

Manteca Unified School District  
 Nutrition Services Department  
 NUTRIENT ANALYSIS

| Recipe / Ingredient Number | Serving Per Cont./ Pkg. | Green highlights indicate current updates<br>February 10 2010 updated | Carb grms | Total Calories | Fiber  | Protein grms | Fat Grams | Sodium mg |
|----------------------------|-------------------------|---|-----------|----------------|--------|--------------|-----------|-----------|
| <b>LUNCH ENTREES</b>       |                         |   |           |                |        |              |           |           |
| R-2551                     | 1 ea                    | Beef, Taco Aztec Whole Grain tort 6" w/1.5 oz beef                    | 19.54     | 256            | 2.72g  | 18.71        | 11.14     | 583mg     |
| R-1340                     | 1 1/2 oz                | *Seasoned Taco, Beef  | 3.25g     | 122            | 0.35g  | 11.67g       | 6.17g     | 330       |
| R-2467                     | 1 ea                    | Beef, Aztec Taco 8" WG tort 3oz bf                                    | 27.16g    | 403            | 3.7g   | 31.24g       | 17.94g    | 953mg     |
| R-2276                     | 1 Ea                    | Beef BBQ Rib Patty on Bun   | 36.40g    | 341            | 1g     | 18.10g       | 13.40g    | 675mg     |
| 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-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)                        | 55.03g    | 335            | 8.06g  | 16.07g       | 7.04g     | 624       |
| I-900079                   | 1 ea                    | Burrito, Breakfast, Egg, Sausage & Cheese                             | 25.81g    | 244            | 1.19g  | 8.86g        | 11.25g    | 635.37    |
| R-2283                     | 1 ea                    | Burrito, Build Your Own (Beans, cheese, wg tort)                      | 45.88g    | 404            | 12.68g | 20.53g       | 14.22g    | 1150mg    |
| I-900047                   | 1 ea                    | Cheese Burgers, Twin  | 50.8g     | 471            | 2.4g   | 23.7g        | 18.7g     | 948       |
| R-2542                     | 1 ea                    | Cheese, Grilled Sandwich on sliced bread                              | 30.02     | 231            | 2.0g   | 13.09g       | 7.56g     | 695mg     |
| R-2083                     | 1 ea                    | Cheese stuffed garlic bread stick -BOSCO                              | 26.03g    | 193            | 2g     | 13.24g       | 4.18g     | 292       |
| R-2656                     | 1 1/2 oz                | Chicken BBQ Loco no Bread   | 11.61g    | 115            | 0      | 11.72g       | 1.47g     | 701mg     |
| R-2657                     | 1 each                  | Chicken BBQ on Loco Bread   | 36.61g    | 255            | 3.0g   | 16.72g       | 3.96g     | 961mg     |
| I-0031                     | 1 ea                    | Chicken Corndog   | 19.4      | 238            | 0      | 8.82         | 13.23     | 643       |
| R-1065                     | 1 ea                    | Chicken Fried Steak w/Potatoes, Gravy & Roll                          | 47.48g    | 387            | 4.57g  | 21.63g       | 12.63g    | 1257      |
| I-080090                   | 1 ea/3.8 oz             | *Chicken Fried Steak  | 23.8g     | 264            | 2.10g  | 17.8g        | 11.4g     | 556       |
| R-1500                     | 1/8 cup                 | *Gravy  | 1.48g     | 7              | .02g   | .15g         | .07g      | 84        |
| R-2281                     | 1 ea                    | Chicken, Grilled unbreaded Sandwich on Bun                            | 36.50g    | 324            | 3.0g   | 21g          | 10.50g    | 660mg     |
| R-2330                     | 1 ea                    | Chicken, Hot & Spicy Patty on a bun                                   | 42.90g    | 392            | 3.0g   | 20.40g       | 15.50g    | 767mg     |
| R-1557                     | 1 ea                    | Chicken Hotdog on Bun (All American)                                  | 25g       | 270            | 1.0g   | 11g          | 14.50g    | 790       |
| R-0826                     | 1 ea                    | Chicken Hotdog w/Chili & Cheese on Bun                                | 52.75g    | 430            | 5.99g  | 18.54g       | 17g       | 1421      |
| R-1412                     | 1/4 cup                 | *Nacho Cheese   | 6.96g     | 50             | 0      | .99g         | 1.99g     | 360       |
| I-900294                   | 5 each                  | Chicken Nuggets Whole Grain (using 1/2008)                            | 14g       | 210            | 2.0g   | 12g          | 13g       | 480mg     |
| 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                                    | 51.63g    | 439            | 5.38g  | 21.25g       | 17.94g    | 564mg     |
| R-2000                     | 4oz                     | Chicken, Breaded (Country) (breast-thigh-leg-wing)                    | 10.68g    | 328            | 2.31g  | 25.56g       | 19.67g    | 332       |
| R-1789                     | 1 ea                    | Chicken Salad Topper w/Cheesy Breadstick                              | 34.64g    | 299            | 1.40g  | 21.07g       | 8.80g     | 948mg     |
| R-1511                     | 1 ea                    | *Chicken Salad Topper   | 11.81g    | 174            | 0      | 16.95g       | 6.97g     | 742mg     |
| I-000070                   | 1 1/2 oz                | *Chicken Fajita Strips  | .75g      | 53             |        | 9.75g        | 1.50g     | 440       |
| R-1458                     | 1/2 oz                  | *American Cheese  | .23g      | 53             | 0      | 3.14g        | 4.43g     | 211mg     |
| I-900173                   | 1/2 oz                  | *Croutons   | 10.12g    | 61             |        | 2.03g        | 2.03g     | 85        |
| 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 & Brown WG rice                           | 29.01g    | 199            | 2.8g   | 13.74g       | 3.78g     | 617       |
| 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     |
| I-900030                   | ea/3.25 oz              | Cinnamon Swirl Toast  | 33g       | 220            |        | 7g           | 6g        | 70        |
| 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                                  | 36.85     | 339            | 3.0g   | 21.77        | 11.45     | 642       |
| R-2340                     | 1/2 cup                 | Macaroni & Cheese WG  | 28.01g    | 168            | 1.74   | 4.44g        | 4.02g     | 631mg     |
| R-2444                     | 1/2 cup                 | Macaroni & Cheese, Taco Mac WG  | 21.61g    | 186            | 1.97g  | 10.94g       | 5.63g     | 402mg     |
| R-0342                     | 2 ea                    | Stuffed Cheese Stix (Maxi)  | 31.8g     | 328            | 1.2g   | 16.6g        | 15g       | 754       |
| R-1020                     | 1 ea                    | Nacho, Super w/Chili (3.5 oz) & Cheese                                | 46.45g    | 302            | 6.99g  | 9.72g        | 8.53g     | 696       |
| 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        |
| R-2441                     | 4.6 oz (#8)             | Chili Con Carne with Tostitos (beef & Cheese)                         | 48.87g    | 383            | 8.85g  | 22.66g       | 10.18g    | 780mg     |
| R-2441                     | 4.6 oz (#8)             | Chili Con Carne (beef & Cheese) no chips                              | 29.87g    | 273            | 8.85g  | 20.66g       | 7.68g     | 665mg     |
| 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       |
| R-1915                     | 1 1/2 oz                | *Seasoned Taco, Turkey  | 3.25g     | 116            | .35g   | 12.06g       | 5.76g     | 346       |
| I-001042                   | 1/4 oz                  | *Cheese, American   | .11g      | 27             | 0      | 1.57g        | 2.21g     | 1489      |
| I-001182                   | 1/4 oz                  | *Cheese, Cheddar  | .14g      | 20             | 0      | 1.93g        | 1.30g     | 725       |
| I-000079                   | 1 ea                    | Pizza Pack, Cheese, Lunchable   | 46g       | 420            | 4.0g   | 23g          | 15g       | 896       |
| R-0598                     | 1 ea                    | Pizza Quesadilla  | 36g       | 350            | 4.0g   | 15g          | 16g       | 960       |
| I-900264                   | 1 ea                    | Pizza, Big Daddy Cheese   | 37g       | 313            | 2.0g   | 16g          | 12g       | 807       |
| I-900265                   | 1 ea                    | Pizza, Big Daddy Pepperoni  | 37g       | 320            | 2.0g   | 15g          | 12g       | 800       |
| R-0597                     | 2 ea                    | Pizzata   | 28g       | 360            | 0      | 19g          | 19g       | 920       |

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|---|-------------------------|---|-----------|----------------|-------|--------------|-----------|-----------|
| R-2687  | 2oz                     | Potato Wedges   | 50.51g    | 91             | 1.33g | 2.79g        | .19g      | 29mg      |
| R-2543  | 1 ea                    | Potato Wedges with Chili & Cheese                                     | 45.28     | 331            | 6.53g | 20.09        | 8.78      | 914       |
| I-901060  | 1 ea                    | Pretzel, Super Whole Grain soft 2.5 oz J & J                          | 36        | 170            | 4.0g  | 6            | 1         | 150       |
| R-2556  | 1 ea                    | Pretzel, Super Whole Grain soft 2.5 oz J & J w/ che                   | 42.9      | 219            | 3.99g | 6.98         | 2.99      | 509       |
| R-2280  | ea - 1/4 cu             | Salisbury Steak in gravy with mashed potatoes                         | 13.20g    | 241            | 1.73g | 12.98g       | 15.30g    | 543mg     |
| R-2339  | 1 ea                    | Salisbury Steak in Turkey Gravy                                       | 6g        | 205            | 1.05g | 12.30g       | 15.14g    | 429gm     |
| R-1455  | 1/2 Cup                 | Soup, Chicken w/Rice  | 6.31g     | 39             | .52g  | 2.75g        | .33g      | 379       |
| R-1453  | 1/2 cup                 | Soup, Turkey w/Rice   | 7.37g     | 51             | .60g  | 3.13g        | .84g      | 426       |
| R-1456  | 1/2 cup                 | Soup, Chicken Noodle  | 6.08g     | 40             | .70g  | 3.02g        | .46g      | 378       |
| R-1442  | 1/2 cup                 | Soup, Turkey Noodle   | 7.67g     | 54             | .74g  | 3.55g        | .92g      | 179       |
| R-1568  | 4 oz (#8)               | Soup, Minestrone  | 6.70g     | 33             | 1.17g | 1.43g        | 0.2g      | 302       |
| R-1564  | 4 oz (#8)               | Soup, Tortilla, Chicken   | 6.77g     | 41             | 1.01g | 2.89g        | 0.41g     | 293       |
| R-1565  | 4 oz (#8)               | Soup, Tortilla, Turkey  | 6.84g     | 43             | 1.01g | 2.76g        | .58g      | 322       |
| R-1315  | 1/2 cup                 | Soup, Vegetable   | 7.90g     | 39             | 1.21g | 1.61g        | .22g      | 182       |
| 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       |
| R-0661  | 1/2 cup                 | Pasta, Alfredo sauce  | 25.59g    | 150            | 1.83g | 5.02g        | 3.14g     | 379mg     |
| R-1924  | 1/2 cup                 | Pasta, Alfredo sauce withTurkey                                       | 16.21g    | 182            | .40g  | 15.43g       | 5.98g     | 726       |
| R-5134  | 1/2 cup                 | Pasta w/Meat Sauce, Beef  | 20.51g    | 121            | 2.08g | 6.35g        | 1.91g     | 252       |
| I-900283  | 1 ea                    | Taco, Zesty Pocket (Turkey-WG)  | 32.0g     | 250            | 4.0g  | 14.0g        | 8.0g      | 340       |
| I-900763  | 1 ea                    | Taco, Fiesta Pocket Whole Grain meatless                              | 43g       | 270            | 6.0g  | 10.0g        | 7.0g      | 460mg     |
| R-1714  | 1 ea                    | Taco Salad in a Tortilla Bowl with Cheddar Cheese                     | 14.78g    | 220            | 1.83g | 16.04g       | 12.27g    | 384       |
| R-5220  | 1 ea                    | Taco, Fiesta Salad Bowl with Amer Cheese                              | 14.75g    | 226            | 1.83g | 15.68g       | 13.19g    | 438       |
| I-900018  | 1 ea                    | *Tortilla Bowl  | 11.39g    | 79             | 1.55g | 2.44g        | 4.80g     |           |
| R-1340  | 1 1/2 oz                | *Seasoned Taco, Beef  | 3.25g     | 122            | .35g  | 11.67g       | 6.17g     | 338       |
| I-001042  | 1/4 oz                  | *Cheese, American   | .11g      | 27             | 0     | 1.57g        | 2.21g     | 1489      |
| I-001182  | 1/4 oz                  | *Cheese, Cheddar  | .14g      | 20             | 0     | 1.93g        | 1.30g     | 725       |
| I-900018  | 1 ea                    | *Tortilla Bowl  | 11.39g    | 79             | 1.55g | 2.44g        | 4.80g     | 3         |
| R-1212  | 1.5 oz (#10)            | *Meatless Chili   | 20.49g    | 112            | 4.99g | 6.72g        | .54g      | 271       |
| R-1710  | 1 oz                    | *Nacho Cheese   | 3.48g     | 25             | 0     | .50g         | .99g      | 180       |
| R-0907  | 1 ea                    | Turkey, BBQ Sub Sandwich  | 32.10g    | 229            | 4.00g | 13.30g       | 5.02g     | 771mg     |
| R-0906  | 2oz                     | *Turkey, BBQ  | 8.10g     | 99             | 0     | 9.30g        | 2.52g     | 481mg     |
| 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       |
| R-5072  | 1 ea                    | Waffle w/Sausage & Syrup  | 57.40g    | 370            | 1.0g  | 12.30g       | 10.30g    | 656       |
| I-097739  | 1 ea                    | *Waffle, Belgian  | 26g       | 165            | 1.0g  | 4g           | 5g        | 400       |
| 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       |
| R-2275  | 1 ea                    | Quesadilla, WG Primo Cheese with Pizza sauce insid                    | 24.47g    | 354            | 8.25g | 21.92g       | 19.37g    | 823mg     |
| R-1752  | 1 ea                    | Quesadilla, Turkey  | 34.11g    | 339            | 1g    | 22.09g       | 12.01g    | 789mg     |
| <b>Courtesy Meals</b>   |                         |   |           |                |       |              |           |           |
| <b>*Note:</b> 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   | 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       |
| <b>SANDWICHES</b>   |                         |   |           |                |       |              |           |           |
| <b>Summer School Box Lunches</b>  |                         |   |           |                |       |              |           |           |
| I-901074  | Bx Lu 400               | Box Lunch-Ham Sand, BBCarrots, Ch animal graham, Orang                | 73.94     | 474            | 8.62g | 22.93        | 11.3      | 1875      |
| I-901075  | nv bx lu 51             | Turkey hoagie, carrots, cinn graham, nectarine                        | 74.73     | 454            | 7.42g | 22.78        | 7.75      | 2250      |
| I-901076  | bx lu 51                | Turkeysand, carrots, graham, nectarine                                | 725.55    | 443            | 5.50g | 19.09        | 7.6       | 1954      |
| I-901077  | nv 610                  | Pizza Pack , orange   | 59.11     | 423            | 5.98g | 21.74        | 11.61     | 852       |
| I-901078  | bx lu 252               | PB & J Uncrustable, carrots, plum                                     | 88.93     | 725            | 8.46g | 24.03        | 32.73     | 771mg     |
| I-900143  | 1 ea                    | Bagel-ers, Cream Cheese, Plain  | 31g       | 190            |       | 6g           | 6g        | 230       |
| R-5274  | 1 ea                    | PB & Jelly Bar  | 28.60g    | 318            | 2.20g | 10.3g        | 20.10g    | 271       |
| I-900035  | 1 ea                    | PB & Jelly Uncrustable  | 33.14g    | 317            | 2.62g | 9.22g        | 16.41g    | 354.4     |
|   | 1 ea                    | PB & Strawberry Jam Uncrustable                                       | 25g       | 210            |       | 7g           | 9g        |           |
|   | 1 ea                    | PB & Honey Uncrustables   | 34g       | 320            |       | 9g           | 16g       |           |
| R-2088  | 1 ea                    | Sandwich, Meatball on hoagie bun w/ mozz chees                        | 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     |
| TR-2416   | 1 ea                    | Sandwich, Turkey Ham & Cheese Hot                                     | 24.23g    | 218            | 1.0g  | 11.64g       | 8.43g     | 731mg     |
|   | 1 ea                    | Sandwich, Turkey Roast  | 35.65g    | 314            |       | 24.42g       | 7.49g     |           |
| R-1912  | 1 ea                    | Sandwich, Turkey Roast Sub w/chz-pickles-lettuce                      | 36.75g    | 343            | 4.22g | 28.13g       | 8.57g     | 1146      |
| R-2553  | 1 ea                    | Sandwich, Turkey Ranch on sliced bread                                | 33.51     | 355            | 2.25g | 26.36        | 13.53     | 1187      |
| 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         |

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| <b>WRAPS</b>                 |                         |   |           |                |       |              |           |           |
| R-2329                       | 1 ea                    | Wrap, Cheese Rock n Roll WG tort (Mozzarella)                         | 25.68g    | 314            | 2.0g  | 18.86g       | 15.83g    | 694mg     |
| R-0798                       | 1 ea                    | Wrap, Chicken Caesar Salad  | 35.39g    | 266            | 1.75g | 13.42g       | 9.37g     | 684       |
|                              | 1 ea                    | Wrap, Caesar (Turkey)   | 35.77     | 357            | 1.7g  | 22.97        | 14.37     |           |
| R-2041                       | 1 ea                    | Wrap, Gourmet Caesar Whole Grain tortilla (Turke                      | 31.39g    | 347            | 8.25g | 24.33g       | 14.03g    | 461       |
| R-1914                       | 1 ea                    | Wrap, Chicken Snack (Hot)   | 37.11g    | 307            | 1.33g | 12.24g       | 11.88g    | 642       |
| R-1824                       | 1 ea                    | Wrap, Oriental Chicken  | 36.02g    | 290            | 3.5g  | 11.98g       | 11.95g    | 593mg     |
| R-1561                       | 1 ea                    | Wrap, Taco  | 32.59g    | 292            | 1.9g  | 12.64g       | 12.82g    | 727       |
| R-0848                       | 1 ea                    | Wrap, Turkey  | 31.31g    | 248            | 8.0g  | 10.15g       | 10.15g    | 630       |
| R-0339                       | 1 ea                    | Wrap, Turkey & Cheese   | 31.03g    | 286            | 1.5g  | 11.02g       | 14.07g    | 755       |
| R-0819                       | 1 ea                    | Wrap, Turkey Ham  | 29.79g    | 255            | 1.5g  | 10.07g       | 10.88g    | 716       |
| R-0338                       | 1 ea                    | Wrap, Turkey Ham & Cheese   | 30.02g    | 291            | 1.5g  | 10.96g       | 14.56g    | 812       |
| R-1913                       | 1 ea                    | Wrap, Turkey Taco   | 33.08g    | 345            | 1.67g | 23.28g       | 13.69g    | 1095      |
| <b>BREAD</b>                 |                         |   |           |                |       |              |           |           |
| R-1617                       | 1 ea                    | Breadstick (Rich's) Prepared  | 22.8g     | 122            | 1.4g  | 3.8g         | 1.6g      | 193       |
| R-0567                       | 1 ea                    | Breadstick, Cheezy  | 21.8g     | 135            | 0     | 6g           | 2.70g     | 279       |
| R-1788                       | 1 ea                    | Cheezy Breadstick (Prepared)  | 22.83g    | 125            | 1.4g  | 4.06g        | 1.79g     | 206       |
| R-1583                       | 1 ea                    | Cornbread   | 23.59g    | 168            | 1.0g  | 3.43g        | 6.86g     | 326       |
| 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     |
| <b>PASTA/RICE</b>            |                         |   |           |                |       |              |           |           |
| R-1854                       | 1/4 cup                 | Pasta Salad, Bow tie Oriental Spring (Cold)                           | 9.83g     | 72             | .55g  | 1.59g        | 2.76g     | 61        |
| R-1341                       | 1/4 cup                 | Pasta, Salad 60% whole grain/40% reg                                  | 8.72g     | 49             | 1.02g | 1.45g        | .89g      | 107mg     |
| R-1339                       | 1/2 cup                 | Rice, Pilaf, Chicken  | 19.70g    | 97             | 0     | 2.06g        | .99g      | 306       |
| R-1751                       | 1/2 cup                 | Rice, Ranch   | 20.22g    | 99             | 0     | 2.10g        | 1g        | 12        |
| R-1338                       | 1/2 cup                 | Rice, White   | 19.54g    | 105            | 0     | 2.06g        | 1.98g     | 179       |
| R-1134                       | 1/2 cup                 | Simply Ranch Noodles (Hot)  | 16.64g    | 85             | 1.74g | 2.90g        | .55g      | 332mg     |
| R-2080                       | 1/2 cup                 | Rice, Brwn Tex-Mex  | 21.87g    | 107            | 1.08g | 2.74g        | .65g      | 340       |
| R-2081                       | 1/2 cup                 | Rice, brwn Brite  | 19.21g    | 94             | .56g  | 2.43g        | .54g      | 236       |
| R-2411                       | 1/2 cup                 | Rice, Brown California Gold   | 19.02g    | 97             | .54g  | 2.17g        | 1.05g     | 296mg     |
| <b>VEGETABLE Side Dishes</b> |                         |   |           |                |       |              |           |           |
| 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-900179                     | 1 ea                    | Corn, Cobbett   | 28.7g     | 120            | 2g    | 4.1g         | .06g      | 20mg      |
| I-11057                      | 1/2 cup                 | Beans, Green  | 3.04g     | 14             | 1.9g  | 0.81         | 0.07      | 169mg     |
| R-1264                       | 5 ea                    | Potato Puffs  | 10.69g    | 78             | .88g  | 1.18g        | 3.76g     | 224       |
| R-1616                       | 1/2 cup                 | Potatoes, Whipped   | 14.40g    | 71             | 1.37g | 1.37g        | .32g      | 228mg     |
| R-2687                       | 2oz                     | Potato Wedges   | 13.33g    | 80             | 1.33g | 1.33g        | 2g        | 17mg      |
| R-5151                       | 1/4 cup                 | Potatoes, Whipped   | 7.2g      | 36             | .69g  | 0.69g        | 0.16g     | 114       |
| R-2123                       | 3 oz                    | Potatoes, Red Roasted & Seasoned                                      | 15.35g    | 71             | 1.78g | 2.32g        | 0         | 0         |
| R-1478                       | 1/4 cup                 | Potatoes, Whipped, Ranch  | 6.90g     | 35             | .67g  | .65g         | .22g      | 13        |
| R-1488                       | 1/2 cup                 | Vegetables, Mixed   | 7.58g     | 36             | 2.25g | 1.87g        | .29g      | 85        |
| <b>CONDIMENTS</b>            |                         |   |           |                |       |              |           |           |
| I-900115                     | 1 ea                    | BBQ Sauce Packet (12 grams)   | 4g        | 20             | 0     | 0g           | 0g        | 75        |
| I-011935                     | 1 ea                    | Catsup Packet (9 grams)   | 2.46g     | 9              | .30g  | .14g         | .03g      |           |
| I-900098                     | 1 pkg 12g               | Dressing, Italian PPI 12g   | 0.85      | 6              | 0     | 0            | 0.28      | 340       |
| R-1216                       | 1 Tbsp                  | Dressing, Ranch   | .79g      | 44             | 0     | .32g         | 4.33g     | 55        |
| I-900097                     | 1 pkg 9g                | Dressing, Thousand Island PPI 9g                                      | 1.06      | 21             | 0     | 0.21         | 1.69      | 290       |
| I-900074                     | 1 ea                    | Maple Syrup Packet (1.5 oz)   | 31g       | 120            | 0     | 0g           | 0g        | 25        |
| 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       |

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|---|-------------------------|---|-----------|----------------|-------|--------------|-----------|-----------|
| <b>Ala carte and EXTRA's</b>              |                         |   |           |                |       |              |           |           |
| I-900103                                  | 1 oz                    | Cookie, C C Reduced Fat (Linda's)                                     | 16.19g    | 118            | .26g  | 1.29g        | 4.50g     | 119.75    |
| I-000087                                  | 1 oz                    | Crackers, Animal, Bulk  | 23g       | 131            | 0     | 1g           | 3g        | 92        |
| I-900031                                  | .9 oz                   | Crackers, Cheddar Dolphins (Austin)                                   | 16g       | 120            | .50g  | 3g           | 5g        | 220       |
| I-900050                                  | .75 oz                  | Crackers, Cheddar Goldfish  | 13g       | 100            | 1.0g  | 2g           | 4.5g      | 180       |
| I-900160                                  | .9 oz                   | Crackers, Lemon or Vanilla, Goldfish PhysEdibles                      | 18g       | 120            | 1.0g  | 2g           | 4g        | 100       |
| 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        |
| R-2447                                    | 1 oz                    | Graham, Dino Bites  | 20.09g    | 111.37         | .94g  | 1.49g        | 3.31g     | 91.57mg   |
| 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-901085                                  | 1 pkt/2 ea              | graham, Waffle Strawberry MJM   | 19.46     | 108.82         | 1.24  | 1.44g        | 3.21g     | 91.88mg   |
| R-0820                                    | 1 ea                    | Grahams, Sports   | 19g       | 110            | 1.0g  | 2g           | 3g        | 84        |
| R-2085                                    | 1 oz                    | Graham, Tropical Treat  | 19g       | 110            | .50g  | 1g           | 3.50g     | 95        |
| I-900214                                  | 26gm                    | Graham, Vanilla Bear  | 18.26g    | 106            | .14g  | 1.41g        | 3g        | 85.28     |
| R-2196                                    | 1 ea                    | Grahams, Teddy Cinn Cubs  | 11g       | 60             | 0     | <1g          | 2g        | 70        |
| R-1059                                    | 1 ea                    | Harvest Bar   | 25.39g    | 159            | .62g  | 2.34g        | 5.46g     | 185       |
| 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         |
| R-1558                                    | .5 oz                   | Pretzel Twists, Bulk  | 11.34g    | 52             | .47g  | 1.42g        | 0g        | 213       |
| R-0822                                    | 3.5 oz                  | Pudding, Chocolate (Hunts)  | 22g       | 140            | 0     | 2g           | 5g        | 140       |
| R-0821                                    | 3.5 oz                  | Pudding, Vanilla (Hunts)  | 21g       | 130            | 0     | 1g           | 4.5g      | 135       |
| 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         |
| R-5135                                    | 1 oz                    | Trail Mix w/Pretzels and Animal Crackers                              | 14.93g    | 106            | 1.21g | 2.53g        | 4.09g     | 93mg      |
| <b>SPECIALTY ITEMS NOT LISTED ON MENU</b> |                         |   |           |                |       |              |           |           |
|   | 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     |
| 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     |
| <b>DAIRY PRODUCTS</b>                     |                         |   |           |                |       |              |           |           |
| 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       |
|   | 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         |
| 2546                                      | 1 each                  | Yogurt, , Fruit parfait w/Strw & Fruit & Nut mix                      | 34.46     | 179            | 2.85g | 4.1          | 2.88      | 57        |
| I-901080                                  | 4 oz                    | Yogurt, Variety Up State farms  | 19g       | 90             | 0     | 3g           | 0         | 75mg      |
| I-900110                                  | 2oz                     | Trail Mix, Fruit & Nut Mix  | 23g       | 135            | 3.0g  | 2.3g         | 3.8g      | 0         |

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|---|----------------------------------|---|-----------|-------------------|-------|-----------------|-----------|-----------|
| <b>ENERGY ISLAND/Vegetables &amp; Fresh Fruit</b> |                                  |   |           |                   |       |                 |           |           |
| 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-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         |
| R-0438  | 1/4 cup                          | Canned Fruit, Diced 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-0092  | 1/4 cup                          | Canned Fruit, PineappleTidbits  | 8.47g     | 33                | .50g  | .23g            | .08g      | 1mg       |
| R-424   | 1/4 cup                          | Canned Green Beans  | 1.52g     | 7                 | 2.56g | .41g            | .03g      | 85mg      |
| R-427   | 1/4 cup                          | Canned Kidney Beans   | 9.28g     | 54                | 3.39g | 3.34g           | .38g      | 189mg     |
| R-264   | 1/4 cup                          | Cauliflower, fresh  | 1.33g     | 6                 | .63g  | .50g            | .03g      | 8mg       |
| I-11143   | 1/4 cup                          | Celery  | 3.37g     | 16                | 1.6g  | .78g            | .19g      | 80        |
| R-0270  | 1/4 cup                          | Corn, Canned  | 7.71g     | 33                | .78g  | 1.08g           | .38g      | 122mg     |
| I-900173  | 1/4 cup                          | CROUTONS  | 5g        | 30                | 0     | 1g              | 1g        | 85        |
| 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-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       |
| 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-0101  | 1/4 cup                          | Fresh Fruit, Watermelon   | 3.02g     | 12                | .16g  | .24g            | .06g      | 0mg       |
| R-2695  | 1/4 Cup                          | Grapes, Fresh   | 3.94g     | 15                | .21g  | .14g            | .08g      | 0mg       |
| R-2266  | 1/4 cup                          | Jell-O added to canned fruit by serving of fruit                      | .85g      | 3                 | 0     | .05g            | 0         | 4mg       |
| R-2266  | 1/4 cup                          | Applesauce with Jello   | 11.01g    | 42                | .61g  | .14g            | .09g      | 6mg       |
| R1497   | 1/4 cup                          | Jell-O, Assorted  | 9.51g     | 39                | 0     | .56g            | 0g        | 52mg      |
| 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-2697  | 1/4 cup                          | Pineapple Spears, Fresh   | 7.44g     | 28                | .79g  | .31g            | .07g      | 1mg       |
| R-1218  | 1/4 cup                          | Pizza Dipping Sauce   | 3.31g     | 14                | .73g  | .76g            | .08g      | 118       |
| R-2698  | 1/4 cup                          | Radishes  | .99g      | 5                 | .46g  | .20g            | .03g      | 11mg      |
| R-2273  | 1/4 cup                          | Salad, Corn - Green Bean & Kidney                                     | 6.78g     | 54                | 1.62g | 1.38g           | 2.68g     | 184mg     |
| R-1401  | 1/4 cup                          | Salad, Coleslaw   | 8.43g     | 145               | 1.23g | .85g            | 12.56g    | 97        |
|   | 1/4 cup                          | Salad Mix/Cabbage/Romaine   | .52g      | 3                 |       | .21g            | .03g      |           |
|   | 1/4 cup                          | Salad Mix/Cabbage/Spinach   | .50g      | 3                 |       | .20g            | .03g      |           |
| 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     |
| I-900061  | 1/4 cup                          | Salsa, Picante, Pace  | 4g        | 20                | 0     | 0g              | 0g        | 230       |
| 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        |
| R-2264  | 1/2 cup                          | Strawberry, Fruit Cup   | 36.10g    | 134               | 2.40g | .65g            | 0         | 8.87mg    |
| R-5135  | 1 oz                             | Trail Mix, animal crackers, peanuts, pretzels, fruit & nut            | 14.93g    | 106               | 1.21g | 2.53g           | 4.19g     | 93mg      |
| 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     |
| R-1314  | 1 oz                             | Zoo Mix, Pretzels & animal crackers                                   | 22.89g    | 122               |       | 1.61g           | 2g        | 203       |

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|----------------------------|-------------------------|---|-----------|----------------|-------|--------------|-----------|-----------|
| <b>BREAKFAST ITEMS</b>     |                         |   |           |                |       |              |           |           |
| I-900760                   | 1 ea                    | Bagel, Pizza Cheese & Sausage   | 19g       | 180            | 1.0g  | 9g           | 7g        | 480mg     |
| R-2332                     | 1 ea                    | Bagel with 1oz peanut butter  | 36.01g    | 309            | 3.27g | 12.26g       | 14.40g    | 388mg     |
| 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     |
| 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  | 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  | 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-5202                     | 2.2 oz                  | Donut, French Twist   | 31g       | 260            | .50g  | 2g           | 14g       | 170       |
| 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-900066                   | 1 ea                    | French Toast, Cinnamon (Individually Wrapped)                         | 31.76g    | 204.22         | 1.54g | 4.68g        | 4.89g     | 170       |
| R-368                      | 2 ea                    | French Toast Sticks, (Individually Wrapped)                           | 37.88g    | 251            | 1.30g | 8.73g        | 7.20g     | 341.8     |
| 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-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-0995                     | 1 ea                    | Granola Bar, Crunchy Honey n Oats                                     | 15g       | 90             | 1.0g  | 2g           | 3g        | 80        |
| R-0996                     | 1 ea                    | Granola Bar, Crunchy Peanut Butter                                    | 15g       | 90             | 1.0g  | 2g           | 3.5g      | 95        |
| R-5203                     | 2.75 oz                 | Honey Bun (Super Bakery)  | 40g       | 310            | .5g   | 3g           | 15g       | 170       |
| I-900167                   | 3 oz                    | Honey Bun, Iced (Simply Blues)  | 41g       | 265            | 2.4g  | 6g           | 6.1g      | 290       |
| R-2478                     | 2.6oz                   | Honey Bun, Iced (Simply Blues)  | 37g       | 250            | 5.0g  | 6g           | 8g        | 290mg     |
| I-900168                   | 1.25 oz                 | Honey Wheat Bar (Simply Blues)  | 26g       | 132.5          | 1.03g | 3g           | 1.85g     | 396.8     |
| 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-900074                   | 1 ea                    | Maple Syrup Packet (1.5 oz)   | 31g       | 120            | 0     | 0g           | 0g        | 0         |
| I-900140                   | 8 oz                    | Milk, White 1%(Producers)   | 16g       | 130            | 0     | 11g          | 2.5g      | 25        |
| I-900011                   | 2.25 oz                 | Muffin, Blueberry   | 34.4g     | 269.5          | .44g  | 2.75g        | 13.8g     | 260       |
|                            | 3 oz                    | Muffin, Double Chocolate Dave's                                       | 38g       | 245            | 0     | 3.5g         | 6.5g      | 246mg     |
| I-900068                   | 3.5 oz                  | Muffin, Chocolate Orange  | 56.5g     | 400            | 1.83g | 5.5g         | 19g       | 11.5mg    |
| I-900761                   | 2.2oz                   | Omelet, Sausage and Cheese  | 2g        | 110            | 0     | 7g           | 7g        | 330mg     |
| I-900169                   | 2.5 oz                  | Pan Dulce (Simply Blues)  | 35.5g     | 252            | 1.7g  | 5g           | 9g        | 300mg     |
| I-900759                   | 2.67 oz                 | Pancake on a Stick  | 18g       | 180            | 0     | 8g           | 8g        | 216       |
| I-900218                   | pkg (4 ea)              | Pancakes, Mini, 36g   | 15g       | 80             | 1.0g  | 2g           | 1g        | 450mg     |
| I-900035                   | 1 ea                    | PB & Jelly Uncrustable  | 33.14g    | 317            | 2.62g | 9.22g        | 16.41g    | 200       |
| I-900034                   | 2 ea                    | Pecan Pinwheel  | 32g       | 200            | 0     | 2g           | 8g        | 7         |
| I-900189                   | 1 ea                    | Proballs, Powdered  | 17g       | 130            | 0     | 3g           | 6g        |           |
| 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-0797                     | pkg (2 ea)              | Waffle Sticks, 1.3 oz   | 19g       | 170            | 1.0g  | 2g           | 9g        | 150       |
| R-2701                     | 4 oz                    | Yogurt, Upstate Farms (Assorted)                                      | 19g       | 90             | 0     | 3g           | 0         | 75mg      |

Manteca Unified School District  
Nutrition Services Department  
NUTRIENT ANALYSIS

| Recipe / Ingredient Number | Serving Per Cont./ Pkg. | Green highlights indicate current updates<br>February 10 2010 updated | Carb grms | Total Calories | Fiber | Protein grms | Fat Grams | Sodium mg |
|----------------------------|-------------------------|---|-----------|----------------|-------|--------------|-----------|-----------|
| <b>ALA CARTE ITEMS</b>     |                         |   |           |                |       |              |           |           |
| I-900245                   | .9 oz                   | Beef Jerky  | 7g        | 70             | 0     | 10g          | 1g        | 410mg     |
| R-2702                     | 1 ea                    | Brownie, Low Fat (Buena Vista)  | 23.10g    | 155            | 1.88g | 3.22g        | 1.54g     | 209mg     |
| 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       |
| I-900120                   | 1 ea                    | Fruit by the Foot   | 16g       | 80             | 1.0g  | 0g           | 1.5g      | 35mg      |
| 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       |
| I-900083                   | 1 oz                    | Munchies Kids Mix   | 20g       | 130            | 1.0g  | 2g           | 4.5g      | 240       |
| I-901072                   | .75 oz                  | Pretzel Poppers, Blazin Hot   | 14        | 80             | 2.0g  | 2            | 2.5       | 210mg     |
| I-901071                   | .75 oz                  | Pretzel Poppers, Zesta Pizza  | 14        | 80             | 2.0g  | 3            | 2.5       | 170mg     |
| 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        |
| I-900762                   | .75 oz                  | Turkey Snack Stick  | 0         | 40             | 0     | 6g           | 1.5g      | 320mg     |