

Manteca Unified School District
Nutrition Services Department
NUTRIENT ANALYSIS

| Recipe / Ingredient Number | Serving Per Cont./ Pkg. | Menu August 2010 - December 2010 Updated 8-23-10 | Carb grms | Total Calories | Fiber | Protein grms | Fat Grams | Sodium mg |
|----------------------------------|----------------------------------|---|-----------|-------------------|-------|-----------------|-----------|-----------|
| LUNCH ENTREES | | | | | | | | |
| R-2689 | 3 each | Beef Teriyaki Glazed Dunkers DL | 7.2 | 113 | 0.52g | 7.73g | 6g | 233mg |
| I-900076 | 4 ea | Beef Teriyaki Glazed Dunkers | 10.40g | 169 | 1.7g | 11.70g | 9.10g | 342 |
| I-901073 | 1 each | Beef, Mini Cheeseburger | 25.4 | 236 | 1.2g | 11.80g | 9.30g | 474mg |
| R-2655 | 1 each | Beef, Mini Cheeseburger & Potato wedges | 45.91g | 327 | 2.62g | 14.59g | 9.49 | 503mg |
| R-50145 | 1 each | Beef, Sloppy Joe | 36g | 345 | 2.40g | 21g | 17g | 540mg |
| R-2342 | 1/2 cup | Bean Dip with cheese (Rio Grande) | 26.32g | 191 | 7.3g | 11.45g | 5.50g | 1013mg |
| R-2269 | 1/2 cup | Bean Dip no cheese (Rio Grande) | 25.89g | 143 | 7.3g | 7.65g | 1.91g | 9.25mg |
| I-900749 | .875oz | Tostitos | 19g | 110 | 2g | 2g | 2.50g | 115mg |
| R-2594 | 1 each | Burrito, Bean , Beef, Cheese red chili Los Cabo | 51.48 | 342 | 5.83g | 16.52g | 7.76g | 498mg |
| R-2144 | 1 ea | Burrito, Bean & Cheese whole grain (Los Cabos) | 53.7g | 333 | 8.38 | 15.5g | 7.14g | 532mg |
| I-901117 | 3 each | Cheese, Chile con Queso Max snack | 29g | 260 | 2g | 15g | 9g | 620mg |
| R-2083 | 1 ea | Cheese stuffed garlic bread stick -BOSCO | 26.03g | 193 | 2g | 13.24g | 4.18g | 292 |
| R-2800 | 3 each | Cheese, Pizza Crunchers | 30.75g | 300 | 3.75g | 15g | 14.25g | 623mg |
| I-90119 | 1 each | Cheese, Stuffed Twisted bread Stick | 33g | 230 | 2g | 11g | 6g | 480mg |
| I-0031 | 1 ea | Chicken Corn dog | 19.4 | 238 | 0 | 8.82 | 13.23 | 643 |
| R-2281 | 1 ea | Chicken, Grilled unbreaded Sandwich on Bun | 27.50g | 284 | 4g | 22g | 9.50g | 540mg |
| R-1557 | 1 ea | Chicken Hotdog on Bun (All American) | 23g | 250 | 1g | 11g | 13g | 730mg |
| R-0826 | 1 ea | Chicken Hotdog w/Chili & Cheese on Bun | 50g | 412 | 6g | 18.72g | 15.52g | 1361mg |
| R-1412 | 1/4 cup | *Nacho Cheese | 6.96g | 50 | 0 | .99g | 1.99g | 360 |
| I-901123 | 1 ea | Chicken, & cheese Hotdog wrapped puppie | 28g | 290 | 1g | 11g | 15g | 560mg |
| I-900294 | 5 each | Chicken Nuggets | 7.8 | 184 | .61g | 10.30g | 12.40g | 324mg |
| R-2798 | 4 each | Chicken BBQ Nuggets unbreaded | 6.24g | 170 | 0 | 10.40g | 11.44g | 318mg |
| R-2544 | 1/2 cup | Chicken, Pasta with marinara sauce (Primo) | 37.24g | 263 | 2.75g | 19.06g | 3.7g | 978mg |
| R-1611 | 1 ea | Chicken Patty GK 2009 on Wheat Bun | 40.40g | 416 | 4 | 22g | 18.40g | 750mg |
| R-2527 | 1 ea | Chicken Taco w/ cheese & 6" WG tortilla (Santa Fe) | 18.65g | 191 | 1.31g | 16.75g | 5.37g | 977mg |
| I-000070 | 1 1/2 oz | *Chicken Fajita Strips | .75g | 52.5 | | 9.75g | 1.5g | |
| R-1490 | 1 ea | Chicken Teriyaki Bowl w/Veg & spaghetti pasta | 23.17g | 175 | 1.2 | 14.62g | 2.26g | 357mg |
| R-1489 | 1 1/2 oz | Chicken Teriyaki strips | 2.14g | 70 | | 11.07g | 1.76g | 353 |
| R-2435 | 4 each | Chicken, Rings-Golden | 10.4g | 184 | 0 | 12g | 10.4g | 296mg |
| R-2142 | 1 ea | Enchirito w/Mozz/ched mix Cheese | 62.49 | 409 | 9.26g | 21.16g | 10.11g | 880 |
| R-2577 | 1 each | Hamburger, on wheat bun Deluxe Plain | 27.85g | 299 | 4g | 22.77g | 10.45g | 522mg |
| R-2340 | 1/2 cup | Macaroni & Cheese WG | 28.01g | 168 | 1.74 | 4.44g | 4.02g | 631mg |
| R-0342 | 2 ea | Stuffed Cheese Stixs (Maxi) | 31.8g | 328 | 1.2g | 16.6g | 15g | 754 |
| R-1700 | 1 ea | Nacho, Super w/Chili (4.6 oz) & Cheese | 53.15g | 339 | 8.62g | 11.92g | 8.7g | 785 |
| R-1605 | 1 ea | Nacho, Fiesta w/Cheese | 25.96g | 190 | 2.0g | 2.99g | 7.99g | 425 |
| I-000052 | 1 oz | *Tortilla Chips (Approximately 8 Chips) | 19g | 140 | 2.0g | 2g | 6g | 65 |
| I-900749 | .875oz | Tostitos | 19g | 110 | 2.0g | 2g | 2.50g | 115mg |
| R-1212 | 3.5 oz (#10) | *Meatless Chili | 20.49g | 112 | 4.99g | 6.72g | .54g | 271 |
| R-1699 | 4.6 oz (#8) | *Meatless Chili | 27.18g | 149 | 6.62g | 8.92g | .71g | 360 |
| R-1412 | 1/4 cup | *Nacho Cheese | 6.96g | 50 | 0 | .99g | 1.99g | 360 |
| I-901141 | 1 ea | Pizza, Pack Cheese | 42.39g | 341.93 | 3.93g | 20.34g | 11.58g | 597.65mg |
| I-901095 | 1 ea | Pizza Harvest 51% WG Cheese (12 cut) | 31g | 275 | 1.70g | 16g | 10g | 500mg |
| I-901093 | 1 ea | Pizza Harvest 51% WG Pepperoni (12 cut) | 31g | 283 | 1.70g | 16g | 10g | 558mg |
| R-0597 | 2 ea | Pizzata | 28g | 360 | 0 | 19g | 19g | 920 |
| R-2687 | 2oz | Potato Wedges | 50.51g | 91 | 1.33g | 2.79g | .19g | 29mg |
| R-1442 | 1/2 cup | Soup, Turkey Noodle | 7.67g | 54 | .74g | 3.55g | .92g | 179 |
| R-0173 | 1 ea | Pasta w/Meatballs | 23.76g | 214 | 2.59g | 13.08g | 8.68g | 563mg |
| R-5137 | 1/2 cup | Pasta Marinara | 20.32g | 98 | 2.07g | 3.91g | .62g | 246 |
| 2761 | 1 ea | Pork, Pulled sandwich | 22g | 286 | 1g | 30g | 8.5g | 548mg |
| R-5134 | 1/2 cup | Pasta w/Meat Sauce, Beef | 20.51g | 121 | 2.08g | 6.35g | 1.91g | 252 |
| R-2757 | 1 each | Taco , Fish WG tort | 23.31g | 170g | 2.87g | 7.66g | 5.87g | 335mg |
| I-900763 | 1 ea | Taco, Fiesta Pocket Whole Grain meatless | 43g | 270 | 6.0g | 10.0g | 7.0g | 460mg |
| R-1297 | 1 ea | Turkey, Roast & Gravy w/Potato & Roll | 27.37g | 241 | 1.74g | 19.16g | 5.42g | 943 |
| R-1454 | 1/2 cup | *Turkey, Roast & Gravy | 5.17g | 125 | .05g | 15.47g | 4.27g | 694 |
| R-5151 | 1/4 cup | *Potatoes, Whipped | 7.2g | 36 | .69g | 0.69g | 0.16g | 114 |
| I-901129 | 2 ea | French Toast Sticks, (Individually Wrapped) | 28g | 180 | 0 | 9g | 4g | 330mg |
| R-0797 | 2 ea | Waffle Sticks, Whole Grain 1.3 oz | 19g | 170 | 1.0g | 2g | 9g | 150 |
| I-000051 | 1 ea | *Sausage Link | .4g | 85 | 0 | 8.3g | 5.3g | 231.5 |
| R-1708 | 1 ea | Quesadilla, Cheese w/Whole Grain tort(Mozz mix) | 26.18g | 258 | 8.0g | 14.82g | 10.77g | 571 |

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|---|-------------------------|---|-----------|----------------|--------|--------------|-----------|-----------|
| Courtesy Meals | | | | | | | | |
| *Note: Each meal includes calories from a variety of fruits and vegetables. Specific fruits and vegetables can be identified by the student. | | | | | | | | |
| R-2690 | 1 oz | Peanut Butter cup | 6.04g | 171 | 1.71g | 7.12g | 14.50g | 139 |
| I-051045 | 1 1/2 oz | American Cheese (3 slices) | 1.44g | 159 | 0 | 8.24g | 13.32g | |
| I-900002 | 1 oz | Cheese, String | 1g | 80 | | 8g | 5g | 170 |
| R-5093 | 4 crackers | Crackers, Saltine (2 pks = 4 crackers) | 8.51g | 51 | .36g | 1.11g | 1.36g | 129mg |
| I-900142 | 8 oz | Milk, Chocolate (Producers) | 28g | 150 | 0 | 8g | 0.5g | 230 |
| I-900140 | 8 oz | Milk, White (Producers) | 16g | 130 | 0 | 11g | 2.5g | 160 |
| SANDWICHES | | | | | | | | |
| Summer School Box Lunches | | | | | | | | |
| I-901104 | Bx Lu 450 | Box Lunch-WW Ham & Chz, BBCarrots, Ch animal graham, Ora | 70.69 | 456 | 8.62 | 22.93g | 13.17g | 1410mg |
| I-901102 | NVBXLU811 | Mini pancake, sun seeds, string chz, nectarine | 64g | 480 | 4.50g | 17g | 20.50g | 455mg |
| I-901075 | NVB500 | Turkey & Cheese Hoagie, carrots, gram, orange | 73.63 | 471 | 8.52 | 20.98 | 11g | 1939mg |
| I-901106 | xl turkey 10 | Turkey& Chz W sand, carrots, gram,orange | 70.95 | 452g | 6.60g | 16.16g | 10.66g | 1502mg |
| I-901131 | NV 850 | Sunbutter, Jelly, saltines, sun seeds,oat cookie, fruit snack | 79.46 | 803 | 9.21 | 17.77 | 44.96 | 686 |
| I-901077 | nv 610 | Pizza Pack , orange | 59.11 | 423 | 5.98g | 21.74 | 11.61 | 852 |
| I-901105 | pxlu PBJ 250 | PB & J Uncrustable, carrots,cinn gram,orange | 88.93 | 757 | 10.57g | 24.71g | 32.32g | 771mg |
| I-900143 | 1 ea | Bagel-ers, Cream Cheese, Plain | 31g | 190 | | 6g | 6g | 230 |
| R-2703 | 1 ea | Box Lunch Meal Break PB and J with box milk | 109g | 775 | 8g | 26g | 27.40g | 537mg |
| R-2704 | 1 ea | Box Lunch Meal Break Beef and Chz stix w/box milk | 75g | 612 | 6g | 25g | 22.40g | 847mg |
| R-5274 | 1 ea | PB & Jelly Bar | 28.60g | 318 | 2.20g | 10.3g | 20.10g | 271 |
| I-900035 | 1 ea | PB & Jelly Uncrustable Whole Grain | 34g | 330 | 4g | 11g | 17g | 340mg |
| I-901112 | 1 ea | PB & Strawberry Jam Uncrustable | 25g | 210 | 4g | 7g | 9g | 330mg |
| R-2088 | 1 ea | Sandwich, Meatball on hoagie bun w/ mozz cheese | 42.02g | 383 | 4.7g | 22.56g | 15.59g | 1048 |
| I-901079 | 1 each | Sandwich Grilled Cheese Don Lee | 31.10g | 314 | 4.0g | 15.60g | 11.10g | 829mg |
| R-2417 | 1 each | Sandwich, Turkey Lettuce & cheese | 19.02 | 134 | .61g | 10.32g | 1.76g | 562mg |
| R-2416 | 1 ea | Sandwich, Turkey Ham & Cheese Hot | 24.23g | 218 | 1.0g | 11.64g | 8.43g | 731mg |
| R-2528 | 1 ea | Jamwich, Peanut Butter & Grape Jelly | 36.3g | 306 | 3.82g | 8.9g | 16g | 307.8mg |
| I-900110 | 2oz | Trail Mix, Fruit & Nut Mix | 23g | 135 | 3.0g | 2.3g | 3.8g | 0 |
| WRAPS | | | | | | | | |
| R-2756 | 1 ea | Wrap, N" Roll Turkey, Ranch, chez & spinach | 25.46g | 318 | 8.28g | 19.47g | 16.14g | 936mg |
| BREAD | | | | | | | | |
| R-1220 | 1 ea | Roll, Foccacia & Parmesan Garlic (Rich's Prepared) | 15.09 | 83 | 1.01g | 3.22 | 1.15 | 143 |
| R-1459 | 1 ea | Roll, Wheat (Rich's) Prepared | 15g | 80 | 1.0g | 3g | 1g | 135 |
| R-5224 | 1 each | Churro, Tio Pepe 5" | 13g | 130 | 1.0g | 2 | 8g | 115mg |
| I-901064 | 1 each | Bread, Loco Whole Grain Father's Table | 25g | 140 | 3.0g | 5g | 2.50g | 260mg |
| PASTA/RICE | | | | | | | | |
| R-1854 | 1/4 cup | Pasta Salad, Bow tie Oriental Spring (Cold) WEEK# | 9.83g | 72 | .55g | 1.59g | 2.76g | 61 |
| R-1341 | 1/4 cup | Pasta, Salad 60% whole grain/40% reg Week #2 | 8.72g | 49 | 1.02g | 1.45g | .89g | 107mg |
| I-90118 | 1/2 cup | Pasta, Beef Ravioli Chef boyardee | 40g | 270 | 4g | 8g | 9g | 760mg |
| R-1134 | 1/2 cup | Simply Ranch Noodles (Hot) | 16.64g | 85 | 1.74g | 2.90g | .55g | 332mg |
| R-2411 | 1/4 cup | Rice, Brown California Gold | 9.47g | 48 | .27g | 1.08g | .52g | 75mg |
| R-2411 | 1/2 cup | Rice, Brown California Gold | 19.02g | 97 | .54g | 2.17g | 1.05g | 296mg |
| VEGETABLE Side Dishes | | | | | | | | |
| 2799 | 1/4 cup | Carrots, coins canned | 3.14g | 14 | .85g | .36g | .11g | 137mg |
| R-0271 | 1/4 cup | Corn, Yellow | 7.91g | 33 | .98g | 1.05g | .27g | 0 |
| R-1705 | 1/2 cup | Corn, Yellow | 15.83g | 66 | 1.97g | 2.09g | .55g | 1 |
| I-11057 | 1/2 cup | Beans, Green | 3.04g | 14 | 1.9g | 0.81 | 0.07 | 169mg |
| R-2713 | 1/2 cup | Potatoes, Whipped, Excell 10 | 15g | 76 | 1.30g | 1.50g | 1g | 345mg |
| R-2687 | 2oz | Potato Wedges | 13.33g | 80 | 1.33g | 1.33g | 2g | 17mg |
| R-2714 | 1/4 cup | Potatoes, Whipped Excell 10 | 7.50g | 38 | 0.65 | 0.75 | .50g | 172mg |
| R-2123 | 3 oz | Potatoes, Red Roasted & Seasoned | 15.35g | 71 | 1.78g | 2.32g | 0 | 0 |

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|---|-------------------------|---|-----------|----------------|-------|--------------|-----------|-----------|
| CONDIMENTS | | | | | | | | |
| I-900115 | 1 ea | BBQ Sauce Packet (12 grams) | 4g | 20 | 0 | 0g | 0g | 75 |
| R-2758 | 1 oz | Cabbage, Ranch, Jalapeno, cilantro Salsa | .90g | 7 | .25g | .18g | 0.29 | 81mg |
| R-0222 | 1 ea | Catsup Packet (9 grams) Red Gold | 3g | 10 | 0 | 0 | 0 | 105mg |
| I-900258 | 1 pkg 12g | Dressing, Italian PPI 12g | 0.85 | 6 | 0 | 0 | 0.28 | 340 |
| R-2343 | 1 pkg 12g | Dressing, Ranch, 12 grm pkt | .85g | 68 | 0 | .14g | 7.05g | 161mg |
| R-1216 | 1 Tbsp | Dressing, Ranch | .79g | 44 | 0 | .32g | 4.33g | 55 |
| I-900259 | 1 pkg 12g | Dressing, Thousand Island PPI 12g | 1.06 | 21 | 0 | 0.21 | 1.69 | 105mg |
| I-900074 | 1 ea | Maple Syrup cup (1.5 oz) | 31g | 120 | 0 | 0g | 0g | 25 |
| I-900182 | 1 ea | Mayonnaise Packet (9 grams) | 0g | 60 | 0 | 0g | 7g | 150 |
| I-083730 | 1 ea | Mustard Packet (5.5 grams) | .5g | 5 | 0 | .5g | 0g | 50 |
| I-900084 | 1 ea | Taco Sauce Packet (9 grams) | 1.029g | 4.645 | .06g | .075g | .043g | 94.15 |
| I-900204 | 1 ea | Teriyaki Sauce, Kikoman | 2g | 15 | 0 | 1g | 0g | 610 |
| Ala carte and EXTRA's | | | | | | | | |
| I-900103 | 1 oz | Cookie, C C Reduced Fat (Linda's) | 16.19g | 118 | .26g | 1.29g | 4.50g | 119.75 |
| R-2086 | .75 oz | Crackers, Goldfish Ranch | 14g | 100 | .5g | 3g | 3g | 190 |
| R-2084 | .75 oz | Crackers, Goldfish Spicy | 14g | 100 | .5g | 3g | 3g | 190 |
| R-1190 | .5 oa | Doritos Chips | 8.5g | 70 | .5g | 1g | 4g | 90 |
| I-80678 | 1 ea | Cookie, Fortune | 6.5g | 27 | 0 | .50g | 0 | 2 |
| | 1 pkg | Graham, Apple Cinn Bear | 18.26g | 105 | 0 | 1.38g | 2.97g | 85.15mg |
| R-0371 | 1 pkg | Graham, Chocolate Bear(Teddy), .9 oz | 18.21g | 103 | .38g | 1.87g | 2.76g | 91 |
| I-900048 | 1 pkg | Graham, Goldfish | 19g | 120 | .50g | 1g | 4g | 110 |
| I-901059 | 1 pkt/2 ea | Graham, Honey and Oats Whole Grain Goldfish | 19 | 120 | 2.0g | 1 | 4.5 | 50 |
| R-1791 | 1 pkt/2 ea | graham, Waffle Blueberry MJM | 18.22g | 107 | .17g | 1.38 | 3.04g | 87mg |
| I-900110 | 1/3 pkt | Graham, Honey WG MJM | 18.05g | 96.39 | 2.83g | 1.29g | 3.01g | 131.31mg |
| R-2726 | 1 each | Graham, Sunrise Bites MJM | 20.10g | 114.23g | 1.50g | 1.62g | 3.33g | 114.64mg |
| I-900216 | 1/3pkt | Graham, cinnamon WG MJM | 17.93g | 102.3 | 1.33g | 1.42g | 2.90g | 134mg |
| I-901085 | 1 pkt/2 ea | graham, Waffle Strawberry MJM | 19.46 | 108.82 | 1.24 | 1.44g | 3.21g | 91.88mg |
| R-2752 | 1 ea | Grahams, Sports | 19.69g | 114g | 1.29g | 1.58g | 3.31g | 94.37mg |
| I-900214 | 26gm | Graham, Vanilla Bear | 18.26g | 106 | .14g | 1.41g | 3g | 85.28 |
| R-2196 | 1 ea | Grahams, Cinn Belly Bears | 11g | 60 | 0 | <1g | 2g | 70 |
| R-5083 | 4 oz | Juice, Apple (Producers) | 14g | 55 | 0 | 0g | 0g | 8 |
| R-5084 | 4 oz | Juice, Orange (Producers) | 14g | 60 | 0 | .5g | 0g | 0 |
| | 18g | Popcorn, Cheddar Cheese | 11g | 80 | 2g | 2g | 2.5g | 240mg |
| | 18g | Popcorn, White Cheddar Cheese | 11g | 70 | 2g | 1g | 2.5g | 115mg |
| R-0791 | 1 ea | Raisins, 1.33 oz | 29g | 130 | 2.0g | 1g | 0g | 10 |
| R-1047 | 2.25 oz | Shape Up (Assorted) | 15.5g | 60 | 0 | 0g | 0g | 15 |
| I-900110 | 2oz | Trail Mix, Fruit & Nut Mix | 23g | 135 | 3.0g | 2.3g | 3.8g | 0 |
| | 1 oz | Trail Mix, Fruit & Nut Mix | 11.5 | 53 | .605g | 1.265g | 2.045g | 45.5mg |
| SPECIALTY ITEMS NOT LISTED ON MENU | | | | | | | | |
| | 1.1 oz | Cookies, Shamrock | 19g | 140 | .31g | 1.54g | 6.6g | 182mg |
| | 1.1oz | Cookies, Heart Valentine | 19g | 140 | .31g | 1.54g | 6.6g | 182mg |
| | | All Linda's holiday cookies CHO's are the same | | | | | | |
| R-2705 | 1/4 cup | Eggs, green and Turkey ham | 1.36g | 107 | 0 | 8.41g | 7.38g | 308mg |
| R-2706 | 1/4 cup | Eggs, green | 1.21g | 92 | 0 | 6.10g | 6.72g | 154mg |
| I-901099 | 1 pkg | Crackers, Cheddar Chees Austin (4ea in pkg)GECA | 16g | 130 | 0 | 2g | 6g | 230mg |
| DAIRY PRODUCTS | | | | | | | | |
| I-900002 | 1 oz | Cheese, String | 1g | 80 | 0 | 8g | 5g | 170 |
| I-900142 | 8 oz | Milk, Chocolate Fat Free(Producers) | 28g | 150 | 0 | 8g | 0.5g | 230 |
| R-2267 | 8oz | Milk, Strawberry 1% (Producers) | 32g | 180 | 0 | 10g | 2.50g | 120mg |
| I-900140 | 8 oz | Milk, White 1% (Producers) | 16g | 130 | 0 | 11g | 2.5g | 160 |
| I-901081 | 8oz | Milk, White 1% UHT(shelf stable Box) | 12g | 100 | 0 | 8g | 2.5g | 105mg |
| R-2579 | 4 oz | Juice, Orange commodity | 12.22 | 51 | .23g | 0.77 | 0.07 | 1 |
| I-901080 | 4 oz | Yogurt, Variety Up State farms | 19g | 90 | 0 | 3g | 0 | 75mg |

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|---|----------------------------------|---|-----------|-------------------|-------|-----------------|-----------|-----------|
| ENERGY ISLAND/Vegetables & Fresh Fruit | | | | | | | | |
| R-0022 | 1/4 cup | Baby Carrots | 10.86g | 46 | 3.18g | 1.05g | .27g | 78mg |
| R-2686 | 1.6 oz | Baby Carrots bagged Carrotinies | 4.35 | 19 | 1.27g | 0.42 | .11g | 31mg |
| R-2739 | 1/4 cup | Bell Bepper Strips assorted color | 0.5 | 2 | 0 | 0 | 0 | 1mg |
| R-0256 | 1/4 cup | Broccoli | 1.18g | 6 | .46g | .50g | .07g | 6mg |
| R-0248 | 1/4 cup | Canned Fruit, Apricots | 10.43g | 40 | 1.01g | 0.34g | 0g | 3 |
| R-2211 | 1/4 cup | Canned Fruit, Apple slices in cinn/sugar | 17.04 | 66 | 3.05g | 0.36g | .47g | 1 |
| R-0247 | 1/4 cup | Canned Fruit, Applesauce | 6.89g | 26 | .73g | .10g | .03g | 1mg |
| R-0437 | 1/4 cup | Canned Fruit, Diced Peaches | 9.13g | 34 | .82g | .28g | .02g | 5 |
| | 1/4 cup | Canned Fruit, Sliced Peaches | 9.13g | 34 | .82g | .28g | .02g | 5 |
| R-0438 | 1/4 cup | Canned Fruit, Diced Pears | 9.52g | 36 | 1g | .12g | .02g | 3mg |
| | 1/4 cup | Canned Fruit, Sliced Pears | 9.52g | 36 | 1g | .12g | .02g | 3mg |
| R-0419 | 1/4 cup | Canned Fruit, Mixed Fruit | 9.03g | 34 | .61g | .24g | .04g | 4mg |
| R-424 | 1/4 cup | Canned Green Beans | 1.52g | 7 | 2.56g | .41g | .03g | 85mg |
| I-11143 | 1/4 cup | Celery | 3.37g | 16 | 1.6g | .78g | .19g | 80 |
| R-0377 | 1/4 cup | Cucumber Slices | .64g | 4 | .21g | .18g | .05g | 1mg |
| R-1262 | 1 TBSP | Dressing, Italian | .59g | 7 | 0 | 0g | .56g | 134 |
| R-1216 | 1 TBSP | Dressing, Ranch | .79g | 44 | 0 | .32g | 4.33g | 55 |
| R-5184 | 1 TBSP | Dressing, Thousand Island | 2.31g | 52 | 0 | .11g | 4.72g | 138 |
| R-0064 | 1 ea | Fresh Fruit, Apple | 14.64g | 55 | 2.54g | .28g | .18g | 1mg |
| R-0068 | 1 ea | Fresh Fruit, Banana | 23.07g | 90 | 2.63g | 1.10g | .33g | 1mg |
| R-2830 | 1/4 cup | Fresh Blueberries | 5.36g | 21 | .90g | .27g | .12g | 0 |
| R-1980 | 1/2 ea | Fresh Fruit, Kiwi | 6.49g | 27 | 1.33g | .50g | .23g | 1mg |
| R-0100 | 1 ea | Fresh Fruit, Mandarin | 9.34g | 37 | 1.26g | .57g | .22g | 1mg |
| R-2691 | 1 ea | Fresh Fruit, Nectarine | 13.61g | 57 | 2.19g | 1.37g | .41g | 0 |
| R-1707 | 1/2 ea | Fresh Fruit, Orange | 7.70g | 31 | 1.57g | .62g | .08g | 0 |
| R-0100 | 1 ea | Fresh Fruit, Tangerine | 11.21g | 45 | 1.51g | .68g | .26g | 2 |
| R-2692 | 1 ea | Fresh Fruit, Pear | 22.88g | 86 | 4.59g | .56g | .18g | 1mg |
| 2831 | 1 ea | Fresh, Peach small | 12.40g | 51 | 1.95g | 1.18g | .33g | 0mg |
| R-2693 | 1 ea | Fresh Fruit, Plum | 7.54g | 30 | .92g | .46g | .18g | 0 |
| R-2694 | 1/4 cup | Fresh Fruit, Strawberries | 4.35g | 18 | 1.13g | .38g | .17g | 1mg |
| R-101 | 1/4 cup | Fresh Fruit, Watermelon | 3.02g | 12 | .16g | .24g | 0g | 0mg |
| I-901110 | 1 bag | Grapes and Apples, Bagged Buddies | 10 | 40 | 1g | 0 | 0 | 0 |
| I-901108 | 2 oz | Grapes, Giggles Bagged 2oz | 10g | 45 | 0 | 0 | 0 | 0 |
| R-2695 | 1/4 Cup | Grapes, Fresh | 3.94g | 15 | .21g | .14g | .08g | 0mg |
| R-2578 | 1/4 cup | Jicama | 5.46 | 24 | 2.99g | 0.44 | 0 | 0 |
| R-1434 | 1/4 cup | Jicama, Chili Lime | 6.48g | 28 | 3.13g | .63g | .13g | 18 |
| R-2538 | 1/4 cup | Pasta Salad Bow tie Oriental Spring | 10.18 | 73 | .66g | 1.69 | 2.69 | 60 |
| R-1341 | 1/4 cup | Pasta, Salad 60% whole grain/40% reg | 8.72g | 49 | 1.08g | 1.45g | .89g | 107mg |
| R-0638 | 4 oz | Peach Cup, Frz | 26.36g | 106 | 1.82g | 0g | .09g | 6mg |
| R-2696 | 1/4 cup | Peas, Frozen | 5.7g | 31 | 2.20g | 2.06g | .11g | 29mg |
| I-900080 | 1/8 cup | Peppers, Jalapenos | .94g | 5 | 0 | 0g | 0g | 350 |
| R-2709 | 2.7oz | Pineapple,Pals IW spear (HS) | 9.95g | 40 | 1.42g | 0.71 | 0 | 0 |
| R-2710 | 1.9oz | Pineapple,Pals IW spear (elem) | 7g | 28 | 1g | 0.5 | 0 | 0 |
| R-2698 | 1/4 cup | Radishes | .99g | 5 | .46g | .20g | .03g | 11mg |
| R-2271 | 1/2 cup | Salad Mix/Cabbage/Broccoli slaw | 1.58 | 9 | .60g | 0.52 | 0 | 6 |
| R-0756 | 1/4 cup | Salsa, Cabbage | 2.99g | 14 | .62g | .42g | .04g | 294 |
| R-1550 | 1/4 cup | Salsa, Commodity | 4.21g | 22 | .84g | .90g | .12g | 258mg |
| R-2699 | 1/4 cup | Shredded Lettuce | .53g | 3 | .22g | .16g | .03g | 2mg |
| R-0098 | 1/4 cup | Strawberries, Frozen | 5.04g | 19 | 1.16g | .24g | .06g | 1mg |
| R-0776 | 1/4 cup | Strawberries, Glazed | 7.84g | 31 | 1.19g | .24g | .06g | 18 |
| | 1/2 cup | Strawberry, Fruit Cup WAWONA brand 4.5 oz | 20.74 | 79.69 | 2.53g | .51g | 0 | 8.80mg |
| R-2264 | 1/2 cup | Strawberry, Fruit Cup 4.5 oz | 33.05g | 122 | 2.40g | .68g | .17g | 4mg |
| I-900110 | 2oz | Trail Mix, Fruit & Nut Mix | 23g | 135 | | 2.3g | 3.8g | 0 |
| R-2700 | 1/4 cup | Beans, Vegetarian AKA:BBQ Beans(Energy Island) | 11.38g | 53 | 2.85g | 2.85g | .36g | 204mg |

Manteca Unified School District
Nutrition Services Department
NUTRIENT ANALYSIS

| Recipe / Ingredient Number | Serving Per Cont./ Pkg. | Menu August 2010 - December 2010 Updated 8-23-10 | Carb grms | Total Calories | Fiber | Protein grms | Fat Grams | Sodium mg |
|----------------------------|-------------------------|--|----------------------------|----------------|-------|--------------|-----------|-----------|
| BREAKFAST ITEMS | | | *Universal breakfast Items | | | | | |
| I-901124 | 1 ea | *Bar, Breakfast Oatmeal & Raisin(universal Bkfst) | 48g | 290 | 3g | 5g | 10g | 180mg |
| R-1556 | 1 ea | Burrito, Sausage, egg and cheese | 25.81g | 244 | 1.19g | 8.86g | 11.25g | 635mg |
| I-900129 | 1 ea | Cereal, Apple Zings, .75 oz (Malt-O-Meal) | 19g | 80 | 0 | 1g | .5g | 95 |
| R-1137 | 1 ea | Cereal, Assorted (Malt-O-Meal) | 21.08g | 97 | 1.0g | 1.42g | .87g | |
| R-2192 | 1 ea | Cereal Bar, Trix | 29g | 160 | 1g | 2g | 4g | 160mg |
| R-2192 | 1 ea | Cereal Bar, Cinnamon Toast Crunch | 30g | 160 | 1g | 2g | 3.5g | 160mg |
| TBA | 1 ea | *Cereal Bar, Apple, Cinn Rice Crispy (universal Bkfst) | | | | | | |
| I-900130 | 1 ea | Cereal, Berry Colossal Crunch, 1 oz (Malt-O-Meal) | 24g | 110 | 0 | 1g | 1.5g | 200 |
| I-900136 | 1 ea | Cereal, Corn Flakes, .75 oz (Malt-O-Meal) | 18g | 80 | 0 | 1g | 0g | 200 |
| I-900135 | 1 ea | Cereal, Crispy Rice, 10/16 oz (Malt-O-Meal) | 15g | 70 | 0 | 1g | 0g | 230 |
| I-900134 | 1 ea | Cereal, Frosted Flakes, 1 oz (Malt-O-Meal) | 26g | 110 | 0 | 1g | 0g | 190 |
| I-900139 | 1 ea | Cereal, Hny&Nut Toasty O's, 7/8 oz (Malt-O-Meal) | 20g | 90 | 2.0g | 2g | 1g | 190 |
| I-900141 | 1 ea | Cereal, Honey Graham, 1 oz (Malt-O-Meal) | 23g | 110 | 5.0g | 1g | 1g | 220 |
| I-900137 | 1 ea | Cereal, Marshmallow Mateys, 1 oz (Malt-O-Meal) | 24g | 110 | 1.0g | 2g | 1g | 250 |
| I-900133 | 1 ea | Cereal, Raisin Bran, 1.25 oz (Malt-O-Meal) | 27g | 120 | 5.0g | 3g | 1g | 200 |
| I-900155 | 1 ea | Cereal, Toasted Cinn Twist, 28.3 gms (Malt-O-Meal) | 22g | 120 | 1.0g | 1g | 3g | 210 |
| I-900132 | 1 ea | Cereal, Toasty O's, 11/16 oz (Malt-O-Meal) | 14g | 70 | 2.0g | 2g | 1g | 190 |
| I-900131 | 1 ea | Cereal, Tootie Fruities, .75 oz (Malt-O-Meal) | 19g | 80 | 0 | 1g | .5g | 180 |
| I-900152 | 1 ea | *Cheerio Team Bar(universal Bkfst) | 28g | 150 | 2.0g | 2g | 3.5g | 100 |
| I-900002 | 1 oz | Cheese, String | 1g | 80 | 0 | 8g | 5g | 170 |
| R-2479 | 1 ea | *Cinn Roll, Sweet Potato 09 (universal Bkfst) | 32.72g | 234 | 1.98g | 3.68g | 8.36g | 92mg |
| R-0801 | 1 ea | Coffee Cake, Apple Strudel | 35g | 200 | 0 | 2g | 6g | 160 |
| R-2705 | 1/4 cup | Eggs, green and Turkey ham | 1.36g | 107 | 0 | 8.41g | 7.38g | 308mg |
| R-2706 | 1/4 cup | Eggs, green | 1.21g | 92 | 0 | 6.10g | 6.72g | 154mg |
| I-901129 | 2 ea | French Toast Sticks, (Individually Wrapped) | 28g | 180 | 0 | 9g | 4g | 330mg |
| I-900025 | 2.25 oz | Gogurt (Assorted) | 13g | 80 | 0 | 2g | 2g | 20 |
| R-0968 | 1 ea | Granola, Peanut Butter Chip Little Debbie | 23g | 160 | 0 | 2g | 7g | 70mg |
| R-2708 | 1 ea | *Granola Bar, Chocolate Chip (universal Bkfst) | 23g | 160 | 2g | 2g | 7g | 70mg |
| R-1553 | 1 ea | Granola Bar, Chocolate Chip/Golden Almond | 20g | 150 | 1.5g | 2g | 7g | 68 |
| R-1013 | 1 ea | Granola Bar, Golden Almond | 17g | 140 | 1.0g | 2g | 7g | 65 |
| R-2478 | 2.6oz | *Honey Bun, Iced (Simply Blues) (universal Bkfst) | 37g | 250 | 5.0g | 6g | 8g | 290mg |
| R-1139 | 1 ea | Juice, Apple/Orange | 14g | 58 | 0 | .25g | 0g | 4 |
| R-5083 | 4 oz | Juice, Apple (Producers) | 14g | 55 | 0 | 0g | 0g | 8 |
| R-2579 | 4 oz | Juice, Orange commodity | 12.22 | 51 | .23g | 0.77 | 0.07 | 1 |
| R-5084 | 4 oz | Juice, Orange (Producers) | 14g | 60 | 0 | .5g | 0g | 0 |
| I-900140 | 8 oz | Milk, White 1%(Producers) | 16g | 130 | 0 | 11g | 2.5g | 25 |
| I-900759 | 2.67 oz | Pancake on a Stick | 18g | 180 | 0 | 8g | 8g | 216 |
| I-900218 | 1 pkg (4 ea) | Pancakes, Mini, 36g | 15g | 80 | 1.0g | 2g | 1g | 450mg |
| R-0638 | 4 oz | Peach Cup, Frz | 29g | 117 | | 0g | .10g | 354.4 |
| I-900034 | 2 ea | Pecan Pinwheel | 32g | 200 | 0 | 2g | 8g | 7 |
| R-1027 | 1 ea | Pretzel, whole grain with 2 oz cheese | 46.25g | 272 | 2.0g | 8.75g | 6g | 160 |
| R-0791 | 1 ea | Raisins, 1.33 oz | 29g | 130 | 2.0g | 1g | 0g | 520mg |
| I-900122 | 1 oz | Sunflower Seeds, Blaze-In'Hot | 5g | 170 | 2.0g | 6g | 16g | 115 |
| I-900067 | 1 oz | Sunflower Seeds, Lightly Salted | 5g | 170 | 2.0g | 6g | 14g | 85 |
| R-2701 | 4 oz | Yogurt, Upstate Farms (Assorted) | 19g | 90 | 0 | 3g | 0 | 75mg |

Manteca Unified School District
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| Recipe / Ingredient Number | Serving Per Cont./ Pkg. | Menu August 2010 - December 2010 Updated 8-23-10 | Carb grms | Total Calories | Fiber | Protein grms | Fat Grams | Sodium mg |
|----------------------------------|----------------------------------|---|-----------|-------------------|-------|-----------------|-----------|-----------|
| ALA CARTE ITEMS | | | | | | | | |
| I-900245 | .9 oz | Beef Jerky | 7g | 70 | 0 | 10g | 1g | 410mg |
| R-2702 | 1 ea | Brownie, Low Fat (Buena Vista) | 36g | 175 | 1g | 2.78g | 2.52g | 206mg |
| I-900002 | 1 oz | Cheese, String | 1g | 80 | 0 | 8g | 5g | 170 |
| I-900103 | 1 oz | Cookie, C C Reduced Fat (Linda's) | 16.19g | 118 | 0 | 1.29g | 4.50g | 119.75 |
| I-900123 | .8 oz | Corn Nuts, BBQ | 15g | 100 | .26g | 2g | 3.5g | 135 |
| I-900124 | .8 oz | Corn Nuts, Ranch | 15g | 100 | 2.0g | 2g | 4g | 190 |
| I-900177 | 1.5 oz | Crackers, Cheese-it, Reduced Fat | 28g | 200 | 2.0g | 6g | 6g | 380 |
| | 1oz | Crackers, Cheese it Scrabble | 20g | 140 | 1g | 3g | 5g | 230mg |
| I-901090 | 1 oz | Chip, Sunchip Garden Salsa | 19g | 140 | 3g | 2g | 6g | 170mg |
| 901086 | 1 ea | Fruit Strip Strawberry | 12g | 50 | .5g | 0 | 0 | 5mg |
| 901087 | 1 ea | Fruit Strip Cherry | 12g | 45 | .5g | 0 | 0 | 5mg |
| R-2579 | 4 oz | Juice, Orange commodity | 12.22 | 51 | .23g | 0.77 | 0.07 | 1 |
| I-900159 | 6.75oz | Juice, Capri Sun | 23g | 100 | 0 | 0 | 0 | 30mg |
| I-900142 | 8 oz | Milk, Chocolate (Producers) | 12g | 80 | 0 | 8g | 0g | 230 |
| I-900140 | 8 oz | Milk, White (Producers) | 16g | 130 | 0 | 11g | 2.5g | 160 |
| | 18g | Popcorn, HOT | 11g | 70 | 2g | 2g | 2.5g | 280mg |
| | 18g | Popcorn, Cheddar Cheese | 11g | 80 | 2g | 2g | 2.5g | 240mg |
| I-900083 | 1 oz | Munchies Kids Mix | 20g | 130 | 1.0g | 2g | 4.5g | 240 |
| | 1.5oz pkg | Pretzel Poppers, Cheezy Nacho | 28g | 160 | 4g | 5g | 5g | 360mg |
| | 1.5oz pkg | Pretzel Poppers, Zesta Pizza | 28g | 160 | 4g | 5g | 5g | 340mg |
| | 1oz pkg | Pumpkin Seeds (Pepitas) lightly salted | 4g | 150 | 1g | 9g | 12g | 115mg |
| R-1047 | 2.25 oz | Shape Up (Assorted) | 15.5g | 60 | 0 | 0g | 0g | 15 |
| I-900741 | 4 oz | Sherbet, Luigi's Rasp & Orange | 27g | 120 | 0 | 0g | 1.5g | 35 |
| I-900122 | 1 oz | Sunflower Seeds, Blaze-In'Hot | 5g | 170 | 2.0g | 6g | 16g | 115 |
| I-900067 | 1 oz | Sunflower Seeds, Lightly Salted | 5g | 170 | 2.0g | 6g | 14g | 85 |
| | 1.5oz pkg | Trail Mix, Snackwave peanut Free | 16g | 130 | 2g | 4g | 6g | 50mg |
| GECAC Snack Program | | | | | | | | |
| TBA | 1 ea | Cereal Bar, Apple, Cinn Rice Crispy | | | | | | |
| R-2702 | 1 ea | Brownie, Low Fat (Buena Vista) | 36g | 175 | 1g | 2.78g | 2.52g | 206mg |
| | 1oz | Crackers, Cheese it Scrabble | 20g | 140 | 1g | 3g | 5g | 230mg |
| R-2086 | .75 oz | Crackers, Goldfish Ranch | 14g | 100 | .5g | 3g | 3g | 190 |
| R-2084 | .75 oz | Crackers, Goldfish Spicy | 14g | 100 | .5g | 3g | 3g | 190 |
| R-0371 | 1 pkg | Graham, Chocolate Bear (Teddy), .9 oz | 18.21g | 103 | .38g | 1.87g | 2.76g | 91 |
| I-900048 | 1 pkg | Graham, Goldfish | 19g | 120 | .50g | 1g | 4g | 110 |
| I-900110 | 1/3 pkt | Graham, Honey WG MJM | 18.05g | 96.39 | 2.83g | 1.29g | 3.01g | 131.31mg |
| R-2196 | 1 ea | Grahams, Cinn Belly Bears | 11g | 60 | 0 | <1g | 2g | 70 |
| | 1.27oz pkg | Grahams, Vanilla Clodhoppers | 28g | 160 | 2g | 2g | 5g | 130mg |
| | | * See Assorted Cereal in Breakfast | | | | | | |