

Tracy Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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6-8 Lunch
Aug-Oct 2021

	Portion Size	Carb (g)
Monday		
6-8 Lunch	Total	
Pizza, Domino's, pepperoni	Slice	34.0
Pizza, Domino's cheese	Slice	34.0
Tamale, Cheese	tamale	28.0
Chicken, sandwich, spicy	sandwich	44.0
Sandwich, turkey, cheese	sandwich	34.0
Sandwich, Soybutter, WG	4.6 oz. Sand	55.17
Burrito, bean, rice, cheese	Burrito	53.0
Salad Bar M Aug-Oct K-12	1/2 cup serving	11.18
Fruit, 100% juice, assorted	carton	16.0
Milk, chocolate, FF	8 oz. Carton	22.0
Milk, white, 1%	8 oz. Carton	16.0
Dressing, Ranch 12gr	2 each	1.71

Tuesday		
6-8 Lunch	Total	
Burger, bacon, cheese	Burger	28.11
French Fries	1/2 cup	19.36
Chicken Tenders, spicy	3 pieces	9.15
French Fries	1/2 cup	19.36
Macaroni & Chz WG: LOL	2/3 Cup	29.0
Cookie Choc Chip 1oz	1 cookie	18.11
Pizza, pepperoni	Slice	33.97
Pizza, cheese	Pizza Slice	34.0
Chicken, sandwich, spicy	sandwich	44.0
Sandwich, turkey, cheese	sandwich	34.0
Sandwich, Soybutter, WG	4.6 oz. Sand	55.17
Burrito, bean, rice, cheese	Burrito	53.0
Salad Bar T Aug-Oct K-12	1/2 cup serving	17.12
Fruit, 100% juice, assorted	carton	16.0
Milk, chocolate, FF	8 oz. Carton	22.0
Milk, white, 1%	8 oz. Carton	16.0
Dressing, Ranch 12gr	2 each	1.71
Ketchup 7 Grams	2 each	4.0

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.

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	Portion Size	Carb (g)
Wednesday		
6-8 Lunch	Total	
Pretzel Dog (beef)	pretzel dog	41.0
Orange Chicken	3.6 oz serving	19.0
Rice Brown w/ Peas and Carrots	1 cup	53.66
Cheese, bread, garlic, marinara	serving	37.0
Fortune Cookie	1 each	8.0
Pizza, pepperoni	Slice	33.97
Pizza, cheese	Pizza Slice	34.0
Chicken, sandwich, spicy	sandwich	44.0
Sandwich, turkey, cheese	sandwich	34.0
Sandwich, Soybutter, WG	4.6 oz. Sand	55.17
Burrito, bean, rice, cheese	Burrito	53.0
Salad Bar W Aug-Oct K-12	1/2 cup serving	13.79
Fruit, 100% juice, assorted	carton	16.0
Milk, chocolate, FF	8 oz. Carton	22.0
Milk, white, 1%	8 oz. Carton	16.0
Dressing, Ranch 12gr	2 each	1.71
Ketchup 7 Grams	2 each	4.0

	Portion Size	Carb (g)
Thursday		
6-8 Lunch	Total	
Burger, bacon, cheese	Burger	28.11
Potato Wedges	1/2 cup	21.37
Chicken, boneless wing, spicy	serving	15.0
Potato Wedges	1/2 cup	21.37
Sandwich, cheese, grilled, WG	Sandwich	31.0
Rice Krispie, Mini	mini square	8.47
Pizza, pepperoni	Slice	33.97
Pizza, cheese	Pizza Slice	34.0
Chicken, sandwich, spicy	sandwich	44.0
Sandwich, turkey, cheese	sandwich	34.0
Sandwich, Soybutter, WG	4.6 oz. Sand	55.17
Burrito, bean, rice, cheese	Burrito	53.0
Salad Bar Th Aug-Oct K-12	Servings	8.79
Fruit, 100% juice, assorted	carton	16.0
Milk, chocolate, FF	8 oz. Carton	22.0
Milk, white, 1%	8 oz. Carton	16.0
Dressing, Ranch 12gr	2 each	1.71
Ketchup 7 Grams	2 each	4.0

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	Portion Size	Carb (g)
Friday		
6-8 Lunch	Total	
Pizza, Domino's cheese	Slice	34.0
Pizza, Domino's, pepperoni	Slice	34.0
Cheese Sauce, Cheddar	3oz dip cup	14.0
Tortilla Rounds IW	bag	31.0
Salsa Dip Cup	3oz cup	5.0
Chicken, sandwich, spicy	sandwich	44.0
Sandwich, turkey, cheese	sandwich	34.0
Sandwich, Soybutter, WG	4.6 oz. Sand	55.17
Burrito, bean, rice, cheese	Burrito	53.0
Salad Bar F Aug-Oct K-12	Servings	12.68
Fruit, 100% juice, assorted	carton	16.0
Milk, chocolate, FF	8 oz. Carton	22.0
Milk, white, 1%	8 oz. Carton	16.0
Dressing, Ranch 12gr	2 each	1.71

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