

Modesto City Schools
Elementary Breakfast & Lunch Nutrition Information

Item	Portion Size	Calories	Sodium (mg)	Total Fat (g)	Sat Fat (g)	Protein (g)	Carbs (g)	Fiber (g)
1% Milk	1 each	130	160	3	2	10	16	0
100% Florida Orange Juice	1 each	60	15	0	0	1	12	0
100% Grape Juice	1 each	80	2	0	0	0	19	0
100% Pineapple Juice	1 each	60	0	0	0	0	16	0
Apple	1 each	50	1	0	0	0	13	2
Apple Pear	1 each	116	0	1	0	1	29	10
Apple Slices	1 each	29	1	0	0	0	8	1
Baby Carrots	1/2 cup	25	55	0	0	0	6	2
Banana	1 each	121	1	0	0	1	31	4
Banana Pan Bread	1 each	266	103	12	1	4	36	2
Bartlett Pear	1 each	101	2	0	0	1	27	6
BBQ Lay's Potato Chips	1 each	160	150	10	1	2	15	1
BBQ Sauce	1 each	15	85	0	0	0	4	0
Bean & Cheese Burrito	1 each	340	530	13	7	15	42	5
Beef Rib-B-Que Sandwich	1 each	406	894	12	5	18	56	4
Black Beans	1 each	110	600	0	0	7	20	7
Blood Orange	1 each	62	0	0	0	1	15	3
Blue Raspberry Juice	1 each	60	15	0	0	0	14	0
Blueberry Muffin	1 each	263	222	14	2	4	31	2
Broccoli Florets	1/2 cup	15	15	0	0	1	3	1
Brown Rice	1/2 cup	80	0	1	0	2	17	1
Celery Sticks	1/2 cup	12	59	0	0	1	2	1
Cheese & Green Chile Tamale	1 each	370	470	24	8	12	28	2
Cheese Quesadilla	1 each	176	228	7	5	10	17	3
Cheeseburger	1 each	346	633	13	6	22	34	4
Cheesy Breadsticks	1 each	320	640	14	7	16	31	2
Cheesy Breadsticks w/ Marinara Sauce	1 each	353	817	15	7	17	37	3
Chicken Nuggets	5 each	250	540	13	3	16	18	2
Chicken Nuggets w/ Roll	1 each	431	768	16	4	22	50	5
Chicken Taco	1 each	279	746	9	3	23	28	2
Chocolate Muffin	1 each	251	227	11	3	3	36	2
Cinnamon Cereal	1 each	250	270	7	1	2	46	2
Cinnamon Cereal Bar	1 each	150	115	3	1	3	30	3
Cinnamon French Toast	1 each	260	300	6	1	8	45	2
Cinnamon Raisin Roll	1 each	162	178	3	1	4	30	3
Corn Niblets	1/2 cup	60	10	2	0	2	9	2
Cranberry Orange Muffin	1 each	263	223	14	2	4	31	2
Cranberry Orange Roll	1 each	114	125	2	1	3	21	2
Crunchy Beef Taco Bowl	1 each	307	237	16	5	21	16	0
Cucumber Slices	1/2 cup	8	1	0	0	0	2	0
Diced Peaches	1/2 cup	70	10	0	0	1	17	1
Diced Pears	1/2 cup	60	10	0	0	0	14	2
Dinner Roll	1 each	181	228	3	1	6	32	3
Fat-Free Chocolate Milk	1 each	120	150	0	0	9	22	0
Fat-Free Milk	1 each	90	130	0	0	9	13	0
Frozen Juice Cup	1 each	70	5	0	0	0	18	3
Fuyu Persimmon	1 each	118	2	0	0	1	31	6
Grape Tomatoes	1/2 cup	13	4	0	0	1	3	1
Grapes	1/2 cup	31	1	0	0	0	8	0
Green Salad	1 each	15	7	0	0	1	2	1
Grilled Chicken Sandwich	1 cup	301	578	8	3	20	36	4

Jicama Sticks	1/2 cup	27	3	0	0	1	6	3
Ketchup	1 each	10	65	0	0	0	2	0
Kiwi	1 each	51	2	0	0	1	12	2
Lay's Potato Chips	1 each	160	170	10	2	2	15	1
Light Mayonnaise	1 each	25	100	3	0	0	1	0
Macho Nachos w/ Seasoned Beef	1 each	407	412	22	4	23	29	0
Marinara Sauce	1/4 cup	33	177	1	0	1	6	1
Mashed Potatoes	1 each	94	104	2	1	2	17	1
Mini Bagels with Strawberry Cream Cheese	1 each	230	180	6	3	6	41	2
Mini Chicken Corn Dogs	1 each	270	410	12	4	10	30	5
Mozzarella String Cheese	1 each	80	210	6	4	7	1	0
Mustard	1 each	4	9	0	0	0	0	0
Nectarine	1 each	62	0	0	0	2	15	2
Orange	1 each	62	0	0	0	1	15	3
Orange Chicken	1 each	194	206	8	2	16	13	0
Orange Chicken & Brown Rice	1 each	301	206	9	2	19	35	1
Oven Potatoes	1/2 cup	140	260	8	1	1	16	2
Pancakes w/ Cinnamon Glaze	1 each	220	260	7	2	4	35	2
Pear	1 each	101	2	0	0	1	27	6
Pineapple Tidbits	1/2 cup	64	10	0	0	0	16	2
Plum	1 each	44	0	0	0	1	11	1
Pumpkin Muffin	1 each	253	211	12	2	4	32	2
Pumpkin Pan Bread	1 each	277	240	14	2	4	33	2
Raisins	1 each	120	5	0	0	1	29	2
Ranch Dressing	1 each	27	108	2	0	0	2	0
Red Anjou Pear	1 each	84	1	0	0	1	23	5
Red Salsa	1 each	10	32	0	0	0	2	0
Roll Your Own Beef & Bean Burrito	1 each	260	403	7	3	13	36	5
Sausage Link on a Breakfast Roll	1 each	217	270	11	4	7	22	2
Shredded Cheese	0.5 oz	38	24	2	2	3	0	0
Shredded Lettuce	1/4 cup	2	1	0	0	0	0	0
Sour Apple Juice	1 each	60	15	0	0	0	14	0
Soy Butter & Grape Jelly Sandwich	1 each	290	220	16	3	9	28	4
Strawberries	1/2 cup	23	1	0	0	0	6	1
Strawberry Banana Yogurt	1 each	80	65	0	0	4	18	0
Strawberry Yogurt	1 each	80	65	0	0	4	18	0
Strawberry Yogurt w/ Cinnamon Raisin Roll	1 each	242	243	3	1	8	48	3
Strawberry Yogurt w/ Cranberry Orange Roll	1 each	194	190	2	1	7	39	2
Stuffed Crust Cheese Pizza	1 each	370	670	17	8	17	38	4
Stuffed Crust Turkey & Beef Pepperoni Pizza	1 each	370	720	18	8	17	38	4
Sweet Potato Fries	1/2 cup	85	125	3	1	1	13	1
Taco Sauce	1 each	5	95	0	0	0	1	0
Tangerine	1 each	50	0	1	0	1	13	3
Turkey & Cheese on a Sub Deli Roll	1 each	326	1023	11	5	23	36	3
Turkey & Gravy w/ Mashed Potatoes & Roll	1 each	376	653	9	3	18	53	5
Turkey Sausage Breakfast Pizza	1 each	210	479	7	2	9	26	2
Vanilla Graham Crackers	1 each	110	91	3	1	2	19	1
Watermelon	1/2 cup	24	1	0	0	0	6	0

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.