

# Tracy Unified School District

## Base Menu Spreadsheet

### Portion Values - Detailed

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9-12 Stein/DR/TYAP Lunch

Aug-Oct 2021

	Portion Size	Carb (g)
<b>Monday</b>		
9-12 Stein/DR/TYAP Lunch	Total	
Burger, bacon, cheese	Burger	28.11
French Fries	1/2 cup	19.36
Chix, wings, BBQ, fries, roll	serving	53.29
Burrito, bean, rice, cheese	Burrito	53.0
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
BBQ Sauce 12 gm	1 ea	4.0
Mayonnaise 9 gm	2 each	0.0

<b>Tuesday</b>		
9-12 Stein/DR/TYAP Lunch	Total	
Pizza, Domino's, pepperoni	Slice	34.0
Pizza, Domino's cheese	Slice	34.0
Pretzel Dog (beef)	pretzel dog	41.0
Chix, wing, spicy, fries, roll	1 Each	50.25
Cookie Choc Chip 1oz	1 cookie	18.11
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

<b>Wednesday</b>		
9-12 Stein/DR/TYAP Lunch	Total	
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
Cheese Bites	4 pieces	28.0
Marinara Sauce	dip cup	7.0
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
Ketchup 7 Grams	1 each	2.0
BBQ Sauce 12 gm	1 ea	4.0
Mayonnaise 9 gm	2 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.

**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 Values - Detailed

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9-12 Stein/DR/TYAP Lunch

Aug-Oct 2021

	Portion Size	Carb (g)
<b>Thursday</b>		
9-12 Stein/DR/TYAP 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, sandwich, spicy	1 Each	47.49
Cheese, bread, garlic, marinara	serving	37.0
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
BBQ Sauce 12 gm	1 ea	4.0
Mayonnaise 9 gm	1 each	0.0

<b>Friday</b>		
9-12 Stein/DR/TYAP Lunch	Total	
Burger, bacon, cheese	Burger	28.11
Potato Wedges	1/2 cup	21.37
Sandwich, fish, spicy	sandwich	43.65
Burrito, bean, rice, cheese	Burrito	53.0
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	1 each	2.0
BBQ Sauce 12 gm	1 ea	4.0
Mayonnaise 9 gm	2 each	0.0

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