

Tracy Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

6-8 Breakfast

Aug-Oct 2021

	Portion Size	Carb (g)
Monday		
6-8 Breakfast	Total	
Pop Tart: Strawberry WG 2 pk	2 pack	75.0
Muffin, breakfast, assorted	3 oz muffin	50.0
Cereal Bowl, assorted flavors	bowl	46.0
Fruit, fresh, assorted	1/2 cup	20.73
Fruit, shelf stable, assorted	1/2 cup	21.28
Fruit, 100% juice, assorted	carton	16.0
Milk, chocolate, FF	8 oz. Carton	22.0
Milk, white, 1%	8 oz. Carton	16.0

Tuesday		
6-8 Breakfast	Total	
Pizza, breakfast (turkey)	piece	31.0
Pancake, Mini Maple Burst'n Pl	1 ea	39.0
Cereal Bowl, assorted flavors	bowl	46.0
Fruit, fresh, assorted	1/2 cup	20.73
Fruit, shelf stable, assorted	1/2 cup	21.28
Fruit, 100% juice, assorted	carton	16.0
Milk, chocolate, FF	8 oz. Carton	22.0
Milk, white, 1%	8 oz. Carton	16.0

Wednesday		
6-8 Breakfast	Total	
Sandwich, Egg & Cheese	Sandwich	19.0
Cinni Minis, whole grain rich	Packet	40.0
Cereal Bowl, assorted flavors	bowl	46.0
Fruit, fresh, assorted	1/2 cup	20.73
Fruit, shelf stable, assorted	1/2 cup	21.28
Fruit, 100% juice, assorted	carton	16.0
Milk, chocolate, FF	8 oz. Carton	22.0
Milk, white, 1%	8 oz. Carton	16.0

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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.

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Portion Values - Detailed

Page 2

6-8 Breakfast

Aug-Oct 2021

	Portion Size	Carb (g)
Thursday		
6-8 Breakfast	Total	
Burrito, breakfast, egg,cheese	burrito	28.0
Waffle Grahams & Yogurt	serving	20.0
Cereal Bowl, assorted flavors	bowl	46.0
Fruit, fresh, assorted	1/2 cup	20.73
Fruit, shelf stable, assorted	1/2 cup	21.28
Fruit, 100% juice, assorted	carton	16.0
Milk, chocolate, FF	8 oz. Carton	22.0
Milk, white, 1%	8 oz. Carton	16.0

Friday		
6-8 Breakfast	Total	
Pancake Wrap (turkey)	serving	17.17
Crunchmania	packet	37.0
Cereal Bowl, assorted flavors	bowl	46.0
Fruit, fresh, assorted	1/2 cup	20.73
Fruit, shelf stable, assorted	1/2 cup	21.28
Fruit, 100% juice, assorted	carton	16.0
Milk, chocolate, FF	8 oz. Carton	22.0
Milk, white, 1%	8 oz. Carton	16.0

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