

MUSD Nutritional Information
Elementary School Breakfast & Lunch
Update: August 2020-December 2020

- All nutritional information is provided by the companies that process the food items we purchase.
- Menifee Union School District does not assume the responsibility of the accuracy of the information provided.
 - Not all items are served daily and menus are subject to change without notice.

Breakfast Entrée:	Cal.	Carbs G	Sodium mg	Sat Fat g	Tot Fat g	Chol. mg	Sugar g	Protein g
Bagel (Lender's)	230	39	240	1	7	25	17	4
w/ Cream Cheese 1 oz (Driftwood)	60	1	95	3.5	4.5	15	1	2
BeneFIT Bar	290	47	240	3	9	20	22	5
Blueberry Muffin	230	39	240	1	7	25	17	4
Breakfast Bites (Bake Crafters)	250	37	190	4.5	10	0	13	5
Breakfast Crunch Bar	240	43	85	2.5	6	10	17	4
Cereal- Frosted Mini Spooners	190	46	5	0	1	0	12	5
Honey Scooters	220	46	390	0	2.5	0	17	5
Marshmallow Mateys	210	47	380	0	2	0	23	4
Chocolate Muffin (Buena Vista)	280	44	250	2	10	25	19	5
Cinnamon Roll (Sky Blue)	230	39	340	2	7	0	10	6
Cinnamon Bun	150	30	115	1	2.5	5	8	4
Concha Bread	200	34	90	6	5	8	8	5
Crumb Cake (Sky Blue)	290	48	270	1.5	8	30	21	5
Mini Cinnis (Pillsbury)	240	40	270	1.5	7	0	14	4
Mini Pancakes (Pillsbury)	220	37	270	0.50	6	0	11	4
Oatmeal Breakfast Bun	230	39	340	2	7	0	10	6
Yogurt (Danimals)	70	14	60	0	0	<5	10	4
w/ Maple Grahams	110	20	115	0	30.5	0	6	2
Lunch Entrée:								
BBQ Chicken	100	200	2	6.6	36.6	0	9.3	0
w/ BBQ Sauce (Gayle's) 2 TBSP	30	220	0	0	0	7	1	8
Bean & Cheese Burrito (Arizona)	380	46	490	6	15	25	3	16
Breaded Chicken Patty	200	9	290	1.5	9	45	0	19
w/ Bun	150	29	280	0	1.5	0	3	5
Total	350	38	570	1.5	10.5	45	3	24
Cheeseburger Mini Twins (Advance Pierre)	360	39	710	7	15	50	8	19
Cheeseburger on A Bun (Don Lee)	318	30.1	820	5.5	13.1	54.5	3.7	20.2
Cheese Stuffed Pull Aparts	290	29	630	5	14	30	0.99	15
w/ Marinara Sauce	40	7	200	0	1	0	4	1
Chicken Double Dogs	251	31.5	446	2	7	30	2.6	15
Chicken Nuggets (Gold Kist)	210	17	570	1.5	8	50	0	18
Chili w/ Beans	158	16	266	1.7	5	31	5	14
Corn Dog (Foster Farms)	250	30	450	2.5	9	40	9	9
Corn Dog (Don Lee)	238	27.80	690	2.5	9.2	40	7.60	11.6
Crispy Chicken Sandwich	350	38	570	1.5	10.5	45	3	24
Grilled Cheese Sandwich (Integrated)	280.32	30.96	580.79	5.56	9.91	31.85	5.65	18.55
Hamburger on a Bun (Don Lee)	268	29.6	595	3	8.6	42	3.2	17.7
Hot Dog on a Bun	260	27	950	3	12.5	45	3	11
Meatballs in Marinara Sauce	271	374	2.7	14	85	10	20	16
w/ Texas Toast	100	120	.5	3.5	0	0	3	14
Pepperoni Pizza Wedge (Rose & Shore)	350	31	590	8	17	35	4	18
Pizza Crunchers (Rich's)	420	41	670	9	20	30	3	20
w/ Marinara Sauce	40	7	200	0	1	0	4	1
Popcorn Chicken (Gold Kist)	240	16	570	2	11	80	0	18

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Spicy Chicken Sandwich	360	41	750	2.5	12.5	55	3	20
Sunbutter Sandwich (Sunwise Foods) w/ Sunflower Seeds	310	33	300	2	17	0	11	9
	170	7	65	1	15	0	3	5
Teriyaki Chicken (Yang's) w/ ½ Cup Rice (WG)	115	6	330	1	3.5	70	6	15
	108	22	5	0	0	0	0	3
Tony's Galaxy Cheese Pizza (Schwan's)	280	26	410	6	12	30	8	15
Tony's Galaxy Pepperoni Pizza (Schwan's)	290	26	490	6	13	35	5	16
Turkey Taco Nada	310	40	410	2.5	10	30	1	18
Turkey Sandwich	260	29	650	1	6	45	3	22
WOW Butter Sandwich (Albie's)	540	53	390	6	29	0	19	18

Potatoes:	Cal.	Carbs g	Sodium mg	Sat Fat g	Tot Fat g	Chol. mg	Sugar g	Protein g
Mashed Potatoes ¼ Cup (Idahoan)	45.43	8.41	103.85	.64	1	.21	.84	.97
Oven Baked French Fries ½ Cup (Simplot)	80	14	25	0	2.5	0	0	1
Smiley Potatoes 4 Pieces (McCain)	130	20	180	0.5	4.5	0	0	2
Tater Gems Tots ½ Cup (Simplot)	140	16	190	1	7	0	0	1
Crackers/Breads/Cookies:								
Bagel	140	28	160	0	1	0	4	6
Bear Grahams (J & J)	130	20	100	0	4	0	8	2
Chocolate Chip Cookie (Buena Vista)	110	18	60	1	4	10	9	2
Cinnamon Crumb Cake (Sky Blue Bakery)	290	48	270	1.50	8.0	30	21	5
Crunchy Taco Shell only	100	12	0	.5	5	0	0	1
Dinner Roll (Sky Blue Bakery)	150	28	135	0.5	2.5	5	4	5
Gingerbread Cookie	90	14	55	1	3	5	7	2
Goldfish Crackers	100	14	170	0.50	3.5	0	0	2
Hamburger Bun only	120	23	210	0	1.5	0	3	5
Condiments/Salad Dressings:								
BBQ Sauce Dunk Cup (Red Gold)	40	10	65	0	0	0	8	0
Dill Pickle 1 oz (A-1)	5	0	390	0	0	0	0	0
Italian Lite Dressing 2 Tbsp (Bay Valley)	10	0	660	0	0	0	2	0
Jalapeno Peppers 1 oz (Indel)	5	1	510	0	0	1	0	0
Mayonnaise Packet 9g (Heinz)	60	0	55	1	7	5	0	0
Mustard Packet 5.5g (Ventura)	5	0	85	0	0	0	0	0
Natural Ketchup 9g (Red Gold)	10	0	25	0	0	0	2	0
Pancake Syrup 1 oz (Heinz)	80	20	20	0	0	20	14	0
Ranch Lite Dressing 1 Tbsp (20 th Century)	50	2	160	.5	5	0	1	0
Salsa, 2 Tbsp (La Victoria)	10	2	150	0	0	0	1	0
Sour Cream - 2 Tbsp (Driftwood)	60	1	20	3	6	20	0	1
Drinks:								
Apple Juice, 4 oz	55	15	15	0	0	0	15	0
Fruit Punch Juice, 4 oz	120	29	30	0	0	0	29	0
Milk, 1% Lowfat White, 8 oz	120	14	150	1.5	2.5	10	14	10
Milk, Nonfat Chocolate, 8 oz	120	22	150	0	0	5	20	8
Milk, Soy, 8 oz	140	12	150	.5	5	0	8	10
Orange Juice, 4 oz	55	14	14	0	0	0	14	1
Wildberry Juice, 4 oz	60	15	15	0	0	0	15	0

Fruits & Veggies	Cal.	Carbs g	Sodium mg	Sat Fat g	Tot Fat g	Chol. mg	Sugar g	Protein g
Apple-1 Medium	76	19	2	0	0	0	14.34	0
Applesauce, Cups-½ Cup	51	14	2	0	0	0	11	0
Applesauce, Unsweetened	50	14	0	0	0	0	12	0
Applesauce Strawberry Banana, Unsweetened	50	14	0	0	0	0	12	0

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Apple slices, 2.0oz	30	7	0	0	0	0	5	0
Avocado- 1/2 Small	107	5.5	5	0	9.8	0	.25	1.5
Banana, Mini	88	23	1	0	0	0	12	1
Beans, Black (Turtle), Canned- 1/2 Cup	109	20	140	0	0	0	0	7
Beans, Garbanzo, Canned-1/2 Cup	106	16	140	0	2	0	3	6
Beans, Kidney Canned – 1/2 Cup	104	19	140	0	0	0	2	7
Beans, Pinto Canned-1/2 Cup	98	18	140	0	1	0	1	6
Beans, Refried Canned-1/2 Cup	110	20	140	0	0	0	1	7
Bell Pepper-1/2 Cup	15.5	3	0	0	0	0	2	0.5
Blueberries, 1/2 Cup, Frozen	40	10	1	0	1	0	7	0
Broccoli-1/2 Cup	15	3	15	0	0	0	1	1.2
Carrots Baby-1/2 Cup	12.5	3	27.5	0	0	0	1.5	0
Cantaloupe, Cubed-1/2 Cup	27	7	13	0	0	0	6	1
Celery Sticks-1/2 Cup	5	.5	20	0	0	0	0.5	0
Corn, Canned-1/2 Cup	65	15	15	0	0	0	3	2
Cucumber, Slices-1/2 Cup	8	2	1	0	0	0	1	0
Grapes, Red/Green-1/2 Cup	45	11	8	0	0	0	10	0
Green Beans, Canned-1/2 Cup	16	3	140	0	0	0	1	1
Fruit Mix, Dried 1/4 Cup	104	27	7	0	0	0	23	0
Honeydew Melon, Cubed- 1/2 Cup	30.5	7.5	15.5	0	0	0	7	0.5
Jalapeno, 3 Tbsp	5	1	510	0	0	0	0	0
Jicama, Sliced-1/2 Cup	22.8	5.2	2.5	0	0	0	1	0.5
Kiwi, Sliced-1 Medium	42	10	2	0	.4	0	6	1
Mixed Berries-1/2 cup, Frozen	90	20	0	0	0	0	16	0
Mixed Fruit, Canned-1/2 Cup	60	17	10	0	0	0	13	0
Nectarine, Fresh	60	15	0	0	.5	0	11	1
Lettuce-4 Way- 4 oz	20	4	13.33	0	0	0	2.66	1.33
Lettuce-Romaine- 4 oz	20	4	6.67	0	0	0	1.33	1.33
Onion, Yellow 1 tbsp	4	.9	37	0	0	.9	.4	.1
Orange-1 Medium	62	15	0	0	0	0	12	1
Peaches, Canned –1/2 Cup	60	14	5	0	0	0	13	0
Peach, Fresh-1/2 Cup	30	7	0	0	0	0	6	1
Pears, Fresh-1 Medium	100	28	0	0	0	0	17	1
Pears, Canned-1/2 Cup	60	15	5	0	0	0	12	0
Pear, Asian, Raw	51	13	0	0	0	0	9	1
Peas, Canned-1/2 Cup	59	11	140	0	0	0	4	4
Peas, Sugar Snap- 1/2 Cup	59	10	4	0	0	0	4	4
Pico de Gallo	20	5	5	0	0	0	6	<1
Pineapple, Canned L/S-1/2 Cup	70	17	10	0	0	0	14	0
Pineapple Wedge, Fresh 2.7 oz	29	8.28	0	0	0	8.28	6.21	0
Plum, Fresh-1/2 Cup	30	8	0	0	0	0	7	0
Raisins-1.33 oz Box	120	29	5	0	0	0	27	1
Spinach, Fresh 1/2 Cup	3.5	.5	12	0	0	0	0	.5
Squash, Yellow 1/2 Cup	28	7.5	2	0	0	0	1	.5
Squash, Zucchini 1/2 Cup	10.5	2	5	0	0	0	1.5	1
Strawberrys-1/2 Cup	25	7	0	0	0	0	5	0
Strawberry cup, Frozen USDA 4.5 oz.	90	22	0	0	0	0	18	1
Tangerine, Small	50	13	0	0	0	0	9	1
Tomatoes-1/2 Cup Sliced/Cherry/Grape	15	3	5	0	0	0	1	1
Watermelon, Cubed-1/2 Cup	20	5.25	0	0	0	0	5	0