

Manteca Unified School District
 Nutrition Services Department
 Nutrient Analysis

2831	1 ea	Fresh, Peach small	12.40g	51	1.95g	1.18g	.33g	0mg
R-0638	Each	Peach Cup, Frz	26.36 g	106	1.82 g	0 g	.09 g	6 mg
1341	1/4 cup	Salad, Pasta WG 60/40	9.1 g	75	1.08 g	1.45 g	3.58 g	14 mg
R-2264	Each	Strawberry, Fruit Cup	33.05 g	122	2.40 g	.68 g	.17 g	4 mg
Breakfast Choices								
2601	1 ea	Bagel & Cream Cheese	37.14g	263	1.40g	7.17g	10.15g	361mg
1556	1 ea	Burrito, Egg, Sausage & cheese Los Cabos	25.81g	244	1.19 g	8.86g	11.25g	635mg
2479	1 ea	Cinn Roll, Sweet Potato	32.72 g	234	1.98 g	3.68 g	8.36 g	92 mg
000031	1 ea	Corndog, Chicken	19.4 g	238	0	8.82 g	13.23 g	643 mg
1036	1 ea	Corndog, Chicken w/catsup & mustard	24.76g	284	0	10.66g	15.03g	880mg
900768	1 ea	Iced Honey Bun 51% WW	37g	250	5.0 g	6g	8g	290mg
901073	1 ea	Mini Cheeseburger	25.4g	236	1.2 g	11.8g	9.3g	474mg
1027	1 ea	Pretzel (2.5oz), with cheese	46.25g	272	2.0 g	8.75g	6g	520mg
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
900099	1 ea	Dressing Packet Ranch Rods FF 1.5 oz	8g	35	0	1g	0	410mg
I-900258	1 pkg 12g	Dressing, Italian PPI 12g	0.85	6	0	0	0.28	95mg
900098	1 ea	Dressing, Packet Itilian 1.5oz	3g	20	0	.5g	1g	340mg
I-90097	1 ea	Dressing, Packet 1000 1.5oz	5g	100	0	1	1g	290mg
R-2343	1 pkg 12g	Dressing, Ranch, 12 grm pkt	.85g	68	0	.14g	7.05g	161mg
R-1216	1 Tbsp	Dressing, Ranch, bulk	.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-900074	1 ea	Maple Syrup Packet (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
R-1550	1/4 cup	Salsa, Commodity	4g	20	0	0	0	230mg
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
Milk & Juice								
5083	4oz	Juice, Apple Producers	14g	55	0	0g	0g	8mg
R-2579	4 oz	Juice, Orange commodity	12.22	51	.23 g	0.77 g	0.07	1 mg
5084	4oz	Juice, Orange Producers	14g	60	0	.5 g	0g	4mg
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
Assorted Grahams/Snacks								
2813	1.1oz	Cookie, assorted shapes	19g	140	.31g	1.54g	6.6g	182mg
R-1190	.5 oa	Doritos Chips	8.5g	70	.5g	1g	4g	90
R-2141	Each	Graham, Apple Cinn Bear	17.66	101	1.28g	1.33g	2.95g	85
R-0371	Each	Graham, Chocolate Bear, .9 oz	18.81g	104	1.56	1.58g	2.83g	93
I-900048	Each	Graham, Goldfish	19g	120	0.5	1g	4g	110
R-2085	Each	Graham, Tropical Treat	19g	110	0.5	1g	3.50g	95
I-900214	Each	Graham, Vanilla Bear	17.72g	102.66	1.16	1.42	2.98g	85.52