

Manteca Unified School District
 Nutrition Services Department
 Nutrient Analysis

Recipe / Ingredient Number	Servings: per Cont./ Pkg	High School Menu Items Updated 7-28-14	Carbs	Total Calories	Fiber	Protein	Fat Grams	Sat. Fat Grams	Sodium
Entrée Lunch Choices									
2009	1 serving	Bean Enchirito w/green Sauce	56.6 g	397	7.08 g	18.13 g	10.53 g	4.77 g	879 mg
2257	1 serving	Bean Enchirito w/Rice & Southwest Beans	92.57 g	639	11.52 g	23.37 g	11.58 g	4.89 g	1403 mg
3140	1 serving	Beef Caribbean Meatballs w/Rice	55.64 g	356	2.32 g	15.28 g	9.73 g	3.56 g	545 mg
2509	1 ea	Beef Cheeseburger	27.8 g	362	4.5 g	24.3 g	17 g	7.0 g	758 mg
3306	1 serving	Beef Cheeseburger w/ Potato Wedges	48.24 g	467	6.33 g	26.95 g	19.39 g	7.7 g	1244 mg
3142	1 serving	Beef Hamburger w/ Sweet Potato Fries	47.37 g	439	6.63 g	22.87 g	17.5 g	5.03 g	732 mg
3367	1 ea	Beef BBQ Bacon Burger	48.4 g	456	4.2 g	27.2 g	17.4 g	5.7 g	1026 mg
3214	1 serving	Beef, Meatloaf w/Garlic Potato & roll, graham	53.7 g	445	5.85 g	20.5 g	18.54 g	6.95 g	1137 mg
2796	1 ea	Beef, Taco Bar,flt brd,bf,salsa,sour crm, chz,cab salsa	35.28g	348	5.38 g	23.91 g	12.18 g	4.34 g	866 mg
3000	2 ea	Bosco Sticks w/ marinara	36.72 g	324	4 g	21.11 g	10.45 g	5.27 g	579 mg
3320	1 ea	Burrito, Bean & Cheese WG Sante Fe	45 g	310	9 g	14 g	7 g	3 g	458 mg
2144	1ea	Burrito, Bean & Cheese whole grain Los Cabos	46.52 g	303	9.06 g	14.08 g	7.46 g	2.86 g	551 mg
2146	1 ea	Burrito, Bean, Rice & Cheese whole grain	31.78g	253	6.35g	14.92g	7.2g	2.4 g	842 mg
3375	1 ea	Burrito, Black Bean & Cheese Los Cabos	41.48 g	298	9.48 g	16 g	9.47 g	3.14 g	470 mg
3343	1 ea	Burrito, Bean & Cheese -Homemade	55.6 g	407	11.5 g	19.2 g	12.3 g	4.4 g	1211 mg
2594	1 ea	Burrito, Beef & Bean Red Chile WG	39.12 g	281	7.7 g	15.78 g	8.12 g	2.22 g	404 mg
2468	1 ea	Burrito, Beefy whole grain	61.36 g	623	13.37 g	36.91 g	22.04 g	6.36 g	1696 mg
903054	1 ea	Burrito, Chicken-Fernando	33 g	330	4 g	17 g	11 g	6 g	570 mg
2327	1 ea	Burrito, Chile Verde whole grain, turkey	47.73	533	10.02 g	35.91 g	18.86 g	4.82 g	1267 mg
3282	1 ea	Burrito, Pork Chile Verde WG	59.7 g	637	11 g	39.9 g	25.8 g	8.2 g	1111 mg
3280	1 serving	Cheese Cruncher w/wedge potato	61.47 g	524	6.83 g	22.62 g	22.39 g	9.64 g	1248 mg
901111	4 ea	Cheese Crunchers	41 g	420	5 g	20 g	20 g	9 g	790 mg
2952	1/2 cup	Wedge Potatoe Fries	20.47 g	104	1.83 g	2.62 g	2.39 g	.64 g	459 mg
3376	1 serving	Cheese Enchilada	40.3 g	378	4 g	13.65 g	14.4 g	9.5 g	555 mg
3401	1 serving	Cheese Ravioli w/Roll	55.2 mg	391	5.9 g	22.87 g	8.86 g	4.3 g	900 mg
902865	1 ea	Chicken, BBQ Flatbread- Ardella	31.87 g	288	2.25 g	18.47 g	9.7 g	5.4 g	588 mg
902868	1 serving	Chicken, BBQ Taco- Schwan's	33 g	290	2 g	17 g	9 g	3 g	490 mg
2987	1 serving	Chicken, Mashed Potato Bowl	49.8 g	440	3 g	27.9 g	13.79 g	2.95 g	993 mg
698	1 serving	Chicken Alfredo w/broccoli	49.88 g	426	2.83 g	27.67 g	13 g	2.2 g	683 mg
3217	1 serving	Chicken Frank Hotdog w vegetarian beans	52 g	410	11 g	19 g	14 g	4 g	820 mg
2585	1 ea	Chicken Ranch Flat Bread	28.07 g	339	3.1 g	21.38 g	16.27 g	3.33 g	695 mg
3113	1 serving	Chicken Teriyaki Stir Fry	56.47 g	370	4.06 g	20.13 g	7.06 g	2.21 g	418 mg
3353	1 serving	Chicken Orange Stir Fry	56.47 g	400	4.06 g	20.13 g	9.56 g	2.21 g	228 mg
2765	1 ea	Chicken, Roasted w/garlic mash pot & corn	41.07 g	471	3.42 g	29.13 g	21.82 g	6.73 g	662 mg
2357	1 serving	Chicken, Roasted w/ Ranch Mashed Potatoes	30.84g	428	2.34g	27.5g	20.13g	5.55 g	595mg
3213	1 serving	Chicken, Roasted w/Garlic Potato, Roll & cracker	44.56 g	359	3.11 g	23.38 g	9.5 g	2.7 g	705 mg
3210	1 serving	Chicken, Roasted w/Mac n Cheese & corn	64.14 g	448	6.12 g	23.69 g	11.54 g	4.7 g	1321 mg
2776	1 serving	Chicken Nuggets,Creamy Pasta, & corn	43.83 g	380	4.29 g	17.21 g	16.57 g	3.59 g	740 mg
3215	1 serving	Chicken Nuggets, Rice Pilaf, steamed carrots	38.77 g	347	3.54 g	14.22 g	14.21 g	2.88 g	827 mg
2176	1 serv	Chicken, Chow Mein	40.6 g	266	1.33 g	14.42 g	6.98 g	.51 g	275 mg
2733	1 ea	Chicken, Patty Sandwich	42.0 g	366	6.0 g	28.0 g	9.5 g	1.0 g	806 mg
693	1 ea	Chicken, Spicy Sandwich	42.0 g	366	7.0 g	26.0 g	9.5 g	1.0 g	764 mg
3393	1 ea	Chicken, "Angry Bird" Sandwich	54.15 g	497	4.06 g	28.65 g	19.21 g	4.19 g	1663 mg
2366	1 serv	Chicken Corn dog w/Macaroni & Cheese	49.5 g	424	2.9 g	16 g	17.7 g	5.3 g	1305 mg
3059	1 serving	Chili Cheese Corndog w/Sweet Potato Fries	56.6 g	392	1.7 g	10.6 g	14.11 g	3.52 g	697 mg
2543	1 serve	Chili, Route 66 w/ pot wedges, roll, grn bns	41.8 g	301	7.17 g	17.31 g	8.39 g	2.89 g	1316 mg
3112	1 serving	Fish Fillet w/ Mac n Cheese & corn	78.13 g	558	6.12 g	26.69 g	16.54 g	4.2 g	1442 mg
3403	1 serving	Fish Fillet w/ Rice Pilaf	66.1 g	573	1.37 g	20.8 g	22.4 g	4.1 g	1058 mg
3383	1 serving	Fish Sandwich w/Roasted Jalapeno Tartar	43.9 g	443	2.16 g	18.18 g	21 g	3.7 g	735 mg
2757	1 ea	Fish Taco Bar w/ Green Beans	31.63 g	299	3.03 g	17.21 g	12.49 g	3.18 g	690 mg
3054	1 serving	Hummus w/ Tostitos , String ch., Roll, celery	39.68 g	322	4.82 g	18.36 g	9.6 g	2.02 g	607 mg
2019	1 serving	Lasagne w/ Focaccia bread	49.3 g	332	3 g	18.86 g	6.47 g	2.59 g	1108 mg
3319	1 serving	Pasta w/ Meat sauce & Roll (bowtie)	46.1 g	444	6.7 g	24.4 g	18.6 g	6.65 g	139 mg
2619	1/8 slice	Pizza, BBQ Chicken	39.7 g	385	4.33 g	21.52 g	16.67 g	7.21 g	780 mg
901096	1/8 slice	Pizza, Primo Cheese Big Daddy	34 g	360	2 g	21 g	16 g	7 g	630 mg
3114	1 ea	Pizza, Cheese Individual, Ardella	30 g	279	2 g	18 g	9.44 g	5.81 g	650 mg
3404	1/8 slice	Pizza, Cowboy	35.2 g	424	2 g	28.9 g	18.55 g	7.77 g	841 mg
1911	1/8 slice	Pizza, Hawaiian Big Daddy	40.05 g	385	4.28 g	21.03 g	16.85 g	7.61 g	906 mg

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R-0638	Each	Peach Cup, Frz	26.36 g	106	1.82 g	0 g	.09 g	0 g	6 mg
R-1341	1/4 cup	Salad, Pasta WG 60/40	10.25 g	77	1.39 g	1.77 g	3.33 g	.66 g	127 mg
R-2878	1/2 cup	Salad, Pasta WG 66/43	25.25 g	152	3.35 g	4.35 g	3.98 g	.63 g	129 mg
R-2027	Each	Salad, Green Side (no dressing)		31	3.66 g	1.68 g	.36 g	.05 g	37.3 mg
R-2264	Each	Strawberry, Fruit Cup	33.05 g	122	2.40 g	.68 g	.17 g	0 g	4 mg
R-3223	box	Raisels, Orange/lemon flavored white raisins	35g	130	1g	1g	0g	0g	0 mg
		Breakfast Choices							
R-2601	1 ea	Bagel & Cream Cheese	37.14g	263	1.40g	7.17g	10.15g	6.75 g	361mg
902937	1 ea	Breakfast Slider, Sausage Egg & Cheese	22 g	160	2 g	8 g	4.5 g	1.5 g	290 mg
R-1556	1 ea	Burrito, Egg, Sausage & cheese Los Cabos	28 g	230	1 g	9 g	9 g	3 g	540 mg
R-2479	1 ea	Cinn Roll, Sweet Potato	32.72 g	234	1.98 g	3.68 g	8.36 g	4.9 g	92 mg
R-1036	1 ea	Corndog, Chicken	22 g	270	0	10 g	15 g	4 g	730 mg
902938	1 ea	Egg & Cheese Wrap	17 g	150	1 g	7 g	6 g	2.5 g	310 mg
900167	1 ea	Iced Honey Bun 51% WW	41 g	265	2.4 g	6 g	6.1 g	1.9 g	290 mg
901073	1 ea	Mini Cheeseburger	17.2 g	168	1.5 g	10.2 g	6.6 g	3 g	390 mg
901135	1 ea	Muffin, FatCat Banana	37.4 g	260	0	3.1 g	10.1 g	.8 g	217 mg
901136	1 ea	Muffin, FatCat Blueberry	41.8 g	277	.3 g	3.2 g	10.2 g	.8 g	217 mg
901138	1 ea	Muffin, FatCat Morning Glory	38.6 g	234	.6 g	2.8 g	8.1 g	.7 g	188 mg
902779	1 ea	Beef Breakfast Biscuit	34.1 g	277	1.9 g	11.1 g	11.5 g	3.8 g	736 mg
902832	1 ea	Pizza, Breakfast Turkey Sausage	24 g	230	1 g	10 g	10 g	4 g	550 mg
902911	1 ea	Pizza, Breakfast Wild Mike's IW	18 g	170	2.4 g	10 g	7 g	3 g	310 mg
902913	1 ea	Turkey Egg Tac-Go	14 g	180	.5 g	9 g	10 g	3.5 g	480 mg
R-1027	1 ea	Pretzel (2.5oz), with cheese	46.25g	272	2.0 g	8.75 g	6 g	1.13 g	520 mg
R-2822	1 ea	Grab & Go Fruit & Grain, String Cheese, fruit	56.96 g	289	4.34 g	10.98 g	5.79 g	2.05 g	331 mg
		Condiments							
I-900115	1 ea	BBQ Sauce Packet (12 grams)	4 g	20	0	0	0	0	75 mg
R-2758	1 oz	Cabbage, Ranch, Jalapeno, cilantro Salsa	.84 g	9	.25g	.23 g	.5 g	.11 g	23.8 mg
R-0222	1 ea	Catsup Packet (9 grams) Red Gold	3 g	10	0	0	0	0	105mg
900099	1 ea	Dressing Packet Ranch Rods FF 1.5 oz	8 g	35	0	1 g	0	0	410mg
I-900258	1 pkg 12g	Dressing, Italian PPI 12g	0.25	6	0	.25 g	.25 g	0	95mg
900098	1 ea	Dressing, Packet Italian 1.5oz	3 g	20	0	.5 g	1 g	0	340mg
I-900097	1 ea	Dressing, Packet 1000 1.5oz	5 g	100	0	1	8 g	2 g	290mg
R-2343	1 pkg 12g	Dressing, Ranch, 12 grm pkt	.85 g	68	0	.14 g	7.05 g	3.1 g	161 mg
R-1216	1 Tbsp	Dressing, Ranch, bulk	.79 g	44	0	.35 g	4.33g	.79 g	74 mg
I-900259	1 pkg 12g	Dressing, Thousand Island PPI 12g	2 g	40	0	.5 g	3 g	0	105mg
I-900074	1 ea	Maple Syrup cup (1.5 oz)	31 g	120	0	0	0	0	25 mg
I-900074	1 ea	Maple Syrup Packet (1.5 oz)	31 g	120	0	0	0	0	25 mg
I-900182	1 ea	Mayonnaise Packet (9 grams)	0	60	0	0	7 g	4 g	150 mg
I-083730	1 ea	Mustard Packet (5.5 grams)	.5 g	5	0	.5 g	0	0	50 mg
R-1550	1/4 cup	Salsa, Commodity	1.4 g	7	0.28	.3 g	0	0	86 mg
I-900084	1 ea	Taco Sauce Packet (9 grams)	1.029g	4.645	.06g	.075g	.043g	.011 g	94.15 mg
I-902780	1 ea	Marinara Sauce 1 oz. Portion Cup	3 g	15	1 g	1 g	0	0	120 mg
I-900204	1 ea	Teriyaki Sauce, Kikoman	2 g	15	0	1 g	0	0	610 mg
		Milk & Juice							
R-5083	4oz	Juice, Apple Foster Farms	11 g	45	0	0	0	0	0
R-2579	4 oz	Juice, Orange commodity	12.22	51	.23 g	0.77 g	0.07	0	1 mg
R-5084	4oz	Juice, Orange Foster farms	15 g	60	0	0	0	0	5 mg
I-900142	8 oz	Milk, Chocolate Fat Free(Foster Farms)	22 g	120	0	9 g	0	0	150
I-900140	8 oz	Milk, White 1% (Foster Farms)	16 g	130	0	10 g	2.5g	1.5 g	160 mg
		Assorted Grahams/Snacks							
2813	1.1oz	Cookie, assorted shapes	19g	140	.31g	1.54g	6.6g		182mg
R-1190	0.563	Doritos Chips	9 g	80	1 g	1 g	4.5 g	.5 g	115 mg
R-2141	Each	Graham, Apple Cinn Bear	17.66	101	1.28g	1.33g	2.95g	.46 g	85
R-0371	Each	Graham, Chocolate Bear, .9 oz	18.81g	104	1.56	1.58g	2.83g	0.83	93
I-900048	Each	Graham, Goldfish	19 g	120	1	1 g	4g	1 g	110
R-2085	Each	Graham, Tropical Treat	19 g	110	0.5	1 g	3.50g	0	95
I-900214	Each	Graham, Vanilla Bear	17.72g	102.66	1.16	1.42	2.98g	.46 g	85.52