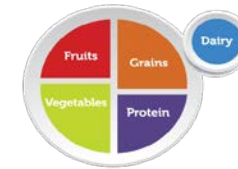




Tracy Unified School District K-8 Breakfast & Lunch Menu October 2021



Breakfast

Breakfast includes choice of one (1) main entrée, fruit and/or 100% fruit juice choices which vary by day, and choice of milk. Students must select 3 food items with one being a 1/2 cup of fruit/fruit juice.

Lunch

Lunch includes choice of one (1) main entrée, fruit and vegetable choices which vary by day, and choice of milk. Students must select 3 of the 5 food components with one being a 1/2 cup of fruit or vegetable.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|
| <p style="text-align: right; font-size: small;">4</p> <p>Select One Breakfast Entrée: Poptarts* Cold Cereal Bowl*</p> <p>Select One Lunch Entrée: Corn Dog (chicken) & Fries Cheese Pizza Crunchers* & Marinara</p> <p style="text-align: center;">Mini Rice Krispy Treat</p> | <p style="text-align: right; font-size: small;">5</p> <p>Select One Breakfast Entrée: Mini Pancakes* Cold Cereal Bowl*</p> <p>Select One Lunch Entrée: Crispy Chicken Sandwich WowButter Sandwich*</p> <p style="text-align: center;">Chocolate Chip Cookie</p> | <p style="text-align: right; font-size: small;">6</p> <p>Select One Breakfast Entrée: Cinnamon Rolls* Cold Cereal Bowl*</p> <p>Select One Lunch Entrée: Domino's Pepperoni (pork & beef) Pizza Domino's Cheese Pizza*</p> <p style="text-align: center;">Mini Rice Krispy Treat</p> | <p style="text-align: right; font-size: small;">7</p> <p>Select One Breakfast Entrée: Waffle Grahams & Yogurt Cold Cereal Bowl*</p> <p>Select One Lunch Entrée: Orange Chicken & Rice Cheese Bites* & Marinara</p> <p style="text-align: center;">Fortune Cookie</p> | <p style="text-align: right; font-size: small;">8</p> <p>Select One Breakfast Entrée: Crunchmania* Cold Cereal Bowl*</p> <p>Select One Lunch Entrée: Mini Twin Burgers (beef) & Wedges Cheese Quesadilla*</p> <p style="text-align: center;">Frozen Yogurt</p> |
| <p style="text-align: right; font-size: small;">11</p> <p>Select One Breakfast Entrée: Poptarts* Cold Cereal Bowl*</p> <p>Select One Lunch Entrée: Pepperoni Stuffed Sandwich (tky & beef) Cheese Tamale*</p> <p style="text-align: center;">Mini Rice Krispy Treat</p> | <p style="text-align: right; font-size: small;">12</p> <p>Select One Breakfast Entrée: Mini Pancakes* Cold Cereal Bowl*</p> <p>Select One Lunch Entrée: Chicken Tenders & Fries Macaroni & Cheese*</p> <p style="text-align: center;">Chocolate Chip Cookie</p> | <p style="text-align: right; font-size: small;">13</p> <p>Select One Breakfast Entrée: Cinnamon Rolls* Cold Cereal Bowl*</p> <p>Select One Lunch Entrée: Domino's Pepperoni (pork & beef) Pizza Domino's Cheese Pizza*</p> <p style="text-align: center;">Mini Rice Krispy Treat</p> | <p style="text-align: right; font-size: small;">14</p> <p>Select One Breakfast Entrée: Waffle Grahams & Yogurt Cold Cereal Bowl*</p> <p>Select One Lunch Entrée: Chicken Drumstick & Texas Toast Grilled Cheese Sandwich*</p> <p style="text-align: center;">Honey Grahams</p> | <p style="text-align: right; font-size: small;">15</p> <p>Select One Breakfast Entrée: Crunchmania* Cold Cereal Bowl*</p> <p>Select One Lunch Entrée: Mini Twin Hot Dogs (chicken) & Potato Chips Cheese Breadsticks* & Marinara</p> <p style="text-align: center;">Mini Rice Krispy Treat</p> |
| <p style="text-align: right; font-size: small;">18</p> <p>Select One Breakfast Entrée: Poptarts* Cold Cereal Bowl*</p> <p>Select One Lunch Entrée: Corn Dog (chicken) & Fries Cheese Pizza Crunchers* & Marinara</p> <p style="text-align: center;">Mini Rice Krispy Treat</p> | <p style="text-align: right; font-size: small;">19</p> <p>Select One Breakfast Entrée: Mini Pancakes* Cold Cereal Bowl*</p> <p>Select One Lunch Entrée: Crispy Chicken Sandwich WowButter Sandwich*</p> <p style="text-align: center;">Chocolate Chip Cookie</p> | <p style="text-align: right; font-size: small;">20</p> <p>Select One Breakfast Entrée: Cinnamon Rolls* Cold Cereal Bowl*</p> <p>Select One Lunch Entrée: Domino's Pepperoni (pork & beef) Pizza Domino's Cheese Pizza*</p> <p style="text-align: center;">Mini Rice Krispy Treat</p> | <p style="text-align: right; font-size: small;">21</p> <p>Select One Breakfast Entrée: Waffle Grahams & Yogurt Cold Cereal Bowl*</p> <p>Select One Lunch Entrée: Orange Chicken & Rice Cheese Bites* & Marinara</p> <p style="text-align: center;">Fortune Cookie</p> | <p style="text-align: right; font-size: small;">22</p> <p>Select One Breakfast Entrée: Crunchmania* Cold Cereal Bowl*</p> <p>Select One Lunch Entrée: Mini Twin Burgers (beef) & Wedges Cheese Quesadilla*</p> <p style="text-align: center;">Frozen Yogurt</p> |
| <p style="text-align: right; font-size: small;">25</p> <div style="text-align: center;"> <p style="font-size: 2em; font-weight: bold; color: red;">No School Staff Work Day</p> </div> | <p style="text-align: right; font-size: small;">26</p> <p>Select One Breakfast Entrée: Mini Pancakes* Cold Cereal Bowl*</p> <p>Select One Lunch Entrée: Chicken Tenders & Fries Macaroni & Cheese*</p> <p style="text-align: center;">Chocolate Chip Cookie</p> | <p style="text-align: right; font-size: small;">27</p> <p>Select One Breakfast Entrée: Cinnamon Rolls* Cold Cereal Bowl*</p> <p>Select One Lunch Entrée: Domino's Pepperoni (pork & beef) Pizza Domino's Cheese Pizza*</p> <p style="text-align: center;">Mini Rice Krispy Treat</p> | <p style="text-align: right; font-size: small;">28</p> <p>Select One Breakfast Entrée: Waffle Grahams & Yogurt Cold Cereal Bowl*</p> <p>Select One Lunch Entrée: Chicken Drumstick & Texas Toast Grilled Cheese Sandwich*</p> <p style="text-align: center;">Honey Grahams</p> | <p style="text-align: right; font-size: small;">29</p> <p>Select One Breakfast Entrée: Crunchmania* Cold Cereal Bowl*</p> <p>Select One Lunch Entrée: Mini Twin Hot Dogs (chicken) & Potato Chips Cheese Breadsticks* & Marinara</p> <p style="text-align: center;">Mini Rice Krispy Treat</p> |
| <p>Additional Lunch Entrées Offered Daily: Sunbutter Cup & Crackers*</p> | | | | |

* = Vegetarian

All meals are whole-grain rich and include choice of 1% white or nonfat chocolate milk. Menu subject to change without notice.
Nutrition information can be found at <https://tusdfoodservices.com>. This institution is an equal opportunity provider.