

# Tracy Unified School District

## Base Menu Spreadsheet

### Portion Values - Detailed

Page 1

K-8 Lunch  
Aug-Oct 2021

	Portion Size	Carb (g)
Monday – Week 1		
K-8 Lunch	Total	
Corn Dog (chicken)	serving	30.0
French Fries	1/2 cup	19.36
Pizza Crunchers, Cheese	Serving of 4	41.0
Marinara Sauce	dip cup	7.0
Rice Krispie, Mini	mini square	8.47
SunButter Cup (2oz)	serving	14.0
Crackers, Whole Wheat 2 oz	pkg	15.0
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	1 each	0.86
Ketchup 7 Grams	1 each	2.0

Tuesday – Week 1		
K-8 Lunch	Total	
Chix, sandwich, crispy	sandwich	46.0
Sandwich, Soybutter, WG	4.6 oz. Sand	55.17
Cookie, choc chip 1W	cookie	24.3
SunButter Cup (2oz)	serving	14.0
Crackers, Whole Wheat 2 oz	pkg	15.0
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	1 each	0.86

Wednesday – Week 1		
K-8 Lunch	Total	
Pizza, Domino's cheese	Slice	34.0
Pizza, Domino's, pepperoni	Slice	34.0
Rice Krispie, Mini	mini square	8.47
SunButter Cup (2oz)	serving	14.0
Crackers, Whole Wheat 2 oz	pkg	15.0
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	1 each	0.86

\*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

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Page 2

K-8 Lunch  
Aug-Oct 2021

	Portion Size	Carb (g)
Thursday – Week 1		
K-8 Lunch	Total	
Cheese Bites	4 pieces	28.0
Marinara Sauce	dip cup	7.0
Orange Chicken	3.6 oz serving	19.0
Rice Brown w/ Peas and Carrots	1/2 cup	25.58
Fortune Cookie	1 each	8.0
SunButter Cup (2oz)	serving	14.0
Crackers, Whole Wheat 2 oz	pkg	15.0
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	1 each	0.86

Friday – Week 1		
K-8 Lunch	Total	
Cheese Quesadilla	2 pieces	32.0
Burgers, mini twin	twin pack	31.3
Potato Wedges	1/2 cup	21.37
Yogurt, frozen, assorted	serving	17.0
SunButter Cup (2oz)	serving	14.0
Crackers, Whole Wheat 2 oz	pkg	15.0
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	1 each	0.86
Ketchup 7 Grams	1 each	2.0

Monday – Week 2		
K-8 Lunch	Total	
Tamale, Cheese	tamale	28.0
Pepperoni Stuffed Sandwich	sandwich	31.0
Rice Krispie, Mini	mini square	8.47
SunButter Cup (2oz)	serving	14.0
Crackers, Whole Wheat 2 oz	pkg	15.0
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	1 each	0.86

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K-8 Lunch  
Aug-Oct 2021

	Portion Size	Carb (g)
Tuesday – Week 2		
K-8 Lunch	Total	
Macaroni & Chz WG: LOL	2/3 Cup	29.0
Chicken Tenders	3 piece	12.14
French Fries	1/2 cup	19.36
Cookie, choc chip IW	cookie	24.3
SunButter Cup (2oz)	serving	14.0
Crackers, Whole Wheat 2 oz	pkg	15.0
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	1 each	0.86
Ketchup 7 Grams	2 each	4.0

Wednesday – Week 2		
K-8 Lunch	Total	
Pizza, Domino's cheese	Slice	34.0
Pizza, Domino's, pepperoni	Slice	34.0
Rice Krispie, Mini	mini square	8.47
SunButter Cup (2oz)	serving	14.0
Crackers, Whole Wheat 2 oz	pkg	15.0
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	1 each	0.86

Thursday – Week 2		
K-8 Lunch	Total	
Sandwich, cheese, grilled, WG	Sandwich	31.0
Chicken, Drumstick	drumstick	5.0
Bread Garlic Texas Toast: 1.31	slice	14.0
Graham Honey 3 ct w/Fiber: MJM	package	21.26
SunButter Cup (2oz)	serving	14.0
Crackers, Whole Wheat 2 oz	pkg	15.0
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	1 each	0.86

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K-8 Lunch  
Aug-Oct 2021

	Portion Size	Carb (g)
Friday - Week 2		
K-8 Lunch	Total	
Cheesy Breadsticks	serving	30.0
Marinara Sauce	dip cup	7.0
Hot Dogs, mini twin	serving	20.0
Chips, Regular 1/2 oz	1 ea	8.0
Rice Krispie, Mini	mini square	8.47
SunButter Cup (2oz)	serving	14.0
Crackers, Whole Wheat 2 oz	pkg	15.0
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	1 each	0.86
Ketchup 7 Grams	1 each	2.0

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