

Manteca Unified School District
Nutrition Services Department
NUTRIENT ANALYSIS

Recipe / Ingredient Number	Servings : Each / (B)atch/ (P)an	Green highlights indicate current updates 6-26-08 updated	Serving Per Cont./ Pkg.	Total Calories	Carbs	Protein	Fat Grams	Sodium
HOT LUNCH ENTREES								
R-0661	Each	Alfredo Sauce with Pasta (no meat)	1/2 cup	150	25.59g	5.02g	3.14g	379mg
R-1927	Each	Alfredo, Turkey w/Cheesy Breadstick	1/2 cup/1 ea	307	39.04g	19.49g	7.77g	932
R-1924	(P) 96	Alfredo, Turkey	1/2 cup	182	16.21g	15.43g	5.98g	726
R-2276	Each	BBQ Beef Rib Patty on Bun	1 Ea	341	36.40g	18.10g	13.40g	675mg
I-900040	3 Each	Beef Teriyaki Dippers	3 each	132	4.8g	12.6g	6.9g	508.4
I-900076	4 Each	Beef Teriyaki Dippers	4 ea	169	10.40g	11.70g	9.10g	342
R-2081	Each	Brite Rice	1/2 cup	94	19.20g	2.43g	.54g	236mg
R-2282	Each	Bean Dip with cheese & Tostitos	1/2 cup & 1 bag	301	45.32g	13.45g	8g	1128mg
R-2342	Each	Bean Dip with cheese	1/2 cup	191	26.32g	11.45g	5.50g	1013mg
R-2269	Each	Bean Dip no cheese	1/2 cup	143	25.89g	7.65g	1.91g	9.25mg
I-900749	Each	Tostitos	.875oz	110	19g	2g	2.50g	115mg
R-1298	Each	Burrito, Bean & Cheese	1 ea	364	52.4g	14.80g	10.57g	694
R-1613	Each	Burrito, Bean & Cheese w/Taco Sauce Packet	1 ea	369	53.43g	14.87g	10.61g	788
R-0976	Each	Burrito, Bean & Cheese w/Ranch Noodles&Taco Pk	1 ea	466	72.77g	18.19g	11.19g	1025
R-1503	Each	Burrito, Bean & Cheese w/Corn & Taco Pkt	1 ea	405	61.96g	16.11g	10.93g	789
R-0928	Each	Burrito, Bean & Cheese w/Rice & Taco Pkt	1 ea	466	73.13g	16.93g	11.60g	1094
R-0674	Each	Burrito, Bean & Cheese w/Ranch Rice & Taco Pkt	1 ea	468	73.65g	16.97g	11.61g	800
R-2144	Each	Burrito, Bean & Cheese whole grain (Los Cabos)	1 ea	335	55.03g	16.07g	7.04g	624
R-1134	(P) 60	*Simply Ranch Noodles (Hot)	1/2 cup	97	19.34g	3.31g	.58g	237
R-1271	(P) 110	*Corn, Yellow	1/4 cup	33	7.91g	1.05g	.27g	
R-1339	(P) 90	*Rice, Pilaf, Chicken	1/2 cup	97	19.70g	2.06g	.99g	306
R-1751	(P) 90	*Rice, Ranch	1/2 cup	99	20.22g	2.10g	1g	12
I-900079	Each	Burrito, Breakfast, Egg, Sausage & Cheese	1 ea	244	25.81g	8.86g	11.25g	635.37
R-2283	Each	Burrito, Build Your Own (Beans, cheese, wg tort)	1 ea	404	45.88g	20.53g	14.22g	1150mg
I-900047	Each	Cheese Burgers, Twin	1 ea	471	50.8g	23.7g	18.7g	948
R-1415	2 Each	Cheese Pleezer, Grilled	2 ea	380	30g	14g	21g	1270
R-2083	1 Each	Cheese, Stick BOSCO	1 ea	193	26.03g	13.24g	4.18g	292
R-0922	Each	Chicken Caesar Salad w/Caesar Dressing	4 oz	80	6.63g	6.36g	3.63g	241
R-1036	Each	Chicken Corndog w/Mustard & Catsup (FF #96103)	1 ea/4 oz	284	24.96g	10.64g	0g	880
R-1342	Each	Chicken Corndog w/Ranch Noodles, Mustard & Catsup	1 ea	381	44.16g	13.97g	15.63g	1117
R-1620	Each	Chicken Corndog w/Corn, Mustard & Catsup	1 ea	320	33.35g	11.89g	15.36g	881
R-0897	Each	Chicken Corndog w/Rice, Mustard & Catsup	1 ea	381	44.52g	12.71g	16.03g	1186
R-1326	Each	Chicken Corndog w/Potatoes, Mustard & Catsup	1 ea	320	32.02g	11.34g	15.20g	994
R-1670	Each	Chicken Corndog w/Roll, Mustard & Catsup	1 ea	364	39.82g	13.66g	16.04g	1015
R-1134	(P) 60	*Simply Ranch Noodles (Hot)	1/2 cup	97	19.34g	3.31g	.58g	237
R-1271	(P) 110	*Corn, Yellow	1/4 cup	33	7.91g	1.05g	.27g	
R-1339	(P) 90	*Rice, Pilaf, Chicken	1/2 cup	97	19.70g	2.06g	.99g	306
R-5151	(B) 1120	*Potatoes, Whipped	1/4 cup	36	7.2g	0.69g	0.16g	114
R-1459	(P) 60	*Roll, Wheat (Rich's) Prepared	1 ea	80	15g	3g	1g	135
R-1566	4 Each	Chicken Corndogs, Mini with Catsup and Mustard	4 ea	224	20.82g	7.66g	12.04g	640
R-1419	Each	Chicken Drummys, BBQ w/White Rice	1 ea	201	24.74g	14.06g	4.98g	359
I-900237	2 Each	*Chicken Drummys, BBQ	2 ea	96	5.20g	12g	3g	90
R-1338	(P) 90	*Rice, White	1/2 cup	105	19.54g	2.06g	1.98g	179
R-1065	Each	Chicken Fried Steak w/Potatoes, Gravy & Roll	1 ea	387	47.48g	21.63g	12.63g	1257
I-080090	Each	*Chicken Fried Steak	1 ea/3.8 oz	264	23.8g	17.8g	11.4g	556
R-5151	(B) 1120	*Potatoes, Whipped	1/4 cup	36	7.2g	0.69g	0.16g	114
R-1500	(B) 2784	*Gravy	1/8 cup	7	1.48g	.15g	.07g	84
R-1459	(P) 60	*Roll, Wheat (Rich's) Prepared	1 ea	80	15g	3g	1g	135
R-2281	Each	Chicken, Grilled unbreaded Sandwich on Bun	1 ea	324	36.50g	21g	10.50g	660mg
R-2330	Each	Chicken, Hot & Spicy Patty on a bun	1 ea	392	42.90g	20.40g	15.50g	767mg
R-1023	Each	Chicken Hotdog on a bun w/Mustard & Catsup	1 ea	284	27.96g	11.64g	14.53g	940
R-1502	Each	Chicken Hotdog w/Ranch Noodle, Mustard & Catsup	1 ea	381	47.16g	14.97g	15.13g	1177
R-1134	(P) 60	*Simply Ranch Noodles (Hot)	1/2 cup	97	19.34g	3.31g	.58g	237
R-0452	Each	Chicken Hotdog w/Vanilla Bear Graham, Must & Catsup	1 ea	390	46.08g	13.07g	17.54g	1026

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I-900214	Each	*Graham, Vanilla Bear	1 ea/26gm	106	18.26g	1.41g	3g	85.28
R-0826	Each	Chicken Hotdog w/Chili & Cheese	1 ea	430	52.75g	18.54g	17g	1421
R-1557	Each	*Chicken Hotdog	1 ea	270	25g	11g	14.50g	790
R-1212	(B) 1550	*Meatless Chili	3.5 oz (#10)	112	20.49g	6.72g	.54g	271
R-1412	(P) 76	*Nacho Cheese	1/4 cup	50	6.96g	.99g	1.99g	360
HOT LUNCH ENTREES CONTINUE								
I-900294	5 Each	Chicken Nuggets Whole Grain (using 1/2008)	5 each	200	14g	16g	9g	540mg
R-1260	5 Each	Chicken Nuggets w/BBQ Sauce & Catsup	5 ea	250	17.49g	14.19g	13.08g	647
R-0975	Each	Chicken Nuggets w/Ranch Noodles, Mustard & Catsup	5 ea/ea	347	36.70g	17.52g	13.68g	884
R-1619	Each	Chicken Nuggets w/Corn, BBQ Sauce & Catsup	5 ea/ea	286	25.88g	15.45g	13.41g	648
R-1052	Each	Chicken Nuggets w/Rice, BBQ Sauce & Catsup	5 ea/ea	347	37.06g	16.27g	14.09g	953
R-1066	Each	Chicken Nuggets w/Ranch Rice, BBQ Sauce & Catsup	5 ea/ea	349	37.58g	16.31g	14.09g	659
R-1134	(P) 60	*Simply Ranch Noodles (Hot)	1/2 cup	97	19.34g	3.31g	.58g	237
R-1271	(P) 110	*Corn, Yellow	1/4 cup	33	7.91g	1.05g	.27g	
R-1339	(P) 90	*Rice, Pilaf, Chicken	1/2 cup	97	19.70g	2.06g	.99g	306
R-1751	(P) 90	*Rice, Ranch	1/2 cup	99	20.22g	2.10g	1g	12
R-1573	4 Each	Chicken O's with Catsup and BBQ Sauce	4 ea	220	18.26g	12.42g	10.71g	687
R-1693	Each	Chicken O's w/Rice, Catsup and BBQ Sauce	4 ea/ea	317	37.82g	14.49g	11.71g	890
R-1696	Each	Chicken O's w/Potatoes, Catsup and BBQ Sauce	4 ea/ea	256	25.32g	13.12g	10.88g	699
R-1671	Each	Chicken O's w/Roll, Catsup and BBQ Sauce	4 ea/ea	300	33.12g	15.44g	11.72g	720
R-1339	(P) 90	*Rice, Pilaf, Chicken	1/2 cup	97	19.70g	2.06g	.99g	306
R-5151	(B) 1120	*Potatoes, Whipped	1/4 cup	36	7.2g	0.69g	0.16g	114
R-1459	(P) 60	*Roll, Wheat (Rich's) Prepared	1 ea	80	15g	3g	1g	135
R-0875	Each	Chicken Patty, BBQ on Wheat Bun	1 ea	370	44.40g	22.70g	10.90g	931
R-1477	Each	Chicken Patty, Caribbean on Wheat Bun	1 ea	337	43g	24g	7.30g	646
R-0987	Each	Chicken Patty, Teriyaki on Wheat Bun	1 ea	364	41.40g	29.70g	7.50g	649
R-0985	Each	Chicken Patty, Teriyaki with Rice	1 ea	279	25.94g	24.76g	6.98g	478
I-900982	Each	*Chicken Patty, Teriyaki	1 ea	174	6.40g	22.70g	5g	
R-1338	(P) 90	*Rice, White	1/2 cup	105	19.54g	2.06g	1.98g	179
R-1022	Each	Chicken Patty on Wheat Bun w/Mustard&Catsup	1 ea	429	48.46g	22.14g	16.53g	948
R-2000	Each	Chicken,Crispy Breaded (breast-thigh-leg-wing)	4oz	328	10.68g	25.56g	19.67g	332
R-2123	(P) 50	Potatoes, Red Roasted & Seasoned	3 oz	70	15.07g	2.32g	.01g	116
R-1985	2 Each	Chicken, Tenders	2 ea	160	10.00g	9.33g	9.33g	433
R-1789	Each	Chicken Salad Topper w/Cheesy Breadstick	1 ea	285	33.96g	19.33g	8.83g	755
R-1511	Each	*Chicken Salad Topper	1 ea	160	11.13g	15.27g	7.04g	549
I-000070	Each	*Chicken Fajita Strips	1 1/2 oz	53	.75g	9.75g	1.50g	440
R-1458	Each	*American Cheese	1/2 oz	47	.26g	3.50g	3.51g	
I-900173	Each	*Croutons	1/2 oz	61	10.12g	2.03g	2.03g	85
R-1788	(P) 30	*Cheesy Breadstick (Prepared)	1 ea	125	22.83g	4.06g	1.79g	206
R-1490	Each	Chicken Teriyaki Bowl w/Rice and Vegetables	1 ea	199	29.01g	13.74g	3.78g	617
R-1489	Each	Chicken Teriyaki Bowl	1 1/2 oz	70	2.14g	11.07g	1.76g	353mg
R-1489	(P) 106	*Chicken Teriyaki strips	1 1/2 oz	70	2.14g	11.07g	1.76g	353
R-2081	serving	*Rice, brwn California Brite	1/2 cup	94	19.21g	2.43g	.54g	236
R-1338	(P) 90	*Rice, White	1/2 cup	105	19.54g	2.06g	1.98g	179
R-1488	(P) 121	*Vegetables, Mixed	1/4 cup	36	7.58g	1.87g	.29g	85
I-900030	Each	Cinnamon Swirl Toast	1 ea/3.25 oz	220	33g	7g	6g	70
R-1461	Each	Egg Roll, Pork w/Rice Pilaf	1 ea	267	38.93g	10.85g	7.40g	716
I-900036	Each	*Egg Roll, Pork	1 ea/3.0 oz	170	19.23g	8.79g	6.41g	410.33
I-900296	Each	Egg Roll, Chicken whole grain	1 ea/3oz	150	17g	10g	4.5g	340
I-80678	Each	Cookie, Fortune	1 ea	27	6.5g	.50g	0	2
R-1339	(P) 90	*Rice, Pilaf, Chicken	1/2 cup	97	19.70g	2.06g	.99g	306

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R-0597	2 Each	Pizzata	2 ea	360	28g	19g	19g	920
R-900271	3 Each	Pork, Sweet 'n' Sour Dippers	3 ea	330	11.4g	39.12g	10.5g	
R-0909	Each	Pretzel Bites w/Chili & Cheese	1 ea	300	59.75g	10.54g	3g	746
R-1323	Each	Pretzel, Super w/Chili (3.5 oz) & Cheese	1 ea	352	68.45g	15.72g	2.53g	791
R-1701	Each	Pretzel, Super w/Chili (4.6 oz) & Cheese	1 ea	389	75.15g	17.92g	2.7g	880
R-1621	Each	Pretzel, Super w/Cheese	1 ea	240	47.96g	9g	1.99g	680
I-900072	5 Each	*Pretzel, Bites	5 ea	140	32g	3g	.50g	
I-900090	Each	*Pretzel, Super	1 ea	190	41g	8g	0g	
R-1212	(B) 1550	*Meatless Chili	3.5 oz (#10)	112	20.49g	6.72g	.54g	271
R-1699	(B) 1168	*Meatless Chili	4.6 oz (#8)	149	27.18g	8.92g	.71g	360
R-1412	(B) 76	*Nacho Cheese	1/4 cup	50	6.96g	.99g	1.99g	360
HOT LUNCH ENTREES CONTINUE								
R-1826	Each	Salad, Asian w/Chicken	1 ea	116	8.15g	12.43g	4.05g	261
R-1511	Each	Salad Fixin's w/Chicken	1 ea	160	11.13g	15.27g	7.04g	549
R-2274	Each	Salad, Lo Mein Pasta salad no cookie	1 cup	106	19.66g	3.88g	2.2	529mg
R-2284	Each	Salad, Lo Mein Pasta salad with Fortune cookie	1 cup	134	26.16g	4.38g	2.20g	532mg
R-2280	Each	Salisbury Steak in gravy with mashed potatoes	1ea - 1/4 cup	241	13.20g	12.98g	15.30g	543mg
R-2339	Each	Salisbury Steak in Turkey Gravy	1 ea	205	6g	12.30g	15.14g	429gm
R-1009	Each	Shrimp, Breaded w/Rice	1 ea	267	38.27g	12.89g	6.41g	481
I-000042	10 Each	*Shrimp, Breaded (10 pieces)	10 ea	220	24g	14g	7g	
R-1339	(P) 90	*Rice, Pilaf, Chicken	1/2 cup	97	19.70g	2.06g	.99g	306
R-1455	(B) 1608	Soup, Chicken w/Rice	1/2 Cup	39	6.31g	2.75g	.33g	379
R-1453	(B) 1608	Soup, Turkey w/Rice	1/2 cup	51	7.37g	3.13g	.84g	426
R-1456	(B) 1615	Soup, Chicken Noodle	1/2 cup	40	6.08g	3.02g	.46g	378
R-1442	(B) 1615	Soup, Turkey Noodle	1/2 cup	54	7.67g	3.55g	.92g	179
R-1570	Each	Soup, Minestrone with Breadstick	1 ea	155	29.50g	5.23g	1.80g	661
R-1568	(B) 980	*Soup, Minestrone	4 oz (#8)	33	6.70g	1.43g	0.2g	302
R-1617	(P) 30	*Breadstick (Rich's) Prepared	1 ea	122	22.8g	3.8g	1.6g	193
R-1709	Each	Soup, Tortilla, Chicken with Cornbread	1 ea	209	30.37g	6.31g	7.27g	619
R-1569	Each	Soup, Tortilla, Turkey with Cornbread	1 ea	211	30.44g	6.19g	7.44g	648
R-1564	(B) 450	*Soup, Tortilla, Chicken	4 oz (#8)	41	6.77g	2.89g	0.41g	293
R-1565	(B) 450	*Soup, Tortilla, Turkey	4 oz (#8)	43	6.84g	2.76g	.58g	322
R-1583	(P) 80	*Cornbread	1 ea	168	23.59g	3.43g	6.86g	326
R-1315	(B) 1688	Soup, Vegetable	1/2 cup	39	7.90g	1.61g	.22g	182
R-1790	Each	Spaghetti w/Meatballs & Cheesy Breadstick	1 ea	350	49.23g	17.58g	10.40g	770
R-0173	Each	*Spaghetti w/Meatballs	1 ea	227	26.46g	13.65g	8.71g	564
R-1788	(P) 30	*Cheesy Breadstick (Prepared)	1 ea	125	22.83g	4.06g	1.79g	206
R-5137	(B) 1280	Spaghetti w/Marinara Sauce	1/2 cup	98	20.32g	3.91g	.62g	246
R-1295	Each	Spaghetti w/Marinara Sauce & Foccacia Roll	1/2 cup/1 ea	210	35.68g	9.54g	3.77g	403
R-1220	(P) 60	*Roll, Foccacia (Rich's Prepared)	1 ea	89	15.16g	3.20g	1.86g	151
R-5134	(B) 1680	Spaghetti w/Meat Sauce, Beef	1/2 cup	121	20.51g	6.35g	1.91g	252
R-900283	Each	Taco, Zesty Pocket (Turkey-WG)	1 ea	250	32.0g	14.0g	8.0g	340
R-1750	Each	Taco, Fish w/Tortilla Chips	1 ea / 1/2 oz	353	47.83g	12.67	10.1	
R-1750	Each	*Taco, Fish (Gordita)	1 ea	283	38.33g	11.67g	7.10g	440
I-000052	Each	*Tortilla Chips	1/2 oz	70	9.5g	1g	3g	
R-1714	Each	Taco Salad in a Tortilla Bowl with Cheddar Cheese	1 ea	220	14.78g	16.04g	12.27g	384
R-5220	Each	Taco, Fiesta Salad Bowl with Amer Cheese	1 ea	226	14.75g	15.68g	13.19g	438
I-900018	Each	*Tortilla Bowl	1 ea	79	11.39g	2.44g	4.80g	
R-1340	(P) 106	*Seasoned Taco, Beef	1 1/2 oz	122	3.25g	11.67g	6.17g	338

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I-001042	Each	*Cheese, American	1/4 oz	27	.11g	1.57g	2.21g	1489
I-001182	Each	*Cheese, Cheddar	1/4 oz	20	.14g	1.93g	1.30g	725
R-1417	Each	Tortilla Bowl w/Chili & Nacho Cheese	1 ea	216	35.36g	9.66g	6.33g	454
I-900018	Each	*Tortilla Bowl	1 ea	79	11.39g	2.44g	4.80g	3
R-1212	(B) 1550	*Meatless Chili	3.5 oz (#10)	112	20.49g	6.72g	.54g	271
R-1710	(P) 152	*Nacho Cheese	1 oz	25	3.48g	.50g	.99g	180
R-0907	Each	Turkey, BBQ Sub Sandwich	1 ea	229	32.10g	13.30g	5.02g	771mg
R-0906	(P) 138	*Turkey, BBQ	2oz	99	8.10g	9.30g	2.52g	481mg
R-1297	Each	Turkey, Roast & Gravy w/Potato & Roll	1 ea	241	27.37g	19.16g	5.42g	943
R-1454	(B) 2209	*Turkey, Roast & Gravy	1/2 cup	125	5.17g	15.47g	4.27g	694
R-5151	(B) 1120	*Potatoes, Whipped	1/4 cup	36	7.2g	0.69g	0.16g	114
R-1459	(P) 60	*Roll, Wheat (Rich's) Prepared	1 ea	80	15g	3g	1g	135
R-5072	Each	Waffle w/Sausage & Syrup	1 ea	370	57.40g	12.30g	10.30g	656
I-097739	Each	*Waffle, Belgian	1 ea	165	26g	4g	5g	400
I-000051	Each	*Sausage Link	1 ea	85	.4g	8.3g	5.3g	231.5
I-900074	Each	*Maple Syrup Packet (1.5 oz)	1 ea	120	31g	0g	0g	25
HOT LUNCH ENTREES CONTINUE								
R-2275	Each	Quesadilla, WG Primo Cheese with Pizza sauce insid	1 ea	290	19.29g	16.97g	17.02g	654mg
R-1787	Each	Quesadilla, Turkey w/Rice Pilaf	1 ea	436	53.81g	24.14g	13g	948
R-1752	Each	*Turkey Quesadilla	1 ea	339	34.11g	22.09g	12.01g	642
R-1339	(P) 90	*Rice, Pilaf, Chicken	1/2 cup	97	19.70g	2.06g	.99g	306
ALTERNATE MEAL								
	Each	Alternate Meal w/Peanut Butter (Monday)	1 ea	666	99.7g	21.19g	21.6g	
	Each	Alternate Meal w/Peanut Butter (Tuesday)	1 ea	681	104.54g	21.52g	20.79g	
	Each	Alternate Meal w/Peanut Butter (Wednesday)	1 ea	686	102.20g	22.80g	21.54g	
	Each	Alternate Meal w/Peanut Butter (Thursday)	1 ea	677	104.94g	20.46g	20.82g	
	Each	Alternate Meal w/Peanut Butter (Friday)	1 ea	668	103.49g	20.11g	20.68g	
	Each	Alternate Meal w/American Cheese (Monday)	1 ea	664	95.10g	22.31g	20.42g	
	Each	Alternate Meal w/American Cheese (Tuesday)	1 ea	669	99.94g	22.64g	19.61g	
	Each	Alternate Meal w/American Cheese (Wednesday)	1 ea	674	97.60g	23.93g	20.36g	
	Each	Alternate Meal w/American Cheese (Thursday)	1 ea	665	100.34g	21.59g	19.64g	
	Each	Alternate Meal w/American Cheese (Friday)	1 ea	655	98.89g	21.24g	19.50g	
I-360905	Each	*Peanut Butter	1 oz	171	6.04g	7.12g	14.50g	154
I-051045	Each	*American Cheese (3 slices)	1 1/2 oz	159	1.44g	8.24g	13.32g	
I-018228	Each	*Crackers, Saltine (2 pks = 4 crackers)	4 crackers	51	8.51g	1.11g	1.36g	
I-900142	Each	*Milk, Chocolate (Producers)	8 oz	150	28g	8g	0.5g	230
I-900140	Each	*Milk, White (Producers)	8 oz	130	16g	11g	2.5g	160
*Note: Each meal includes calories from a variety of fruits and vegetables. Specific fruits and vegetables can be identified by the student.								
BAG LUNCH, FIELD TRIP								
R-1387	Each	Bag Lunch, Field Trip						560
I-900019	Each	*PB & Wafer Sandwich	1 ea	318	28.60g	10.30g	20.10g	271
R-0371	Each	*Graham, Chocolate Bear, .9 oz	1 pkg	103	18.21g	1.87g	2.76g	91
I-009003	Each	*Fresh Fruit, Apple	1 ea	63	16.16g	.20g	.38g	0.01
*Note: One each of juice and milk will be provided depending on what is ordered.								
R-5083	Each	*Juice, Apple (Producers)	4 oz	55	14g	0g	0g	4
R-5084	Each	*Juice, Orange (Producers)	4 oz	60	14g	.5g	0g	4
I-900142	Each	*Milk, Chocolate (Producers)	8 oz	150	28g	8g	0.5g	230
I-900140	Each	*Milk, White (Producers)	8 oz	130	16g	11g	2.5g	160

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Recipe / Ingredient Number	Servings : Each / (B)atch/ (P)an	Green highlites indicate current updates 6-26-08 updated	Serving Per Cont./ Pkg.	Total Calories	Carbs	Protein	Fat Grams	Sodium
SANDWICHES								
I-900143	Each	Bagel-ers, Cream Cheese, Plain	1 ea	190	31g	6g	6g	230
R-5274	Each	PB & Jelly Bar	1 ea	318	28.60g	10.3g	20.10g	271
R-0899	Each	PB & Jelly Bar w/Raisins	1 ea	448	57.60g	11.30g	20.10g	281
R-0929	Each	PB & Jelly Bar w/Peanuts	1 ea	483	33.96g	17.77g	34.08g	272
R-1506	Each	PB & Jelly Bar w/Pretzel Snaps	1 ea	378	40.60g	11.30g	20.10g	481
R-0791	Each	*Raisins, 1.33 oz	1 ea	130	29g	1g	0g	10
R-0138	Each	*Peanuts	1 oz	165	5.37g	7.47g	13.98g	2
R-0956	Each	*Pretzel Snaps, Royal Gold, .5 oz	.5 oz	50	12g	1g	0g	210
I-900035	Each	PB & Jelly Uncrustable	1 ea	317	33.14g	9.22g	16.41g	354.4
	Each	PB & Strawberry Jam Uncrustable	1 ea	210	25g	7g	9g	
	Each	PB & Honey Uncrustables	1 ea	320	34g	9g	16g	
R-0868	Each	PB & Jelly Uncrustable w/Raisins	1 ea	447	62.14g	10.22g	16.41g	364
R-1674	Each	PB & Jelly Uncrustable w/Peanuts	1 ea	482	38.50g	16.69g	30.39g	356
R-0960	Each	PB & Jelly Uncrustable w/Pretzel Snaps	1 ea	377	45.14g	10.22g	16.41g	564
R-1692	Each	PB & Jelly Uncrustable w/Trail Mix	1 ea	515	65.14g	11.22g	23.61g	354
R-0961	Each	PB & Jelly Uncrustable w/Dolphin Crackers	1 ea	437	49.14g	12.22g	21.41g	574
R-0791	Each	*Raisins, 1.33 oz	1 ea	130	29g	1g	0g	10
R-0138	Each	*Peanuts	1 oz	165	5.37g	7.47g	13.98g	2
R-0956	Each	*Pretzel Snaps, Royal Gold, .5 oz	.5 oz	50	12g	1g	0g	210
I-900110	Each	*Trail Mix	1/4 cup	198	32g	2g	7.20g	0
I-900031	Each	*Crackers, Cheddar Dolphins (Austin)	.9 oz	120	16g	3g	5g	220
SANDWICHES CONTINUE								
R-2088	Each	Sandwich, Meatball on hogie bun w/ mozz cheese	1 ea	383	42.02g	22.56g	15.59g	1048
R-1110	Each	Sandwich, Peanut Butter w/Jelly	1 ea	385	43.82g	11.88g	18.96g	497
R-5256	Each	Sandwich, Salami & Cheese w/Mustard	1 ea	289	36.23g	15.70g	8.95g	844
R-5255	Each	Sandwich, Salami w/Mustard	1 ea	256	36.26g	15.09g	5.54g	749
R-1019	Each	Sandwich, Turkey & Cheese w/Mustard	1 ea	279	36.74g	15.20g	7.94g	783
R-1021	Each	Sandwich, Turkey Ham & Cheese w/Mustard	1 ea	283	35.73g	15.14g	8.43g	841
R-1195	Each	Sandwich, Turkey Ham w/Mustard	1 ea	248	35.50g	14.25g	4.75g	745
R-1754	Each	Sandwich, Turkey on Crk Wheat HD Bun w/Mustard	1 ea	231	35.02g	13.33g	4.02g	638
R-1222	Each	Sandwich, Turkey w/Mustard	1 ea	241	37.02g	14.33g	4.02g	658
	Each	Sandwich, Turkey Roast	1 ea	314	35.65g	24.42g	7.49g	
R-2042	Each	Sandwich, Turkey Roast Sub w/chz HD wht-must-Dorito	1 ea	396	43.97g	22.73g	14.21g	1067
R-1912	Each	Sandwich, Turkey Roast Sub w/chz-pickles-lettuce	1 ea	343	36.75g	28.13g	8.57	1146
WRAPS								
R-0340	Each	Wrap, Cheese Quesadilla (American)	1 ea	317	29.68g	12.42g	17.59g	950
R-2275	Each	Wrap, Chhese Quesadilla Primo (Pizza sauce & Chz)	1 ea	297	20.67g	17.10g	17.27g	779mg
R-2329	Each	Wrap, CheeseRock n Roll WG tort (Mozzarella)	1 ea	314	25.68g	18.86g	15.83g	694mg
R-1708	Each	Wrap, Cheese Quesadilla w/whole grain tort(Mozz)	1 ea	258	26.18g	14.82g	10.77g	571
R-0798	Each	Wrap, Chicken Caesar Salad	1 ea	266	35.39g	13.42g	9.37g	684
	Each	Wrap, Caesar (Turkey)	1 ea	357	35.77	22.97	14.37	
R-2041	Each	Wrap, Caesar whole grain tort (Turkey)	1 ea	347	31.39g	24.33g	14.03g	461
R-1914	Each	Wrap, Chicken Snack (Hot)	1 ea	307	37.11g	12.24g	11.88g	642
R-1824	Each	Wrap, Oriental Chicken	1 ea	289	35.86g	12.09g	11.97g	593
R-1561	Each	Wrap, Taco	1 ea	292	32.59g	12.64g	12.82g	727
R-0848	Each	Wrap, Turkey	1 ea	248	31.31g	10.15g	10.15g	630

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R-0339	Each	Wrap, Turkey & Cheese	1 ea	286	31.03g	11.02g	14.07g	755
R-0819	Each	Wrap, Turkey Ham	1 ea	255	29.79g	10.07g	10.88g	716
R-0338	Each	Wrap, Turkey Ham & Cheese	1 ea	291	30.02g	10.96g	14.56g	812
R-1913	Each	Wrap, Turkey Taco	1 ea	345	33.08g	23.28g	13.69g	1095
BREAD								
R-1617	(P) 30	Breadstick (Rich's) Prepared	1 ea	122	22.8g	3.8g	1.6g	193
R-0567	Each	Breadstick, Cheezy	1 ea	135	21.8g	6g	2.70g	279
R-1788	(P) 30	Cheezy Breadstick (Prepared)	1 ea	125	22.83g	4.06g	1.79g	206
R-1583	(P) 80	Cornbread	1 ea	168	23.59g	3.43g	6.86g	326
R-1220	(P) 60	Roll, Foccacia (Rich's Prepared)	1 ea	89	15.16g	3.20g	1.86g	151
R-1459	(P) 60	Roll, Wheat (Rich's) Prepared	1 ea	80	15g	3g	1g	135
PASTA/RICE								
	(P) 160	Pasta Salad (Cold)	1/4 cup	50	9.20g	1.56g	.8g	
R-1854	(P) 160	Pasta Salad, Oriental (Cold)	1/4 cup	72	9.83g	1.59g	2.76g	61
R-1341	Serving	Pasta, Salad 60% whole grain/40% reg	1/4 cup	54	10.14g	1.85g	.99g	112
R-1339	(P) 90	Rice, Pilaf, Chicken	1/2 cup	97	19.70g	2.06g	.99g	306
R-1751	(P) 90	Rice, Ranch	1/2 cup	99	20.22g	2.10g	1g	12
R-1338	(P) 90	Rice, White	1/2 cup	105	19.54g	2.06g	1.98g	179
R-1134	(P) 60	Simply Ranch Noodles (Hot)	1/2 cup	97	19.34g	3.31g	.58g	237
R-2080	serving	Rice, Brwn Tex-Mex	1/2 cup	107	21.87g	2.74g	.65g	340
R-2081	serving	Rice, brwn California Brite	1/2 cup	94	19.21g	2.43g	.54g	236
VEGETABLES								
R-1271	(P) 110	Corn, Yellow	1/4 cup	33	7.91g	1.05g	.27g	
R-1705	(P) 55	Corn, Yellow	1/2 cup	66	15.83g	2.09g	.55g	1
R-0179	Each	Corn, Coblette	1 ea	120	28.7g	4.1g	.06g	
R-1264	(P) 50	Potato Puffs	5 ea	78	10.69g	1.18g	3.76g	224
R-5151	(B) 1120	Potatoes, Whipped	1/4 cup	36	7.2g	0.69g	0.16g	114
R-2123	(P) 50	Potatoes, Red Roasted & Seasoned	3 oz	71	15.35g	2.32g	0	0
R-0249	(P) 120	Beans, Vegetarian, Baked	1/4 cup	91	20.54g	3.91g	.36g	335
I-016006	Each	Beans, Vegetarian AKA:BBQ Beans(Energy Island)	1/4 cup	60	13.42g	3.02g	.23g	343
R-1478	(B) 1216	Potatoes, Whipped, Ranch	1/4 cup	35	6.90g	.65g	.22g	13
R-1488	(P) 121	Vegetables, Mixed	1/2 cup	36	7.58g	1.87g	.29g	85
CONDIMENTS								
I-900115	Each	BBQ Sauce Packet (12 grams)	1 ea	20	4g	0g	0g	75
I-011935	Each	Catsup Packet (9 grams)	1 ea	9	2.46g	.14g	.03g	
R-900098	Ea Pkt	Dressing, Italian PPI 12g	1 pkg 12g	6	0.85	0	0.28	340
R-1216	(B) 1024	Dressing, Ranch	1 Tbsp	44	.79g	.32g	4.33g	55
R-900097	1 Ea Pkg	Dressing, Thousand Island PPI 9g	1 pkg 9g	21	1.06	0.21	1.69	290
I-900074	Each	Maple Syrup Packet (1.5 oz)	1 ea	120	31g	0g	0g	25
I-900182	Each	Mayonnaise Packet (9 grams)	1 ea	60	0g	0g	7g	150
I-083730	Each	Mustard Packet (5.5 grams)	1 ea	5	.5g	.5g	0g	50
I-900084	Each	Taco Sauce Packet (9 grams)	1 ea	4.645	1.029g	.075g	.043g	94.15
I-900204	Each	Teriyaki Sauce, Kikoman	1 ea	15	2g	1g	0g	610

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EXTRAS								
R-1267	(P) 80	Brownie, Peanut Butter	Each	146	19.16g	3.13g	6.81g	87
R-1698	(P) 80	Cake, Sunshine Yellow w/Peaches and Powd Suga	1 ea	172	25.55g	2.32g	6.97g	119
I-900103	Each	Cookie, C C Reduced Fat (Linda's)	1 oz	118	16.19g	1.29g	4.50g	119.75
I-000087	Each	Crackers, Animal, Bulk	1 oz	131	23g	1g	3g	92
I-900031	Each	Crackers, Cheddar Dolphins (Austin)	.9 oz	120	16g	3g	5g	220
I-900050	Each	Crackers, Cheddar Goldfish	.75 oz	100	13g	2g	4.5g	180
I-900160	Each	Crackers, Lemon or Vanilla, Goldfish PhysEdibles	.9 oz	120	18g	2g	4g	100
R-2086	Each	Crackers, Goldfish Ranch	.75 oz	100	14g	3g	3g	190
R-2084	Each	Crackers, Goldfish Spicy	.75 oz	100	14g	3g	3g	190
I-900748	Each	Crackers, Trax Cheetos	.75oz	140	21g	3g	5g	270mg
R-1190	Each	Doritos Chips	.5 oa	70	8.5g	1g	4g	90
R-0557	Each	Frozen Fruit Delight (Strawberry)	1 1/2 oz	42	9.94g	.36g	0g	5
I-900244	Each	Fudge Pop	1 ea	70	12.7g	0g	1.9g	0
I-900025	Each	Gogurt (Assorted)	2.25 oz	80	13g	2g	2g	40
	Each	Graham, Apple Cinn Bear	1 pkg	105	18.26g	1.38g	2.97g	85.15mg
R-0371	Each	Graham, Chocolate Bear, .9 oz	1 pkg	103	18.21g	1.87g	2.76g	91
R-1672	Each	Graham, Chocolate Chip, (Keebler)	1 oz	130	20g	2g	5g	105
R-0827	Each	Graham, Elf	1/2 oz	70	11g	1g	2g	55mg
I-900048	Each	Graham, Goldfish	1 pkg	120	19g	1g	4g	110
R-0820	Each	Grahams, Sports	1 ea	110	19g	2g	3g	84
R-2085	Each	Graham, Tropical Treat	1 oz	110	19g	1g	3.50g	95
I-900214	Each	Graham, Vanilla Bear	26gm	106	18.26g	1.41g	3g	85.28
R-2196	Each	Grahams, Teddy Cinn Cubs	1 ea	60	11g	<1g	2g	70
R-1059	(P) 80	Harvest Bar	1 ea	159	25.39g	2.34g	5.46g	185
R-1139	Each	Juice, Apple/Orange	1 ea	58	14g	.25g	0g	4
R-5083	Each	*Juice, Apple (Producers)	4 oz	55	14g	0g	0g	8
R-5084	Each	*Juice, Orange (Producers)	4 oz	60	14g	.5g	0g	0
R-0138	Each	Peanuts	1 oz	165	5.37g	7.47g	13.98g	2
R-0639	Each	Pretzels, Goldfish	.75 oz	90	15g	2g	2g	300
R-0956	Each	Pretzel Snaps, Royal Gold, .5 oz	.5 oz	50	12g	1g	0g	210
R-1558	Each	Pretzel Twists, Bulk	.5 oz	52	11.34g	1.42g	0g	213
R-0822	Each	Pudding, Chocolate (Hunts)	3.5 oz	140	22g	2g	5g	140
R-0821	Each	Pudding, Vanilla (Hunts)	3.5 oz	130	21g	1g	4.5g	135
R-0791	Each	Raisins, 1.33 oz	1 ea	130	29g	1g	0g	10
R-1047	Each	Shape Up (Assorted)	2.25 oz	60	15.5g	0g	0g	15
I-900110	Each	Trail Mix, Fruit & Nut Mix	2oz	135	23g	2.3g	3.8g	0
R-5135	Each	Trail Mix w/Pretzels and Animal Crackers	1 oz	118	16.77g	2.47g	4.89g	93
R-1314	Each	Zoo Mix	1 oz	122	22.89g	1.61g	2g	203
CAKES								
R-1267	(P) 80	Brownie, Peanut Butter	1 ea	146	19.16g	3.13g	6.81g	87
R-1059	(P) 80	Harvest Bar	1 ea	159	25.39g	2.34g	5.46g	185
R-1698	(P) 80	Cake, Sunshine Yellow w/Peaches and Powd Suga	1 ea	172	25.55g	2.32g	6.97g	119

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DAIRY PRODUCTS								
I-900002	Each	Cheese, String	1 oz	80	1g	8g	5g	170
I-900025	Each	Gogurt (Assorted)	2.25 oz	80	13g	2g	2g	40
R-1017	Each	Milk, White-1% / Chocolate Non Fat (Producers)	8 oz	140	22g	9.50g	1.5g	195
I-900142	Each	Milk, Chocolate Fat Free(Producers)	8 oz	150	28g	8g	0.5g	230
R-2267	Each	Milk, Strawberry 1% (Producers)	8oz	180	32g	10g	2.50g	120mg
I-900140	Each	Milk, White 1% (Producers)	8 oz	130	16g	11g	2.5g	160
R-0900	Each	Yogurt, Assorted	6 oz	158	30.17g	6g	1.50g	121
R-0873	Each	Yogurt, Assorted w/Chocolate Bear Graham	6 oz/1 ea	261	48.38g	7.87g	4.26g	212
R-0741	Each	Yogurt, Assorted w/Vanilla Bear Graham	6oz/1ea	265	48.43g	7.41g	4.50g	206
R-0901	Each	Yogurt, Assorted w/Raisins	6 oz/1 ea	288	59.17g	7g	1.50g	131
R-1509	Each	Yogurt, Assorted w/Peanuts	6 oz/1 ea	323	35.53g	13.47g	15.48g	123
R-1507	Each	Yogurt, Assorted w/Pretzel Snaps	6 oz/1 ea	218	42.17g	7g	1.50g	331
R-0962	Each	Yogurt, Assorted w/Dolphin Crackers	6 oz/1 ea	278	46.17g	9g	6.50g	341
R-1510	Each	Yogurt, Assorted w/Breadstick	6 oz/1 ea	280	52.97g	9.80g	3.10g	314
I-900070	Each	Yogurt, Blueberry, Fruit on the Bottom	6 oz	150	28g	6g	1.5g	140
I-900125	Each	Yogurt, Peach, Creamy Fruit on the Bottom	6 oz	170	33g	6g	1.5g	135
I-900184	Each	Yogurt, Peach, Fruit on the Bottom	6 oz	150	28g	6g	1.5g	95
I-900185	Each	Yogurt, Straw/Banana, Creamy Fruit on the Bottom	6 oz	160	30g	6g	1.5g	100
I-900116	Each	Yogurt, Strawberry, Creamy Fruit on the Bottom	6 oz	170	33g	6g	1.5g	130
I-900069	Each	Yogurt, Strawberry, Fruit on the Bottom	6 oz	150	29g	6g	1.5g	125
I-000044	Each	Yogurt, Trix (Assorted)	4 oz	120	23g	4g	1.5g	55
I-900741	Each	Yogurt, Daniamals strawberry	4 oz	90	14g	5g	2g	55
ENERGY ISLAND								
I-011124	1 Each	Baby Carrots	1/4 cup	13	3.04g	.31g	.06g	69
I-011090	Each	Broccoli	1/4 cup	5	.93g	.53g	.06g	33
R-0248	Each	Canned Fruit, Apricots	1/4 cup	40	10.43g	0.34g	0g	3
R-2211	Each	Canned Fruit, Apple slices in cinn/sugar	1/4 cup	66	17.04	0.36g	.47g	1
I-009020	Each	Canned Fruit, Applesauce	1/4 cup	48	12.69g	.11g	.11g	3
I-009240	Each	Canned Fruit, Diced Peaches	1/4 cup	34	9.13g	.28g	.02g	5
I-009256	Each	Canned Fruit, Diced Pears	1/4 cup	35	9.44g	.12g	.02g	5
I-009099	Each	Canned Fruit, Mixed Fruit	1/4 cup	34	9.03g	.24g	.04g	6
I-009268	Each	Canned Fruit, PineappleTidbits	1/4 cup	37	9.77g	.26g	.05g	1
R-424	Each	Canned Green Beans	1/4 cup	7	1.52g	.41g	.03g	85mg
R-427	Each	Canned Kidney Beans	1/4 cup	54	9.28g	3.34g	.38g	189mg
R-264	Each	Cauliflower, fresh	1/4 cup	6	1.33g	.50g	.03g	8mg
I-11143	Each	Celery	1/4 cup	16	3.37g	.78g	.19g	80
I-011172	Each	Corn, Canned	1/4 cup	33.3	7.62g	1.07g	.41g	298
I-900173	Each	Croutons	1/4 cup	30	5g	1g	1g	85
I-011206	Each	Cucumber Slices	1/4 cup	4	0.74	.17g	.05g	2
R-1262	Each	Dressing, Italian	1 TBSP	7	.59g	0g	.56g	134
R-1216	Each	Dressing, Ranch	1 TBSP	44	.79g	.32g	4.33g	55
R-5184	Each	Dressing, Thousand Island	1 TBSP	52	2.31g	.11g	4.72g	138
I-009003	Each	Fresh Fruit, Apple	1 ea	63	16.16g	.20g	.38g	1
I-009040	Each	Fresh Fruit, Banana	1 ea	93	23.66g	1.04g	.48g	1
I-009148	Each	Fresh Fruit, Kiwi	1/2 ea	27	6.58	.44g	.19g	3
I-090067	Each	Fresh Fruit, Mandarin	1 ea	31	7.83g	.44g	.13g	2
I-009191	Each	Fresh Fruit, Nectarine	1 ea	67	16.02g	1.28g	.63g	0
I-009200	Each	Fresh Fruit, Orange	1/2 ea	31	7.7g	.62g	.08g	0

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ENERGY ISLAND CONTINUE								
R-0100	Each	Fresh Fruit, Tangerine	1 ea	45	11.21g	.68g	.26g	2
I-009252	Each	Fresh Fruit, Pear	1 ea	98	25.08g	.65g	.66g	1
I-009279	Each	Fresh Fruit, Plum	1 ea	36	8.6g	.52g	.41g	0
I-009316	3 Each	Fresh Fruit, Strawberries	1/4 cup	11	2.53g	.22g	.13g	1
I-009326	Each	Fresh Fruit, Watermelon	1/4 cup	12	2.73g	.24g	.16g	1
I-009131	Each	Grapes, Fresh	1/4 Cup	15	3.94g	.14g	.08g	2
R-2266	Each	Jell-O added to canned fruit by serving of fruit	1/4 cup	3	.85g	.05g	0	4mg
R1497	(B) 512	Jell-O, Assorted	1/4 cup	28	7.44g	.02g	0g	52
R-1434	Each	Jicama, Chili Lime	1/4 cup	28	6.48g	.63g	.13g	18
R-1341	Serving	Pasta, Salad 60% whole grain/40% reg	1/4 cup	54	10.14g	1.85g	.99g	112
R-0638	Each	Peach Cup, Frz	4 oz	117	29g	0g	.10g	7
I-011313	Each	Peas, Frozen	1/4 cup	31	5.7g	2.06g	.11g	72
I-900080	Each	Peppers, Jalapenos	1/8 cup	5	.94g	0g	0g	350
I-009266	Each	Pineapple Spears, Fresh	1/4 cup	19	4.80g	.15g	.17g	1
R-1218	Each	Pizza Dipping Sauce	1/4 cup	14	3.31g	.76g	.08g	118
I-011429	2 Each	Radishes	1/4 cup	1	.14g	.02g	.02g	39
R-2273	Each	Salad, Corn - Green Bean & Kidney	1/4 cup	54	6.78g	1.38g	2.68g	184mg
R-1401	Each	Salad, Coleslaw	1/4 cup	145	8.43g	.85g	12.56g	97
	Each	Salad Mix/Cabbage/Romaine	1/4 cup	3	.52g	.21g	.03g	
	Each	Salad Mix/Cabbage/Spinach	1/4 cup	3	.50g	.20g	.03g	
R-0756	Each	Salsa, Cabbage	1/4 cup	14	2.99g	.42g	.04g	294
I-006178	Each	Salsa, Commodity	1/4 cup	20	3.97g	.85g	.11g	430
I-900061	Each	Salsa, Picante, Pace	1/4 cup	20	4g	0g	0g	230
I-011252	Each	Shredded Lettuce	1/4 cup	2	.29g	.14g	.03g	10
I-009320	Each	Strawberries, Frozen	1/4 cup	19	5.04g	.24g	.06g	3
R-0776	Each	Strawberries, Glazed	1/4 cup	31	7.84g	.24g	.06g	18
R-2264	Each	Strawberry, Fruit Cup	1/2 cup	134	36.10g	.65g	0	8.87mg
I-011507	Each	Sweet Potato Sticks	1/4 cup	35	8.07g	.55g	.10g	55
R-2143	Each	Happy trail Mix, animal crackers & fruit & nut mix	1oz	110	18.06g	1.39g	3.73g	46mg
R-5135	Each	Trail Mix, animal crackers, peanuts, pretzels, fruit & nut n	1 oz	118	16.77g	2.47g	4.89g	93
R-1314	Each	Zoo Mix, Pretzels & animal crackers	1 oz	122	22.89g	1.61g	2g	203
BREAKFAST ITEMS								
I-900150	Each	Apple Bar (Linda's)	2 oz	218.6	30.84g	2.5g	9g	74.38
I-900143	Each	Bagel-ers, Cream Cheese, Plain	1 ea	190	31g	6g	6g	230
I-900760	Each	Bagel, Pizza Cheese & Sausage	1 ea	180	19g	9g	7g	480mg
R-2332	Each	Bagel with 1oz peanut butter	1 ea	309	36.01g	12.26g	14.40g	388mg
R-1556	Each	Burrito, Sausage, egg and cheese	1 ea	244	25.81g	8.86g	11.25g	635mg
I-900129	Each	Cereal, Apple Zings, .75 oz (Malt-O-Meal)	1 ea	80	19g	1g	.5g	95
R-1137	Each	Cereal, Assorted (Malt-O-Meal)	1 ea	97	21.08g	1.42g	.87g	
	Each	Cereal Bar, Trix	1 ea	160	29g	2g	4g	
	Each	Cereal Bar, Cinnamon Toast Crunch	1 ea	160	30g	2g	3.5g	
I-900130	Each	Cereal, Berry Colossal Crunch, 1 oz (Malt-O-Meal)	1 ea	110	24g	1g	1.5g	200
I-900136	Each	Cereal, Corn Flakes, .75 oz (Malt-O-Meal)	1 ea	80	18g	1g	0g	230
I-900135	Each	Cereal, Crispy Rice, 10/16 oz (Malt-O-Meal)	1 ea	70	15g	1g	0g	190
I-900134	Each	Cereal, Frosted Flakes, 1 oz (Malt-O-Meal)	1 ea	110	26g	1g	0g	190
I-900139	Each	Cereal, Hny&Nut Toasty O's, 7/8 oz (Malt-O-Meal)	1 ea	90	20g	2g	1g	220
I-900141	Each	Cereal, Honey Graham, 1 oz (Malt-O-Meal)	1 ea	110	23g	1g	1g	250
I-900137	Each	Cereal, Marshmallow Mateys, 1 oz (Malt-O-Meal)	1 ea	110	24g	2g	1g	200
I-900133	Each	Cereal, Raisin Bran, 1.25 oz (Malt-O-Meal)	1 ea	120	27g	3g	1g	210
I-900155	Each	Cereal, Toasted Cinn Twist, 28.3 gms (Malt-O-Meal)	1 ea	120	22g	1g	3g	190
I-900132	Each	Cereal, Toasty O's, 11/16 oz (Malt-O-Meal)	1 ea	70	14g	2g	1g	180
I-900131	Each	Cereal, Tootie Fruities, .75 oz (Malt-O-Meal)	1 ea	80	19g	1g	.5g	100
I-900152	Each	Cheerio Team Bar	1 ea	150	28g	2g	3.5g	120
I-900002	Each	Cheese, String	1 oz	80	1g	8g	5g	170
I-900149	Each	Cinnamania Cinnamon Bun Graham Snacks	1 ea	230	36g	3g	8g	230
R-0801	Each	Coffee Cake, Apple Strudel	1 ea	200	35g	2g	6g	160
R-5202	Each	Donut, French Twist	2.2 oz	260	31g	2g	14g	170
I-900066	Each	French Toast, Cinnamon (Individually Wrapped)	1 ea	204.22	31.76g	4.68g	4.89g	341.8

Manteca Unified School District
 Nutrition Services Department
 NUTRIENT ANALYSIS

Recipe / Ingredient Number	Servings : Each / (B)atch/ (P)an	Green highlites indicate current updates 6-26-08 updated	Serving Per Cont./ Pkg.	Total Calories	Carbs	Protein	Fat Grams	Sodium
R-368	2 Each	French Toast Sticks, (Individually Wrapped)	2 ea	251	37.88g	8.73g	7.20g	584mg
	Each	Cinnamon super stix	1 ea	170	34g	4g	3g	

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BREAKFAST ITEMS CONTINUE								
I-009003	Each	Fresh Fruit, Apple	1 ea	63	16.16g	.20g	.38g	1
I-009040	Each	Fresh Fruit, Banana	1 ea	93	23.66g	1.04g	.48g	1
I-009200	Each	Fresh Fruit, Orange	1/2 ea	31	7.7g	.62g	.08g	0
I-900742	Each	Fruit, Apricot/peach mango smoothie	1 Each (6 oz)	150	38g	1g	0g	20
I-900025	Each	Gogurt (Assorted)	2.25 oz	80	13g	2g	2g	40
R-1048	Each	Graham, Apple Cinnamon Bear, 26g	1 pkg	105	18.22g	1.38g	2.97g	85
R-1791	Each	Graham, Blueberry Waffle, 26g	1 pkg	105	18.22g	1.38g	2.97g	87
R-1151	Each	Graham Crackers, Chocolate	1 pkg	100	17g	2g	3.5g	120
R-5080	Each	Graham Crackers, Honey	1 pkg	90	16g	1g	2.5g	95
R-0371	Each	Graham, Chocolate Bear, .9 oz	1 pkg	103	18.21g	1.87g	2.76g	91
R-0827	Each	Grahams, Elf, .5 oz	1 pkg	70	11g	1g	2g	55
I-900048	Each	Graham, Goldfish	1 pkg	120	19g	1g	4g	110
R-1781	Each	Graham, Vanilla Graham, 26g	1 pkg	106	18.26g	1.41g	.47g	85
	Each	Granola, Peanut Butter Chip Little Debbie	1 ea	160	22g	2g	7g	
R-1553	Each	Granola Bar, Chocolate Chip/Golden Almond	1 ea	150	20g	2g	7g	68
R-0968	Each	Granola Bar, Chocolate Chip	1 ea	160	23g	2g	7g	70
R-1013	Each	Granola Bar, Golden Almond	1 ea	140	17g	2g	7g	65
R-0995	Each	Granola Bar, Crunchy Honey n Oats	1 ea	90	15g	2g	3g	80
R-0996	Each	Granola Bar, Crunchy Peanut Butter	1 ea	90	15g	2g	3.5g	95
R-5203	Each	Honey Bun (Super Bakery)	2.75 oz	310	40g	3g	15g	170
I-900167	Each	Honey Bun, Iced (Simply Blues)	3 oz	265	41g	6g	6.1g	290
I-900168	Each	Honey Wheat Bar (Simply Blues)	1.25 oz	132.5	26g	3g	1.85g	396.8
R-1139	Each	Juice, Apple/Orange	1 ea	58	14g	.25g	0g	4
R-5083	Each	Juice, Apple (Producers)	4 oz	55	14g	0g	0g	8
R-5084	Each	Juice, Orange (Producers)	4 oz	60	14g	.5g	0g	0
I-900074	Each	Maple Syrup Packet (1.5 oz)	1 ea	120	31g	0g	0g	25
I-900140	Each	Milk, White 1%(Producers)	8 oz	130	16g	11g	2.5g	160
I-900156	Each	Mini Loaf, Blueberry	2 oz	190	29g	2g	8g	260
I-900011	Each	Muffin, Blueberry	2.25 oz	269.5	34.4g	2.75g	13.8g	246mg
I-900068	Each	Muffin, Chocolate Orange	3.5 oz	400	56.5g	5.5g	19g	330mg
I-900761	Each	Omlet, Sausage and Cheese	2.2oz	110	2g	7g	7g	300mg
I-900169	Each	Pan Dulce (Simply Blues)	2.5 oz	252	35.5g	5g	9g	216
I-900759	Each	Pancake on a Stick	2.67 oz	180	18g	8g	8g	450mg
I-900218	Each	Pancakes, Mini, 36g	1 pkg (4 ea)	80	15g	2g	1g	200
I-900035	Each	PB & Jelly Uncrustable	1 ea	317	33.14g	9.22g	16.41g	354.4
R-0638	Each	Peach Cup, Frz	4 oz	117	29g	0g	.10g	7
I-900034	Each	Pecan Pinwheel	2 ea	200	32g	2g	8g	80
R-5200	Each	Pop-Tart, Frosted Strawberry, 1.8 oz	1 pkg	196	37.29g	1.96g	4.91g	167
I-900189	Each	Proballs, Powdered	1 ea	130	17g	3g	6g	160
R-1027	Each	Pretzel, whole grain with 2 oz cheese	1 ea	272	46.25g	8.75g	6g	520mg
R-0791	Each	Raisins, 1.33 oz	1 ea	130	29g	1g	0g	10
I-900065	Each	Raspberry Cereal Fruit Bar	2.75 oz	285.1	49.68g	4.26g	8.24g	124.83
I-086911	Each	Roll, Cinnamon, Sweet Potato	2.75 oz	233.92	32.7g	3.676g	8.355g	92.361
I-900742	Each	Smoothie, Mango-Apricot	6 oz	210	54mg	1g	0	20mg
I-900122	Each	Sunflower Seeds, Blaze-In'Hot	1 oz	170	5g	6g	16g	115
I-900067	Each	Sunflower Seeds, Lightly Salted	1 oz	170	5g	6g	14g	85
R-0797	Each	Waffle Sticks, 1.3 oz	1 pkg (2 ea)	170	19g	2g	9g	150
I-900741	Each	Yogurt, Daniamals strawberry	4 oz	90	14g	5g	2g	55
R-1388	Each	Yogurt, Trix (Assorted)	4 oz	120	23g	4g	1.5g	55

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ALA CARTE ITEMS								
	Each	Beef Jerky	.9 oz	70	7g	10g	1g	
I-900191	Each	Brownie, Low Fat (Buena Vista)	1 ea	193	39.55g	3.06g	2.77g	190
I-900002	Each	Cheese, String	1 oz	80	1g	8g	5g	170
I-900103	Each	Cookie, C C Reduced Fat (Linda's)	1 oz	118	16.19g	1.29g	4.50g	119.75
I-900123	Each	Corn Nuts, BBQ	.8 oz	100	15g	2g	3.5g	135
I-900124	Each	Corn Nuts, Ranch	.8 oz	100	15g	2g	4g	190
I-900031	Each	Crackers, Cheddar Dolphins (Austin)	.9 oz	120	16g	3g	5g	220
I-900050	Each	Crackers, Cheddar Goldfish	.75 oz	100	13g	2g	4.5g	180
I-900177	Each	Crackers, Cheese-it, Reduced Fat	1.5 oz	200	28g	6g	6g	380
I-900160	Each	Crackers, Lemon, Goldfish PhysEdibles	.9 oz	120	18g	2g	4g	100
I-900120	Each	Fruit by the Foot	1 ea	80	16g	0g	1.5g	35mg
I-900087	Each	Fruit Snack, 1 oz	1 oz	100	22g	2g	0g	25
I-900041	Each	Fruit Snack, Mixed Fruit (Welche's)	1 ea	110	24g	1g	0g	20
I-900041	Each	Fruit Snack, Strawberry (Welche's)	1 ea	110	24g	1g	0g	20
I-900025	Each	Gogurt (Assorted)	2.25 oz	80	13g	2g	2g	40
R-0968	Each	Granola Bar, Chocolate Chip	1 ea	160	23g	2g	7g	70
R-1013	Each	Granola Bar, Golden Almond	1 ea	140	17g	2g	7g	65
I-900146	Each	Juice, Apple (Minute Maid)	15.2 oz	220	56g	0g	0g	40
R-5083	Each	Juice, Apple (Producers)	4 oz	55	14g	0g	0g	8
I-900147	Each	Juice, Orange (Minute Maid)	15.2 oz	220	54g	4g	0g	30
R-5084	Each	Juice, Orange (Producers)	4 oz	60	14g	.5g	0g	0
I-900142	Each	Milk, Chocolate (Producers)	8 oz	80	12g	8g	0g	230
I-900140	Each	Milk, White (Producers)	8 oz	130	16g	11g	2.5g	160
I-900223	Each	Munchies Cheddar Mix	1 3/4 oz	230	34g	4g	8g	410
I-900083	Each	Munchies Kids Mix	1 oz	130	20g	2g	4.5g	240
I-900228	Each	Peanuts, Frito Lay	1.75 oz	280	9g	14g	24g	200
I-900755	Each	Pop Corn, Kettlecorn	1oz	130	21g	1g	5g	130mg
I-900745	Each	Pop Corn, Butter flavor	5/8 oz	90	2g	3g	10g	180mg
I-900225	Each	Pretzel Poppers, Blazin Hot	1 1/2 oz	170	28g	3g	5g	360
I-900226	Each	Pretzel Poppers, Cheezy Nacho	1 1/2 oz	170	28g	3g	170	300
I-900224	Each	Pretzel Poppers, Cool Ranch	1 1/2 oz	170	27g	3g	5g	490
I-900227	Each	Pretzel Poppers, Zesta Pizza	1 1/2 oz	170	28g	3g	5g	280
R-0822	Each	Pudding, Chocolate (Hunts)	3.5 oz	140	22g	2g	5g	140
R-0821	Each	Pudding, Vanilla (Hunts)	3.5 oz	130	21g	1g	4.5g	135
I-000045	Each	Rice Crispy Treat	1 ea	80	16g	1g	2g	90
R-1047	Each	Shape Up (Assorted)	2.25 oz	60	15.5g	0g	0g	15
I-900741	Each	Sherbet, Luigi's Rasp & Orange	4 oz	120	27g	0g	1.5g	35
I-900122	Each	Sunflower Seeds, Blaze-In'Hot	1 oz	170	5g	6g	16g	115
I-900067	Each	Sunflower Seeds, Lightly Salted	1 oz	170	5g	6g	14g	85
	Each	Water	20 oz	0	0g	0g	0g	omg
I-000044	Each	Yogurt, Trix (Assorted)	4 oz	120	23g	4g	1.5g	55
SALADS: ADULT								
R-1186	Each	Salad, Beef Fiesta (Adult)	1 ea	674	55.21g	29.86g	34.7g	1967
R-1482	Each	Salad, Beef Fiesta, No Tomato (Adult)	1 ea	667	53.76g	29.53g	34.62g	1970
R-1188	Each	Salad, Chicken Fiesta (Adult)	1 ea	583	51.88g	27.30g	28.47g	1820
R-1485	Each	Salad, Chicken Fiesta, No Tomato (Adult)	1 ea	576	50.42g	26.97g	28.39g	1823
R-1409	Each	Salad, Chinese Chicken, (Adult)	1 ea	439	40.09g	21.18g	22.51g	801
R-0694	Each	Salad, Garden Vegetable (Adult)	1 ea	299	25.18g	7.48g	19.24g	525
R-0692	Each	Salad, Chicken Caesar (Adult)	1 ea	273	15.86g	18.37g	15.48g	866
DELI: ADULT								
R-1413	1 Each	Turkey Deli (Adult)	1 ea	504	62.33g	19.71g	20.86g	1371
R-1481	1 Each	Turkey Deli, No Tomato (Adult)	1 ea	501	61.74g	19.58g	20.83g	1371