

# Tracy Unified School District

# K-12 Breakfast 2020

## Base Menu Spreadsheet

### Portion Values - Detailed

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	Portion Size	Carb (g)
Monday		
K-12 Breakfast 20-21	Total	
Cereal Bar, Cinnamon Toast C	bar	30.0
Juice, Assorted Flavors, SunC	carton	16.0
Applesauce Cups Unsweetened 4.	PC Cup	14.64
Milk 1% White	8 oz. Carton	16.0

Tuesday		
K-12 Breakfast 20-21	Total	
Cereal MOM 2 oz Bowl pk	bowl	46.0
Juice, Assorted Flavors, SunC	carton	16.0
Fruit, fresh, assorted	1/2 cup	20.73
Milk 1% White	8 oz. Carton	16.0

Wednesday		
K-12 Breakfast 20-21	Total	
Pancake, Mini Maple Burst'n Pl	1 ea	39.0
Juice, Assorted Flavors, SunC	carton	16.0
Cranberries, dried, pouch	pouch	28.0
Milk 1% White	8 oz. Carton	16.0

Thursday		
K-12 Breakfast 20-21	Total	
Cereal MOM 2 oz Bowl pk	bowl	46.0
Juice, Assorted Flavors, SunC	carton	16.0
Applesauce Cups Unsweetened 4.	PC Cup	14.64
Milk 1% White	8 oz. Carton	16.0

Friday		
K-12 Breakfast 20-21	Total	
Crunchmania -Cinn & Frnch Toast	packets	37.0
Juice, Assorted Flavors, SunC	carton	16.0
Fruit, fresh, assorted	1/2 cup	20.73
Milk 1% White	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

<sup>1</sup> - 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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Base Menu Spreadsheet

Portion Values - Detailed

Page 2

Portion Size	Carb (g)
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