16	5	700
I-20207	1 each	*Turkey Stick (Jennie-O Gold)	0	40	0	8	1	0	180
I-20719	1 each	*String Cheese	1	80	0	7	6	3.5	210
I-11107	1 each	*Graham, Goldfish	19	120	1	1	4	1	110
I-11108	1 each	*Chips, Doritos	20	130	1	1	5	0.5	200
2164	1 ea	Wrap, Chicken Spicy	44.5	656	7	32	39	15	985
3384	1 serving	Wrap, Turkey Chipotle Crunch	38.6	466	6	26	23	8	1026.5
R-9719	1 each	Wrap, Chicken Tuscan	35	435	3	24	24	8	745
1397	1 serving	Yogurt Parfait w/granola	90.3	470	7.2	15	8	3	283.5
		*Yogurt Parfait	47.3	220	3.2	10	1	2	103.5
		*Granola	43	250	4	5	7	1	180

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Fruits									
I-20862	Each	Apple (small)	13	48	2	0	0	0	1
I-20852	Each	Apple Pear	13	51	4	1	0	0	0
I-20824	Each	Apple Slices	8	29	1	0.1	0	0	1
I-20814	Each	Banana (petite)	27	108	3	1	0.4	0.1	1
R-2830	1/4 cup	Blueberries	5.36g	21	.90g	.27g	.12g	.02 g	0
I-99201	1/2 cup	Cantaloupe	7	31	1	1	0.2	0.05	14
I-99204	1 cup	Honeydew	15.5	61	1.4	1	0.2	0.07	31
I-20817	1/2 cup	Kiwi	12	51	3	1	0.5	0	3
I-20823	Each	Nectarine	15	62	2	2	0.5	0	0
I-20811	Each	Orange	13	54	4	1	0.3	0.03	1.7
I-20818	Each	Pear	27	101	6	1	0	0	2
I-20849	Each	Plum	10	42	1	1	0	0	0
I-20819	1/2 cup	Strawberries	6	23	1	0.5	0	0	1
I-20873	Each	Tangerine	16	64	2	1	0.4	0.05	2.4
I-11863	1/2 cup	Watermelon	11.5	46	1	1	0	0	2
I-20846	3 oz	Grapes, Bagged	15	57	1	1	0	0	2
I-20844	1 ea	Peach	14	59	2	1	0	0	0
I-20801	Each	Peach Frozen Cup	19	80	1	1	0	0	0
I-20894	Each	Strawberry Frozen Cup	19.5	82	1	1	0	0	0
Vegetables & Other Salad Bar Items									
I-02212	1 cup	Broccoli Florettes	4	20	***	2	0.3	0	19
I-20850	2.6 oz	Carrots, bagged	6	26	2	0.5	0	0	57
I-99223	1/2 cup	Celery Sticks	1.5	8	1	0.3	0.1	0	40
R-16873	1/4 cup	Cranberry Sunflower Seed Mix	13	152	3	4	10	1.05	1.1
I-20895	1/2 cup	Cucumber	2	8	0.3	0.3	0	0	1
I-3393	1 cup	Jicama Sticks	11	46	6	1	0	0	5
I-10242	1 ea	Olives Cup	7	110	0	0	11	0	882
R-55791	1 serving	Pasta, Ranch Noodles	10	37	1	2	0	0	191
R-2946	1/2 cup	Salad, Beans Pinto Fiesta	14	70	4	3	0	0	488
R-9489	3/4 cup	Salad, Summer Bean RW & B	24	132	8	7	1	0.05	207
12027	1/2 cup	Salad, Fancy Corn	24	148	3	5	6	1	202
R-2538	3/4 cup	Salad, Pasta WG Oriental	28	184	3	5	5.5	1	183
R-2878	1/2 cup	Salad, Pasta WG w/ Vegetables	12	60	1	2	0.44	0.01	157.4
R-12027	Each	Salad, Side Green (no dressing)	8	36	3	2	0.29	0.05	31
I-04374	1/2cup (6ea)	Tomato, Grape	6	26	2	1	0	0	7.5
Condiments									
I-10707	1 ea	BBQ Sauce Packet (12 grams)	4	15	0	0	0	0	85
R-0756	1/4 cup	Cabbage, Salsa	3	14	1	1	0.65	0	94
I-10908	1 ea	Ketchup Packet (9 grams)	3	10	0	0	0	0	85
R-99105	1 ea	Dressing Packet Ranch (Fat Reduced)	3	20	dec	0	1	1	115
I-10911	1 pkg 12g	Dressing, Italian (Americana) 12g	1	5	0	0	0	0	95
I-10912	1 pkg 12g	Dressing, Packet 1000 Island (Americana)	3	35	0	0	3	2	105
R-3394	1 oz.	Dressing, Chipotle Ranch	2	45	0	1	4	1	106
I-99104	1 pkg	Dressing, Ranch (Individual pkts)	4	170	0	1	17		370
I-99145	2 Tbsp	Dressing, Ranch, bulk	2	130	0	0	14		170
I-99108	1 ea	Maple Syrup cup (1.5 oz)	31	120	0	0	0	0	25
I-10923	1 Tbsp	Mayonnaise lite	1	46	0	0	5		102
I-10920	1 ea	Mustard Packet (5.5 grams)	0	5	0	1	0	0	78
R-1550	1/4 cup	Salsa, Commodity	1.4 g	7	0.28	.3 g	0	0	86 mg
I-99109	1 ea	Taco Sauce Packet (9 grams)	1	5	0	0	0	0	95
I-10705	1 ea	Marinara Sauce Dipping Red Pack	3	15	1	1	0	0	120
Milk & Juice									
R-5083	4oz	Juice, Apple Foster Farms	11 g	45	0	0	0	0	0
R-2579	4 oz	Juice, Orange commodity	12.22	51	.23 g	0.77 g	0.07	0	1 mg
R-5084	4oz	Juice, Orange Foster farms	15 g	60	0	0	0	0	5 mg
I-99172	8 oz	Milk, Chocolate NF	22	120	0	9	0	0	150
I-99173	8 oz	Milk, White 1%	16	130	0	10	2.5	1.5	160
I-11321	8 oz	Milk, Soy Vanilla Flavored	9	63	0.326	4	1.3	0.2	75
Assorted Grahams/Snacks									
I-99096	Each	Cookie, Chocolate Chip WG	19	120	1	2	4.5		105
11152	Each	Cookie, Holiday	12.5	84.5	1	1	3	0.6	57
I-11114	Each	Crackers, Cheesy Cheese Puffs (Hayes)	68	409	4.5	4.5	13.6	0	909
I-11111	Each	Crackers, Goldfish Puffs (Hayes)	66	470	0	9.4	165	0	941
R-11134	0.5 oz	Doritos Chips (Fun size)	9	40	1	1	4.5	0.5	115
I-11199	Each	Graham, Apple Cinn Bear	21	120	2	1	3.5		100
I-11195	Each	Graham, Chocolate (28g)	21	110	2	2	3		105
I-11107	Each	Graham, Goldfish cinn	19	120	1	1	4	1	110
I-11180	Each	Grahams, Chocolate All-Sports Bites	21	130	1	2	4.5		50
11120	Each	Rice Krispy Treat	9	50	0	0	1	0	45