

Tracy Unified School District

Supper 2020

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

	Portion Size	Carb (g)
Monday		
Supper DL	Total	
Soybutter & Jelly Sandwich 4.6	4.6 oz. Sand	55.17
CORN: frozen, yellow	1/2 cup	15.83
Fruit, frozen cup, assorted	1/2 cup	21.49

Tuesday		
Supper DL	Total	
Pizza Cheese Lunch Pack: Ardel	Lunch Pack	34.3
Blueberries, Frozen	1/4 cup	4.72

Wednesday		
Supper DL	Total	
French Toast, mini	package	37.0
Yogurt Strawberry Blast	Yogurt Cup	15.0
Cheese, String Lt Mozz LOL	1 ea	1.01
Carrot: ind packages	1 each	2.87
Fruit,Cnd,MX,USDA470 LS	1/4 Cup	8.94

Thursday		
Supper DL	Total	
Cheese Sauce, Cheddar	3 oz	4.0
Sunflower Seeds	packet	4.0
Tortilla Rounds IW	bag	31.0
SALSA, LOW-SODIUM, CANNED	1/2 Cup	8.8
Fruit, frozen cup, assorted	1/2 cup	21.49

Friday		
Supper DL	Total	
SunButter Cup (2oz)	serving	14.0
Crackers, Savory Wheat 2 oz	pkg	30.0
Carrot: ind packages	1 each	2.87
Cranberries, dried, pouch	pouch	28.0

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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