

Tracy Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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9-12 Lunch
Aug-Oct 2021

	Portion Size	Carb (g)
Monday		
9-12 Lunch	Total	
Nacho chips, beef, bean, chees	1 Each	73.12
Nacho chips, beans, cheese	1 each	68.68
Nacho chips, veggie beans	1 each	80.0
Burger, bacon, cheese	Burger	28.11
French Fries	1/2 cup	19.36
Chix, wings, BBQ, fries, roll	serving	53.29
Pizza, cheese	Pizza Slice	34.0
Pizza, pepperoni	Slice	33.97
Chix, sandwich, spicy	1 Each	47.49
Chix, sandwich, crispy	Burger	46.0
Salad, chix, spicy	1 ea	54.29
Burrito, bean, rice, cheese	Burrito	53.0
Wrap, chix, Ceasar & fruit	1 each	69.34
Wrap, chix, spicy & fruit	1 each	71.29
Wrap, veggie & fruit	Veggie Wrap	58.74
Sandwich, turkey, cheese	sandwich	34.0
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
Ketchup 7 Grams	2 each	4.0
BBQ Sauce 12 gm	1 ea	4.0
Mayonnaise 9 gm	1 each	0.0

Tuesday		
9-12 Lunch	Total	
Chicken Homestyle Bowl	1 ea	102.57
Cheese Veggie Bowl	1 ea	84.86
Chix, wing, spicy, fries, roll	1 Each	50.25
Pretzel Dog (beef)	pretzel dog	41.0
Cookie Choc Chip 1oz	1 cookie	18.11
Pizza, cheese	Pizza Slice	34.0
Pizza, pepperoni	Slice	33.97
Chix, sandwich, spicy	1 Each	47.49
Chix, sandwich, crispy	Burger	46.0
Burrito, bean, rice, cheese	Burrito	53.0
Salad, chix, spicy	1 ea	54.29
Wrap, chix, Ceasar & fruit	1 each	69.34
Wrap, chix, spicy & fruit	1 each	71.29
Wrap, veggie & fruit	Veggie Wrap	58.74
Sandwich, turkey, cheese	sandwich	34.0
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	1 each	2.0
BBQ Sauce 12 gm	1 ea	4.0
Mayonnaise 9 gm	1 each	0.0

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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Tracy Unified School District

Aug 9, 2021 thru Aug 13, 2021

Base Menu Spreadsheet

9-12 Lunch

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	Portion Size	Carb (g)
Wednesday		
9-12 Lunch		
Burrito, egg, bacon	1 each	51.28
Burrito, egg, chorizo	1 each	52.3
Burrito, egg, cheese	1 each	51.28
Burger, bacon, cheese	Burger	28.11
Potato Wedges	1/2 cup	21.37
Corn Dog (chicken)	serving	30.0
Potato Wedges	1/2 cup	21.37
Pizza, cheese	Pizza Slice	34.0
Pizza, pepperoni	Slice	33.97
Chix, sandwich, spicy	1 Each	47.49
Chix, sandwich, crispy	Burger	46.0
Burrito, bean, rice, cheese	Burrito	53.0
Salad, chix, spicy	1 ea	54.29
Wrap, chix, Ceasar & fruit	1 each	69.34
Wrap, chix, spicy & fruit	1 each	71.29
Wrap, veggie & fruit	Veggie Wrap	58.74
Sandwich, turkey, cheese	sandwich	34.0
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
BBQ Sauce 12 gm	1 ea	4.0
Mayonnaise 9 gm	1 each	0.0

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	Portion Size	Carb (g)
Thursday		
9-12 Lunch	Total	
Orange Chicken	3.6 oz serving	19.0
Rice Brown w/ Peas and Carrots	1 cup	53.66
Fortune Cookie	1 each	8.0
Chix, wing, spicy, fries, roll	1 Each	50.25
Cheese, bread, garlic, marinara	serving	37.0
Pizza, cheese	Pizza Slice	34.0
Pizza, pepperoni	Slice	33.97
Chix, sandwich, spicy	1 Each	47.49
Chix, sandwich, crispy	Burger	46.0
Burrito, bean, rice, cheese	Burrito	53.0
Salad, chix, spicy	1 ea	54.29
Wrap, chix, Ceasar & fruit	1 each	69.34
Wrap, chix, spicy & fruit	1 each	71.29
Wrap, veggie & fruit	Veggie Wrap	58.74
Sandwich, turkey, cheese	sandwich	34.0
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
BBQ Sauce 12 gm	1 ea	4.0
Mayonnaise 9 gm	1 each	0.0

	Portion Size	Carb (g)
Friday		
9-12 Lunch	Total	
Chix, drumstick, wedges, toast	serving	40.37
Burger, bacon, cheese	Burger	28.11
Potato Wedges	1/2 cup	21.37
Sandwich, fish, spicy	sandwich	43.65
Pizza, cheese	Pizza Slice	34.0
Pizza, pepperoni	Slice	33.97
Chix, sandwich, spicy	1 Each	47.49
Chix, sandwich, crispy	Burger	46.0
Salad, chix, spicy	1 ea	54.29
Burrito, bean, rice, cheese	Burrito	53.0
Wrap, chix, Ceasar & fruit	1 each	69.34
Wrap, chix, spicy & fruit	1 each	71.29
Wrap, veggie & fruit	Veggie Wrap	58.74
Sandwich, turkey, cheese	sandwich	34.0
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
Ketchup 7 Grams	2 each	4.0
BBQ Sauce 12 gm	1 ea	4.0
Mayonnaise 9 gm	1 each	0.0

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