

Tracy Unified School District

K-12 Lunch 2020

Base Menu Spreadsheet

Portion Values - Detailed

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	Portion Size	Carb (g)
Monday		
K-12 Lunch 20-21	Total	
Chicken, Drumstick	drumstick	5.0
Potato Wedges	1/2 cup	21.01
Rice Krispie, Mini	mini square	8.47
SunButter Cup (2oz)	serving	14.0
Crackers, Savory Wheat 2 oz	pkg	30.0
Cranberries, dried, pouch	pouch	28.0
Ketchup 7 Grams	2 each	4.0
Milk Foster Farms Nf Choc	8 oz. Carton	22.0
Soymilk Pearl Organic	Carton	20.1

Tuesday		
K-12 Lunch 20-21	Total	
Teriyaki Chicken	4.3 oz serving	11.95
Rice Brown w/ Peas and Carrots	1 cup	52.18
Fortune Cookie	1 each	8.0
SunButter Cup (2oz)	serving	14.0
Crackers, Savory Wheat 2 oz	pkg	30.0
KIDNEY BEANS: canned, drained	1/4 Cup	9.98
RAISINS	1.33 oz	29.85
Milk Foster Farms Nf Choc	8 oz. Carton	22.0
Soymilk Pearl Organic	Carton	20.1

Wednesday		
K-12 Lunch 20-21	Total	
Fish Sticks	4 sticks	22.0
Potato Wedges	1/2 cup	21.01
Graham Honey 3 ct w/Fiber: MJM	package	21.26
SunButter Cup (2oz)	serving	14.0
Crackers, Savory Wheat 2 oz	pkg	30.0
Fruit, fresh, assorted	1/2 cup	20.73
Ranch Dressing IW 12gr	1 each	1.0
Ketchup 7 Grams	2 each	4.0
Milk Foster Farms Nf Choc	8 oz. Carton	22.0
Soymilk Pearl Organic	Carton	20.1

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 Size	Carb (g)
Thursday		
K-12 Lunch 20-21	Total	
Pizza Crunchers, Cheese Rich's	Serving of 4	41.0
Marinara Sauce: Red Gold	dip cup	7.0
Rice Krispie, Mini	mini square	8.47
SunButter Cup (2oz)	serving	14.0
Crackers, Savory Wheat 2 oz	pkg	30.0
Fruit, fresh, assorted	1/2 cup	20.73
Ranch Dressing IW 12gr	1 each	1.0
Milk Foster Farms Nf Choc	8 oz. Carton	22.0
Soymilk Pearl Organic	Carton	20.1

	Portion Size	Carb (g)
Friday		
K-12 Lunch 20-21	Total	
Chicken Nuggets (5)Tyson 70364	5 pc Serving	16.0
Dinner Roll (1 oz)	roll	17.0
Cookie, choc chip IW	cookie	24.3
SunButter Cup (2oz)	serving	14.0
Crackers, Savory Wheat 2 oz	pkg	30.0
Romaine Chopped	1 Cup	0.0
Fruit, frozen cup, assorted	1/2 cup	21.49
Ranch Dressing IW 12gr	1 each	1.0
BBQ Sauce 12 gm Packet Heinz	1 ea	4.0
Milk Foster Farms Nf Choc	8 oz. Carton	22.0
Soymilk Pearl Organic	Carton	20.1

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