

Manteca Unified School District
 Nutrition Services Department
 Nutrient Analysis

Recipe / Ingredient Number	Servings: per Cont./ Pkg	High School Menu Items Updated 11-1-18	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 (Egg, Cheese & Turkey Sausage)	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	38	180	3	2	2.5	1	180
R-65313	1 ea	Sausage (Chicken) & Cheese English Muffin	25	218	2	17.5	6.5	2.25	720
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									
R-20009	1 ea	Bean & Cheese Green Enchirito w/ Rice	66	478	11	23	15	6	1139
	1 serving	<i>*Bean & Cheese Green Enchirito</i>	44	370	9	21	14	6	983
	1 serving	<i>*Spanish Rice</i>	22	108	2	2	1	0	156
3306	1 ea	Beef Deluxe Cheeseburger	32	325	3	20.5	13	5	695
3367	1 ea	Beef BBQ Bacon Burger w/Onion Rings*	49	450	4	24	17	6	1087
		<i>*Beef BBQ Bacon Burger</i>	38	374	3	23	14	5	964
		<i>*Onion Rings</i>	11	76	1	1	3	1	123
R-2796	1 serving	Beef, Taco on Loco Bread	36	366	6	21	15	5	789
20704	2 ea	Bosco Cheesy Breadsticks	30	311	2	21	12	6	528
I-20650	1 ea	Burrito, Bean & Cheese (Los Cabos)	41	291	8	16	8		479
I-20608	1 ea	Burrito, Chicken & Cheese (Fernando)	33	331	4	17	11	6	571
I-20715	1 ea	Cheesy Bread Puffs	29	290	4	15	5	5	630
R-3188A	1 ea	Cheese Quesadilla WG	33	382	3	21	21	10	727
R-66175C	1 serving	Chicken Lo Mein (Served HOT; Does not include fortune cookie)	41	389	4	17	16.6	3	681
		<i>*Cookie, Fortune</i>	8	35	0	0	0	0	5
2987	1 serving	Chicken, Mashed Potato Famous Bowl w/ Biscuit	67	482	7	23	15	7	1256
		<i>*Chicken, Mashed Potato Bowl</i>	38	272	4	18	7	2	766
		<i>*Biscuit WG (Rich's)</i>	29	210	3	5	8	5	490
R-23673HS	1 serving	Chicken, Orange & Rice Bowl	70	560	5	22	20	4	940
R-16879B	1 serving	Chicken, Popcorn Smackers w/Mac&Cheese	38	585	5	34	33	12	1338
		<i>*Chicken, Popcorn Smackers</i>	17	293	3	18	17	3	599
		<i>*Mac & Cheese</i>	11	292	2	16	16	9	739
I-20118	1 serv/10 ea	Chicken, Popcorn Smackers (Potatoes/Roll not included in carbs)	17	293	3	18	17	3	599
		<i>*Potatoes, Garlic Mashed</i>	18.5	115	1	1	5	0.5	391
R-1459	1 each	<i>*WG Roll (1B)</i>	15	80	1	3	1	0	140
R-35521	1 serving	Chicken, Roasted w/ potato wedges & Roll	47	665.7	5.5	47	30	9	991
		<i>*Chicken, Roasted</i>	0.5	107	0.6	12	6	2	83
2952	1 serving	<i>*Wedge Potato Fries</i>	19	84	2	2	0	0	23
I-21502	1 ea	<i>*Roll (Rich's-Danielsen)</i>	28	170	3.4	7	3	0.5	135
R-3410	1 serving	Chicken Taco Truck Style	30	306	2	20	12	3.5	465
R-3113	1 serving	Chicken Teriyaki Stir Fry	56	378	4	19	9	2.4	668
R-39654	1 each	Corndog, Baked Chicken	30	240	5	9	8	2.5	390
9767	1 serving	Hummus Fiesta Meal Deal	73	620	9	13	34	4.5	590
10309	1 each	<i>*Hummus, Chili lime</i>	19	150	6	6	6	1	410
11138	2 oz	<i>*Chip, Tortilla (Hayes Snak King)</i>	31	270	3	3	15	1.5	220
I-11148	1 each	<i>*Hot Sunflower Seeds</i>	8	200	3	6	17	2.5	135
10061	1 each	<i>*Juice Box</i>	15	60	0	0	0	0	5
R-12055	1 serving	Nachos Grande w/ Chili	59	532	8	19	23.4	10	1,165
		<i>*Nachos Grande</i>	41	442	4	15	23	9.9	722
R-12914		<i>*Chili</i>	18	90	4	4	0.4	0.1	443
R-16525	1 serving	Pancake&Sausage Meal (Does not include diced potatoes)	38	380	4	16	13	11	820
		<i>*Pancakes, Eggo Bites Mini Pancakes Confetti</i>	36	220	4	4	1	7	300
		<i>*Pork, Sausage Links</i>	2	160	0	12	12	4	520
		<i>*Potatoes, Seasoned Diced</i>	20	123	3	2.5	4	0.5	844
R-64167C	1 serving	Pasta, Cheesy Pizza Bake	48	343	6	19	8	4	770
11511	1/8 slice	Pizza, Cheese Big Daddy	34	360	2	21	16	7	630
R-23944	1 serving	Pizza, Crowd Pleasing Cruncher Meal	60	529	7.4	21	23	10	1207
		<i>*Pizza, Cheese Cruncher</i>	41	420	5	20	20	9	790
		<i>*Potatoes, Crinkled Cut Fries</i>	15	88	1	1	3	1	20
I-10705	1 ea	<i>*Sauce, Marinara Dipping Cup</i>	3	15	1	0.5	0	0	120
R-58643	1 serving	Pizza, Turkey Pepperoni Calzone Pinwheel	29	345	3	24	14	8	831
21212	1/8 slice	Pizza, Turkey Pepperoni Big Daddy	34	370	2	21	16	7	690
R-69275	1 ea	Sandwich, Chicken Banh Mi w/Sriracha Mayo	32	335	2.6	25	13	2.4	658
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-60973	1 ea	Sandwich, Hawaiian BBQ Pulled Pork	43	561	2	38	18	6	1202
2952	1 serving	<i>*Wedge Potato Fries</i>	19.5	84	2	2	0	0	23
R-51703	1 ea	Sandwich, Ham & Cheese on Hoagie Roll	33	259	2	20	5.9	1.9	1126
	1 ea	<i>*Chips, Doritos</i>	9	80	1	1	4.5	0.5	115
R-69256	1 ea	Sandwich, Tuna Salad on WG Croissant	33	361	3	28	15	4	950
R-60955	1 ea	Sandwich, WOW butter Jammer	55	570	8	19	32	6	440
R-68316	1 ea	Three Cheese Calzone	33.6	315	4	25	9	5	651
R-11528	1 ea	Three Cheese Garlic French Bread	30	330	3	18	15	6	680
1297	1 serving	Turkey & Gravy w/ mashed potatoes & roll	51	402	4.6	24	10	3	1299
		<i>*Turkey & Gravy</i>	5	147	0.2	16	6	2	773
		<i>*Mashed Potatoes</i>	18	85	1.2	1	1	0	391
R-24129	1 each	<i>*Roll WG Butter (Rich's-Danielson)</i>	28	170	3.2	7	3	1	135
R-3081	1 each	Wrap, BLT & Avocado	42	557	6	28	31	8	1663
2164	1 each	Wrap, Chicken Spicy	52	600	4.4	30.5	32	9	1410.5
R-65752	1 each	Wrap, Oriental Chicken	40	460	4	26	23	5	1276
3384	1 serving	Wrap, Turkey Chipotle Crunch	45	564	6	22	33	7.5	1436
1397	1 serving	Yogurt Parfait w/granola	82	556	9	16	20	5	320
		<i>*Yogurt Parfait</i>	39	206	5	11	13	4	140
		<i>*Granola</i>	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-10110	Each	Craisins, Dried (1.16 oz)	28	110	3	0	0	0	0
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	3/4 cup	Salad, Beans Pinto Fiesta	52	273	15	15	3	0	597
R-3382	1 cup	Salad, Caesar Mixed	5	122	2	5	10	3	365
R-9489	3/4 cup	Salad, Summer Bean RW & B	24	132	8	7	1	0.05	207
12027	3/4 cup	Salad, Fancy Corn	27	174	4	5	8	2	256
R-68148A	1 cup	Salad, Fresh Broccoli w/ Cranberry	17	168	1.4	5.5	10	1.4	269
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
R-3430	1 serving	Vegetable Medley	14.5	226	4	2	18	3	490
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
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
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-2579	4 oz	Juice, Orange commodity	12.22	51	.23 g	0.77 g	0.07	0	1 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	1	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	0.5	100
I-11195	Each	Graham, Chocolate	21	110	2	2	3	0.5	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	0.5	50
11120	Each	Rice Krispy Treat	9	50	0	0	1	0	45