

MUSD Nutritional Information
Elementary School Breakfast & Lunch
Update: August 2020-September 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
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
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:								
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
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
Corn Dog (Don Lee)	238	27.80	690	2.5	9.2	40	7.60	11.6
Grilled Cheese Sandwich (Integrated)	280.32	30.96	580.79	5.56	9.91	31.85	5.65	18.55
Hamburger on Bun (Integrated)	275.10	29.6	438.01	2.95	8.67	31.13	3.09	19.92
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
Sunbutter Sandwich (Sunwise Foods)	310	33	300	2	17	0	11	9
w/ Sunflower Seeds	170	7	65	1	15	0	3	5
Teriyaki Chicken (Yang's) w/	115	6	330	1	3.5	70	6	15
½ Cup Rice (WG)	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

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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
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 Canned ½ Cup	51	14	2	0	0	0	11	0
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- ½ Cup	109	20	140	0	0	0	0	7
Beans, Garbanzo, Canned-½ Cup	106	16	140	0	2	0	3	6
Beans, Kidney Canned – ½ Cup	104	19	140	0	0	0	2	7
Beans, Pinto Canned-½ Cup	98	18	140	0	1	0	1	6
Beans, Refried Canned-½ Cup	110	20	140	0	0	0	1	7
Bell Pepper-½ Cup	15.5	3	0	0	0	0	2	0.5
Blueberries, ½ Cup, Frozen	40	10	1	0	1	0	7	0
Broccoli-½ Cup	15	3	15	0	0	0	1	1.2
Carrots Baby-½ Cup	12.5	3	27.5	0	0	0	1.5	0
Cantaloupe, Cubed-½ Cup	27	7	13	0	0	0	6	1
Celery Sticks-½ Cup	5	.5	20	0	0	0	0.5	0

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Corn, Canned-½ Cup	65	15	15	0	0	0	3	2
Cucumber, Slices-½ Cup	8	2	1	0	0	0	1	0
Grapes, Red/Green-½ Cup	45	11	8	0	0	0	10	0
Green Beans, Canned-½ Cup	16	3	140	0	0	0	1	1
Fruit Mix, Dried ¼ Cup	104	27	7	0	0	0	23	0
Honeydew Melon, Cubed- ½ 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-½ 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-½ cup, Frozen	90	20	0	0	0	0	16	0
Mixed Fruit, Canned-½ 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 -½ Cup	60	14	5	0	0	0	13	0
Peach, Fresh-½ Cup	30	7	0	0	0	0	6	1
Pears, Fresh-1 Medium	100	28	0	0	0	0	17	1
Pears, Canned-½ Cup	60	15	5	0	0	0	12	0
Pear, Asian, Raw	51	13	0	0	0	0	9	1
Peas, Canned-½ Cup	59	11	140	0	0	0	4	4
Peas, Sugar Snap- ½ Cup	59	10	4	0	0	0	4	4
Pico de Gallo	20	5	5	0	0	0	6	<1
Pineapple, Canned L/S-½ 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-½ Cup	30	8	0	0	0	0	7	0
Raisins-1.33 oz Box	120	29	5	0	0	0	27	1
Spinach, Fresh ½ Cup	3.5	.5	12	0	0	0	0	.5
Squash, Yellow ½ Cup	28	7.5	2	0	0	0	1	.5
Squash, Zucchini ½ Cup	10.5	2	5	0	0	0	1.5	1
Strawberrys-½ 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-½ Cup Sliced/Cherry/Grape	15	3	5	0	0	0	1	1
Watermelon, Cubed-½ Cup	20	5.25	0	0	0	0	5	0