

Tracy Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Supper
Aug-Oct 2021

	Portion Size	Carb (g)
Monday – Week 1		
Supper	Total	
Teriyaki Chicken	4 oz serving	10.51
Rice Brown w/ Peas and Carrots	1/2 cup	25.58
Cheese Sauce, Cheddar	3oz dip cup	14.0
Tortilla Rounds IW	bag	31.0
Salsa Dip Cup	3oz cup	5.0
Garden Salad	1 CUP	7.75
Fruit, fresh, assorted	1/2 cup	20.73
Milk, white, 1%	8 oz. Carton	16.0
Dressing, Ranch 12gr	2 each	1.71

Tuesday – Week 1		
Supper	Total	
Pizza Pepperoni 5" in a box	Personal Pizza	32.0
Pizza Cheese 5" in a box	Personal Pizza	32.0
Garden Salad	1 CUP	7.75
Fruit, fresh, assorted	1/2 cup	20.73
Milk, white, 1%	8 oz. Carton	16.0
Dressing, Ranch 12gr	1 each	0.86

Wednesday – Week 1		
Supper	Total	
Turkey Bacon Cheeseburger	Burger	29.5
Tater Tots	8 Pieces	16.0
Sandwich, Soybutter, WG	4.6 oz. Sand	55.17
Garden Salad	1 CUP	7.75
Fruit, fresh, assorted	1/2 cup	20.73
Milk, white, 1%	8 oz. Carton	16.0
Dressing, Ranch 12gr	1 each	0.86
Ketchup 7 Grams	1 each	2.0

Thursday – Week 1		
Supper	Total	
Beef Meatloaf Mash Pot & Gravy	1 Each	30.0
Sunbutter Cheese Power Box	Box	57.08
Garden Salad	1 CUP	7.75
Fruit, fresh, assorted	1/2 cup	20.73
Milk, white, 1%	8 oz. Carton	16.0
Dressing, Ranch 12gr	2 each	1.71

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.

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	Portion Size	Carb (g)
Friday – Week 1		
Supper	Total	
Chicken Nuggets	5 pc Serving	16.0
Dinner Roll (1 oz)	roll	17.0
Burrito, bean, rice, cheese	Burrito	53.0
Garden Salad	1 CUP	7.75
Fruit, fresh, assorted	1/2 cup	20.73
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		
Supper	Total	
Spaghetti & Meatballs	serving	31.38
Bread Garlic Texas Toast: 1.31	slice	14.0
Penne Alfredo	2/3 Cup Serving	42.52
Bread Garlic Texas Toast: 1.31	slice	14.0
Garden Salad	1 CUP	7.75
Fruit, fresh, assorted	1/2 cup	20.73
Milk, white, 1%	8 oz. Carton	16.0
Dressing, Ranch 12gr	2 each	1.71

Tuesday – Week 2		
Supper	Total	
Roasted Chicken, 2 each	2 pieces	0.0
Potato Mashed Instant Basic Am	1/2 Cup	36.0
Ravioli, mini, breaded	7 pieces	29.0
Marinara Sauce	dip cup	7.0
Garden Salad	1 CUP	7.75
Fruit, fresh, assorted	1/2 cup	20.73
Milk, white, 1%	8 oz. Carton	16.0
Dressing, Ranch 12gr	2 each	1.71

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Supper
Aug-Oct 2021

	Portion Size	Carb (g)
Wednesday – Week 2		
Supper	Total	
Taco Nada Bites (turkey)	3 Nada Bites	32.0
SunButter Cup (2oz)	serving	14.0
Crackers, Whole Wheat 2 oz	2 oz	30.0
Garden Salad	1 CUP	7.75
Fruit, fresh, assorted	1/2 cup	20.73
Milk, white, 1%	8 oz. Carton	16.0
Dressing, Ranch 12gr	1 each	0.86

Thursday – Week 2		
Supper	Total	
Beef Teriyaki Blasters w/Roll	serving	36.52
Pizza Pack Cheese, whole grain	Lunch Pack	34.3
Garden Salad	1 CUP	7.75
Fruit, fresh, assorted	1/2 cup	20.73
Milk, white, 1%	8 oz. Carton	16.0
Dressing, Ranch 12gr	2 each	1.71

Friday – Week 2		
Supper	Total	
Burrito Chicken & Cheese	Burrito	33.0
Cheese Tortellini & Roll	serving	42.17
Garden Salad	1 CUP	7.75
Fruit, fresh, assorted	1/2 cup	20.73
Milk, white, 1%	8 oz. Carton	16.0
Dressing, Ranch 12gr	2 each	1.71

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