

Tucson Unified School District
Elementary K-8 School Breakfast Lunch Nutrient Values - January 8-February 9, 2018

values are rounded to nearest whole number

DAILY Featured Breakfast and Lunch.	Portion	Unit	Calories	Protein g.	Carb. G.	Total Fat g.
Milk 1% (Low Fat)	1	carton	100	8	12	3
Milk Fat Free (Skim)	1	carton	90	8	12	0
Milk, Chocolate Fat Free	1	carton	140	8	26	0
DAILY at Breakfast (as a second entrée option)	Portion	Unit	Calories	Protein g.	Carb. G.	Total Fat g.
Mini WG Bagel	1 bagel	K-5	70	2	15	0
Mini WG Bagels	2 bagels	6-7-8th	140	4	30	0
Cream Cheese	1 OZ.	portion cup	70	2	1	6
Cream Cheese - Low Fat Greek Yogurt Blend (New - phasing in mid to late October-November 2017 or so)	1 OZ.	portion cup	60	4	3	3
Yogurt, 4 oz. Fruit Flavor (assorted varieties)	1	4 oz.	90	3	19	0
Please Note: The Following Fruit Cups may be substituted for any flavor fruit cup	Portion	Unit	Calories	Protein g.	Carb. G.	Total Fat g.
Peach Cup - Individual from FROZEN - DOLE LABEL / USDA 4.9 oz. (140 g.)	1 each =	half cup fruit	100	0	23	0
Strawberry Cup - Individ.from FROZEN - DOLE LABEL / USDA 4.5 oz. (128 g.)	1 each =	half cup fruit	90	0	23	0
Please See last several pages of this listing for more options on Fruit types and misc. recipe/ingredient breakdowns (including salads)						
Pre-K students (ages 3-4-5) follow portions for K-5						
Happy New Year!						
Monday January 8, 2018	Portion	Unit	Calories	Protein g.	Carb. G.	Total Fat g.
Pancakes, Whole Grain	2	cakes	153	3	27	4
syrup packet	1	packet	120	0	31	0
Scrambled Egg	2 oz. =	about 1 large egg	90	6	2	6
100 % Orange Juice 4 fl-oz. carton	1 each =	half cup fruit	61	0	14	0
OR: 100 % Orange-Tangerine Juice 4.23 fluid-oz. carton (Approx. Dec. 2017)	1 each =	half cup fruit	50	0	12	0
Monday Lunch	Portion	Unit	Calories	Protein g.	Carb. G.	Total Fat g.
Mexican Flatbread Pizza (WG)	1	flatbread	330	15	41	12
Pepperoni & Cheese Calzone (the pepperoni is made with beef)	1	calzone	340	20	35	13
Roasted Seasoned Potatoes	1	half cup	129	2	18	6
Salsa	1	quarter cup	21	0	4	0
Juice Cup, 100% Fruit, Frozen (assorted flavors)	1 each =	half cup fruit	70	0	19	0
Tuesday January 9	Portion	Unit	Calories	Protein g.	Carb. G.	Total Fat g.
WG Banana Bread	1	Slice	291	5	46	10
Yogurt, 4 oz. Fruit Flavor (assorted varieties)	1	4 oz.	90	3	19	0
Peach Cup (individual single serve container) Shelf Stable "Zee-Zee"	1 each =	half cup fruit	70	0	16	0
Peach Cup - Individual from FROZEN - DOLE LABEL / USDA 4.9 oz. (140 g.)	1 each =	half cup fruit	100	0	23	0
Tuesday Lunch	Portion	Unit	Calories	Protein g.	Carb. G.	Total Fat g.
Baja Fish Tacos with Shredded Lettuce	TWO	Tacos =	362	17	46	3
Baja Sauce (offered on the side)	3	Tbsp. =	38	2	2	2
Fish Nuggets Only (some students might just have the fish)	4	nuggets =	240	14	23	10
Corn Dog Whole Grain	1	corn dog	238	9	28	9
Ketchup Packet	1	packet	10	0	3	0
Mustard Packet	1	packet	3	0	1	0
Refried Home-style Beans	1	half cup	217	10	25	9
Salsa	1	quarter cup	17	0	3	0
Applesauce Cup - Assorted Flavors (all varieties)	1 each =	half cup	90	0	22	0
Wednesday January 10	Portion	Unit	Calories	Protein g.	Carb. G.	Total Fat g.
Ubr: The Ultimate Breakfast Round "Ubr" (packaged variety)	1	each	280	5	44	8
Ubr: The Ultimate Breakfast Round "Ubr" (if baked in house)	1	each	270	4	44	8
OR: Whole Grain Nutrition Bar: Zee-Zee Strawberry Crisp	1	each	250	4	41	8
String Cheese	1 OZ.	Stick	80	6	0	6
Apple Slices Fresh	1 pkg=	half cup	30	0	8	0
Wednesday Week 1	Portion	Unit	Calories	Protein g.	Carb. G.	Total Fat g.
Pepperoni & Cheese Pizza Slice	1	slice	340	18	34	15
Cheese Pizza Slice	1	slice	323	17	34	13
Pizza Pepperoni, Whole Grain Personal Size (approved K-8 sites)	1	6-7-8th only	335	18	35	14
Pizza, Cheese Only, Whole Grain, Personal Size	1	6-7-8th only	310	17	35	12
Pizza Pepperoni Personal Size	each	pizza	387	21	35	19
Pizza Cheese Only Personal Size	each	pizza	360	20	34	17
Double Cheese "Quesarrito" (called "Quesadilla" on package)	1	quesadilla	390	20	35	19
Salsa	1	quarter cup	21	0	4	0
Broccoli Parmesan	1	half cup	32	3	5	1
100% Frozen Fruit Juice Cup (assorted flavors)	1 each=	half cup fruit	70	0	18	0
Thursday January 11	Portion	Unit	Calories	Protein g.	Carb. G.	Total Fat g.
Whole Grain, Cinnamon Glazed French Toast	1	slice	240	5	42	7
Pork breakfast Sausage Link (1)	1 each	K-5	50	4	1	4
Pork breakfast Sausage Link (2)	2 each	6-7-8th	100	7	2	7
(yogurt may be available in case a student does not care for sausage)	1	4 oz.	90	3	19	0
(Or string cheese may be available instead of sausage)	1 OZ.	Stick	80	6	0	6
100 % Orange Juice 4 fl-oz. carton	1 each =	half cup fruit	61	0	14	0
OR: 100 % Orange-Tangerine Juice 4.23 fluid-oz. carton (Approx. Dec. 2017)	1 each =	half cup fruit	50	0	12	0
Thursday Lunch	Portion	Unit	Calories	Protein g.	Carb. G.	Total Fat g.
Mongolian Beef	7 oz.	serving	226	16	34	3
Fried WG Rice	7.2 oz.	K-5	215	5	41	4
Fried WG Rice	9.6 oz.	6-7-8th	287	7	55	5
Southwestern Pizza (topping is taco-style seasoned beef & cheese)	1	each	320	20	30	14
Baby Carrots	1 pkg=	half cup	30	0	7	0
Ranch Dressing for dip	1	small packet	60	0	0	6
Phasing In Soon: Ranch Dressing Dip, Fat Free	1	small packet	10	0	2	0
Grapes, Red	1	half cup	60	1	16	0
Fresh Orange Quarters (Pre-K family Meal Classes)	4 quarters=	half cup fruit	64	1	16	0

Tucson Unified School District
Elementary K-8 School Breakfast Lunch Nutrient Values - January 8-February 9, 2018

	Portion	Unit	Calories	Protein g.	Carb. G.	Total Fat g.
Friday January 12						
Blueberry Oat Breakfast Bar	1	each	288	4	52	7
String Cheese	1 OZ.	Stick	80	6	0	6
Pear Cup	1 each =	half cup fruit	70	0	16	0
Mini Bagel(s), cream cheese, Fruit yogurt available daily.						
Friday Lunch "Happy Birthday Menu" for January !						
Cherry Blossom Chicken	3.9 oz.	serving	200	13	27	4
Bean & Cheese Burrito Whole Grain Tortilla	5.2 oz.	burrito	290	16	41	8
Salsa	1	quarter cup	12	0	4	0
Krispie Whole Grain Rice Treat	1	treat	160	2	31	4
OR some sites may serve						
Krispie Whole Grain Rice Treat with Chocolate Chips	1	treat	190	2	34	5
Roasted Seasoned Potatoes	1	half cup	129	2	18	6
Apple Slices Fresh	1	half cup	29	0	8	0
Monday January 15: Dr. Martin Luther King, Jr. Day						
Tuesday January 16						
"Zany" Zucchini Bread (WG)	1	slice	270	5	43	10
Yogurt, 4 oz.	1	4 oz.	90	3	19	0
Peach Cup (individual single serve container) Shelf Stable "Zee-Zee"	1 each =	half cup fruit	70	0	16	0
Peach Cup - Individual from FROZEN - DOLE LABEL / USDA 4.9 oz. (140 g.)	1 each =	half cup fruit	100	0	23	0
Mini Bagel(s), cream cheese, Fruit yogurt available daily.						
Tuesday Lunch						
Italian Meat Sauce	6.5 oz.	serving	193	14	15	9
Rotini Whole Grain	3/4 cup	K-5 Serving	131	6	28	0
Rotini Whole grain	1 cup	6-7-8 Serving	174	7	37	1
Bean & Cheese Burrito Whole Grain Tortilla	5.2 oz.	burrito	290	16	41	8
Salsa	1	quarter cup	12	0	4	0
Summer Squash with Cheese	1	half cup	52	3	5	3
Applesauce Cup - Assorted Flavors (all varieties)	1 each =	half cup	90	0	22	0
Wednesday January 17						
Blueberry Oat Breakfast Bar	1	each	288	4	52	7
String Cheese	1 OZ.	Stick	80	6	0	6
Fruit Mix cup	1 each=	half cup fruit	70	0	16	0
Wednesday Lunch						
Pepperoni & Cheese Pizza Slice	1	slice	340	18	34	15
Cheese Pizza Slice	1	slice	323	17	34	13
Pizza Pepperoni, Whole Grain Personal Size (approved K-8 sites)	1	6-7-8th only	335	18	35	14
Pizza, Cheese Only, Whole Grain, Personal Size	1	6-7-8th only	310	17	35	12
Pizza Pepperoni Personal Size	each	pizza	387	21	35	19
Pizza Cheese Only Personal Size	each	pizza	360	20	34	17
Double Cheese "Quesarrito" (called "Quesadilla" on package)	1	Quesarrito	390	20	35	19
Salsa	1	quarter cup	21	0	4	0
Sweet Corn	1	half cup	55	2	12	0
100% Frozen Fruit Juice Cup (assorted flavors)	1 each=	half cup fruit	70	0	18	0
Thursday January 18						
Ubr: The Ultimate Breakfast Round "Ubr" (packaged variety)	1	each	280	5	44	8
Ubr: The Ultimate Breakfast Round "Ubr" (if baked in house)	1	each	270	4	44	8
OR: Whole Grain Nutrition Bar: Zee-Zee Strawberry Crisp	1	each	250	4	41	8
Yogurt, 4 oz.	1	4 oz.	90	3	19	0
100 % Orange Juice 4 fl-oz. carton	4 fl-oz. =	half cup fruit	61	0	14	0
OR: 100 % Orange-Tangerine Juice 4.23 fluid-oz. carton (Approx. Dec. 2017)	1 each =	half cup fruit	50	0	12	0
Thursday Lunch						
Crispy Chicken Bowl: K-5 Recipe	Serving	k-5 Recipe:	467	17	58	18
<i>Crispy Chicken Bowl: K-5 Recipe Includes:</i>						
Chicken Nuggets, Whole grain	4	nuggets =	210	13	13	12
Garlic Mashed Potatoes	1	half cup	108	2	23	0
Mini Biscuit Whole Grain	1	mini biscuit	110	2	15	5
Gravy, Chicken	1/4 cup	serving	39	0	7	1
Crispy Chicken Bowl: 6-7-8th grader recipe	Serving	6-7-8th recipe	467	17	58	18
<i>Crispy Chicken Bowl: 6-7-8th grader recipe</i>						
Chicken Nuggets, Whole grain	5	nuggets =	262	16	16	15
Garlic Mashed Potatoes	3/4	cup	162	2	35	0
Mini Biscuit Whole Grain	1	mini biscuit	110	2	15	5
Gravy, Chicken	1/4 cup	serving	39	0	7	1
Southwestern Pizza (topping is taco-style seasoned beef & cheese)	1	each	320	20	30	14
Baby Carrots	1 pkg=	half cup	30	0	7	0
Ranch Dressing for dip	1	small packet	60	0	0	6
Phasing In Soon: Ranch Dressing Dip, Fat Free	1	small packet	10	0	2	0
Fresh Orange Quarters	1 pkg=	half cup	64	1	16	0
Friday January 19						
Whole Grain Lemon Scone	1	scone	248	3	44	7
Yogurt, 4 oz.	1	4 oz.	90	3	19	0
Pear Cup	1 each =	half cup fruit	70	0	16	0
Friday Lunch						
Crispy Chicken Salad with Whole Grain Cheese Crackers	1 salad	K-8 Recipe	363	18	30	19
Veggie Salad with Whole Grain Cheese Crackers plus a mini whole grain biscuit	1 salad	K-12 recipe	526	17	44	34
Salad Dressing options:						

Tucson Unified School District
Elementary K-8 School Breakfast Lunch Nutrient Values - January 8-February 9, 2018

	Portion	Unit	Calories	Protein g.	Carb. G.	Total Fat g.
Friday, Jan. 19 Lunch, cont.						
Ranch Fat Free	1.5 oz.	packet	35	1	8	0
Italian Fat Free	1.5 oz.	packet	25	0	5	0
Raspberry Vinaigrette Fat Free	1.5 oz.	packet	39	0	9	0
Pepperoni & Cheese Calzone (the pepperoni is made with beef)	1	calzone	340	20	35	13
Ranch Style Beans	1	half cup	130	6	21	3
Apple Slices Fresh	1 pkg=	half cup fruit	30	0	8	0
Monday January 22						
Pancakes, Whole Grain	2	Pancakes =	153	3	27	4
Syrup Packet	1 packet=	~2-2/3 Tbsp	120	0	31	0
Yogurt, 4 oz.	1	4 oz.	90	3	19	0
100 % Orange Juice 4 fl-oz. carton	1 each =	half cup fruit	61	0	14	0
OR: 100 % Orange-Tangerine Juice 4.23 fluid-oz. carton (Approx. Dec. 2017)	1 each =	half cup fruit	50	0	12	0
Mini Bagel(s), cream cheese, Fruit yogurt available daily.						
Monday Lunch						
Chicken Patty (WG) on WG Bun	1	sandwich	390	23	39	17
Ketchup Packet	1	packet	10	0	3	0
Lettuce & Tomato	1	serving	7	0	1	0
Double Cheese "Quesarrito" (called "Quesadilla" on package)	1	Quesarrito	390	20	35	19
Salsa	1	quarter cup	21	0	4	0
Baby Carrots	1 pkg=	half cup	30	0	7	0
Ranch Dressing for dip	1	small packet	60	0	0	6
Phasing In Soon: Ranch Dressing Dip, Fat Free	1	small packet	10	0	2	0
Juice Cup, 100% Fruit, Frozen Assorted flavors	1 each =	half cup fruit	70	0	19	0
Tuesday January 23						
WG Banana Bread	1	Slice	291	5	46	10
Pork breakfast Sausage Link (1)	1 each	K-5	50	4	1	4
Pork breakfast Sausage Link (2)	2 each	6-7-8th	100	7	2	7
(yogurt may be available in case a student does not care for sausage)	1	4 oz.	90	3	19	0
(Or string cheese may be available instead of sausage)	1 OZ.	Stick	80	6	0	6
Peach Cup (individual single serve container) Shelf Stable "Zee-Zee"	1 each =	half cup fruit	70	0	16	0
Peach Cup - Individual from FROZEN - DOLE LABEL / USDA 4.9 oz. (140 g.)	1 each =	half cup fruit	100	0	23	0
Tuesday Lunch						
Strawberries, Granola, & Vanilla Yogurt Parfait	1	parfait	309	7	63	3
String Cheese (included with the parfait entrée to complete the protein)	1	ounce	80	6	1	6
Pepperoni & Cheese Calzone (the pepperoni is made with beef)	1	calzone	340	20	35	13
Seasoned Roasted Potatoes	1	half cup	130	2	18	6
Applesauce Cup - Assorted Flavors (all varieties)	1 each=	half cup fruit	90	0	22	0
Wednesday January 24						
Ubr: The Ultimate Breakfast Round "Ubr" (packaged variety)	1	each	280	5	44	8
Ubr: The Ultimate Breakfast Round "Ubr" (if baked in house)	1	each	270	4	44	8
OR: Whole Grain Nutrition Bar: Zee-Zee Strawberry Crisp	1	each	250	4	41	8
String Cheese	1 OZ.	Stick	80	6	0	6
Apple Slices Fresh	1 pkg=	half cup	30	0	8	0
Wednesday Lunch						
Pepperoni & Cheese Pizza Slice	1	slice	340	18	34	15
Cheese Pizza Slice	1	slice	323	17	34	13
Pizza Pepperoni, Whole Grain Personal Size (approved K-8 sites)	1	6-7-8th only	335	18	35	14
Pizza, Cheese Only, Whole Grain, Personal Size	1	6-7-8th only	310	17	35	12
Pizza Pepperoni Personal Size	each	pizza	387	21	35	19
Pizza Cheese Only Personal Size	each	pizza	360	20	34	17
Bean & Cheese Burrito Whole Grain Tortilla	5.2 oz.	burrito	290	16	41	8
Salsa	1	quarter cup	12	0	4	0
Citrus Sunshine Shaker Salad	1	Salad	53	1	7	2
Fruit Mix cup (Peaches Pear Pineapple & Diced Apple)	1 each =	half cup fruit	70	0	16	0
Thursday January 25						
French Toast Cinnamon Swirl Whole Grain	1	slice	210	8	28	8
Yogurt, 4 oz.	1	4 oz.	90	3	19	0
100 % Orange Juice 4 fl-oz. carton	1 each =	half cup fruit	61	0	14	0
OR: 100 % Orange-Tangerine Juice 4.23 fluid-oz. carton (Approx. Dec. 2017)	1 each =	half cup fruit	50	0	12	0
Thursday Lunch						
Creamy Pesto Chicken	3.5 oz..	serving all	176	15	4	11
Whole Grain Penne Pasta	3/4 cup	K-5 Serving	131	6	28	1
Whole Grain Penne Pasta	1 cup	6-7-8th serving	174	7	37	1
Corn Dog Whole Grain	1	corn dog	238	9	28	9
Ketchup Packet	1	packet	10	0	3	0
Mustard Packet	1	packet	3	0	1	0
Pre-K Family Style Meal in the classroom will serve:						
Pepperoni & Cheese Calzone (the pepperoni is made with beef)	1	calzone	340	20	35	13
Baby Carrots	1 pkg=	half cup	30	0	7	0
Ranch Dressing for dip	1	small packet	60	0	0	6
Phasing In Soon: Ranch Dressing Dip, Fat Free	1	small packet	10	0	2	0
Red Grapes	1	half cup	60	1	16	0
Fresh Orange Quarters (Pre-K family Meal Classes)	4 qtrs=	half cup	64	1	16	0
Friday January 26						
Blueberry Oat Breakfast Bar	1	bar	288	4	52	7
Scrambled Egg	2 oz.	serving	90	6	2	6
Pear Cup	1 each =	half cup fruit	70	0	16	0

Tucson Unified School District
Elementary K-8 School Breakfast Lunch Nutrient Values - January 8-February 9, 2018

Friday Lunch	Portion	Unit	Calories	Protein g.	Carb. G.	Total Fat g.
Pork Little Smokies	5 links	K-5 =	162	6	3	14
Pork Little Smokies	6 Links	6-7-8th =	194	7	3	7
WG Flour Tortilla 8" Diameter	1	tortilla	120	4	22	3
OR, instead of one 8" tortilla, smaller 6" diameter tortilla(s) may be served:						
Tortilla Flour 6" Dia. Whole Wheat "White wheat"	EACH	tortilla (1)	70	2	12	2
Southwestern Pizza (<i>topping is taco-style seasoned beef & cheese</i>)	1	each	320	20	30	14
Ranch Style Beans	half cup	half cup	130	6	22	3
Apple Slices Fresh	1 pkg=	half cup fruit	29	0	8	0
Monday January 29	Portion	Unit	Calories	Protein g.	Carb. G.	Total Fat g.
"Zany" Zucchini Bread (WG)	1	slice	270	5	43	10
Yogurt, 4 oz.	1	4 oz.	90	3	19	0
100 % Orange Juice 4 fl-oz. carton	1 each =	half cup fruit	61	0	14	0
OR: 100 % Orange-Tangerine Juice 4.23 fluid-oz. carton (Approx. Dec. 2017)	1 each =	half cup fruit	50	0	12	0
Mini Bagel(s), cream cheese, Fruit yogurt available daily.						
Monday Lunch	Portion	Unit	Calories	Protein g.	Carb. G.	Total Fat g.
Hot Dog on Bun	1	hot dog+bun	240	11	27	10
Ketchup Packet	1	packet	10	0	3	0
Mustard Packet	1	packet	3	0	1	0
Double Cheese "Quesarrito" (called "Quesadilla" on package)	1	Quesarrito	390	20	35	19
Salsa	1	quarter cup	21	0	4	0
Baby Carrots	1 pkg=	half cup	30	0	7	0
Ranch Dressing for dip	1	small packet	60	0	0	6
Phasing In Soon: Ranch Dressing Dip, Fat Free	1	small packet	10	0	2	0
Fruit Mix cup (Peaches Pear Pineapple & Diced Apple)	1 each=	half cup fruit	70	0	16	0
Tuesday January 30	Portion	Unit	Calories	Protein g.	Carb. G.	Total Fat g.
Whole Grain Lemon Scone	1	scone	248	3	44	7
Yogurt, 4 oz.	1	4 oz.	90	3	19	0
Peach Cup (individual single serve container) Shelf Stable "Zee-Zee"	1 each =	half cup fruit	70	0	16	0
Peach Cup - Individual from FROZEN - DOLE LABEL / USDA 4.9 oz. (140 g.)	1 each =	half cup fruit	100	0	23	0
Tuesday Lunch	Portion	Unit	Calories	Protein g.	Carb. G.	Total Fat g.
Hamburger on a bun	1	hamburger on bun	260	17	23	12
Cheeseburger	1	cheeseburger	305	20	23	16
Ketchup	1	packet	10	0	3	0
Mustard Packet	1	packet	3	0	1	0
Lettuce & Tomato (optional, for hamburger/cheeseburger)	1	serving	7	0	1	0
Southwestern Pizza (<i>topping is taco-style seasoned beef & cheese</i>)	1	each	320	20	30	14
Sweet Corn	1	half cup	55	2	12	1
Applesauce Cup - Assorted Flavors (all varieties)	1 each =	half cup	90	0	22	0
Wednesday January 31	Portion	Unit	Calories	Protein g.	Carb. G.	Total Fat g.
Blueberry Oat Breakfast Bar	1	each	288	4	52	7
String Cheese	1 OZ.	Stick	80	6	0	6
Apple Slices Fresh	1 pkg=	half cup	29	0	8	0
Wednesday Lunch	Portion	Unit	Calories	Protein g.	Carb. G.	Total Fat g.
Pepperoni & Cheese Pizza Slice	1	slice	340	18	34	15
Cheese Pizza Slice	1	slice	323	17	34	13
Pizza Pepperoni, Whole Grain Personal Size (approved K-8 sites)	1	6-7-8th only	335	18	35	14
Pizza, Cheese Only, Whole Grain, Personal Size	1	6-7-8th only	310	17	35	12
Pizza Pepperoni Personal Size	each	pizza	387	21	35	19
Pizza Cheese Only Personal Size	each	pizza	360	20	34	17
Corn Dog Whole Grain	1	corn dog	238	9	28	9
Ketchup Packet	1	packet	10	0	3	0
Mustard Packet	1	packet	3	0	1	0
Broccoli Parmesan	1	half cup	32	3	5	1
Mango-Strawberry Pom 100% Frozen Fruit Juice Swirl Cup	1 each=	half cup fruit	70	0	18	0
Thursday February 1	Portion	Unit	Calories	Protein g.	Carb. G.	Total Fat g.
Ubr: The Ultimate Breakfast Round "Ubr" (packaged variety)	1	each	280	5	44	8
Ubr: The Ultimate Breakfast Round "Ubr" (if baked in house)	1	each	270	4	44	8
OR: Whole Grain Nutrition Bar: Zee-Zee Strawberry Crisp	1	each	250	4	41	8
String Cheese	1 OZ.	Stick	80	6	0	6
100 % Orange Juice 4 fl-oz. carton	1 each =	half cup fruit	61	0	14	0
OR: 100 % Orange-Tangerine Juice 4.23 fluid-oz. carton (Approx. Dec. 2017)	1 each =	half cup fruit	50	0	12	0
Thursday Lunch	Portion	Unit	Calories	Protein g.	Carb. G.	Total Fat g.
Fiesta Chicken Nachos: K-5 Recipe	1	servicing k-5	277	16	26	12
<i>K-5 Nacho Recipe Includes:</i>	1.6 oz.	chicken mixture	47	7	1	1
whole grain tortilla chips	1 oz.	by weight	120	2	22	3
cheddar cheese sauce	1.83 oz.	by weight	109	7	2	8
diced tomato (optional garnish)	1	tblsp.	2	0	1	0
Fiesta Chicken Nachos: 6-7-8 Recipe	1	servicing 6-7-8	317	17	33	13
<i>6-7-8 Nacho Recipe Includes:</i>	1.6 oz.	chicken mixture	47	7	1	1
whole grain tortilla chips	1.33 oz.	by weight	160	3	29	4
cheddar cheese sauce	1.83 oz.	by weight	109	7	2	8
diced tomato (optional garnish)	1	tblsp.	2	0	1	0
Fiesta Chicken Tacos- For Pre-K Family Style Classes	2	tacos Pk 3-4-5	279	22	28	8
Pepperoni & Cheese Calzone (the pepperoni is made with beef)	1	calzone	340	20	35	13
Refried Home-style Beans	1	half cup	217	10	25	9
Salsa	1	quarter cup	12	0	4	0
Apple Slices Fresh	1 pkg=	half cup	29	0	8	0

Tucson Unified School District
Elementary K-8 School Breakfast Lunch Nutrient Values - January 8-February 9, 2018

	Portion	Unit	Calories	Protein g.	Carb. G.	Total Fat g.
Friday February 2						
French Toast Cinnamon Swirl Whole Grain	1	slice	210	8	28	8
Pork breakfast Sausage Link (1)	1 each	K-5	50	4	1	4
Pork breakfast Sausage Link (2)	2 each	6-7-8th	100	7	2	7
(yogurt may be available in case a student does not care for sausage)	1	4 oz.	90	3	19	0
(Or string cheese may be available instead of sausage)	1 OZ.	Stick	80	6	0	6
Pear Cup	1 each =	half cup fruit	70	0	16	0
Friday Lunch						
Crispy Chicken Salad with Whole Grain Cheese Crackers	1 salad	K-8 Recipe	363	18	30	19
Veggie Salad with Whole Grain Cheese Crackers plus a mini whole grain biscuit	1 salad	K-12 recipe	526	17	44	34
Salad Dressing options:						
Ranch Fat Free	1.5 oz.	packet	35	1	8	0
Italian Fat Free	1.5 oz.	packet	25	0	5	0
Raspberry Vinaigrette Fat Free	1.5 oz.	packet	39	0	9	0
Bean & Cheese Burrito Whole Grain Tortilla	5.2 oz.	burrito	290	16	41	8
Salsa	1	quarter cup	12	0	4	0
Baby Carrots	1 pkg=	half cup	30	0	7	0
Ranch Dressing for dip	1	small packet	60	0	0	6
Phasing In Soon: Ranch Dressing Dip, Fat Free	1	small packet	10	0	2	0
Grapes, Red	1	half cup	60	0	16	0
(Orange Quarters for Pre-K Family Meals only)	4 qtrs=	half cup	64	0	16	0
Monday February 5						
WG Banana Bread	1	slice	292	5	46	10
Pork breakfast Sausage Link (1)	1 each	K-5	50	4	1	4
Pork breakfast Sausage Link (2)	2 each	6-7-8th	100	7	2	7
(yogurt may be available in case a student does not care for sausage)	1	4 oz.	90	3	19	0
(Or string cheese may be available instead of sausage)	1 OZ.	Stick	80	6	0	6
100 % Orange Juice 4 fl-oz. carton	1 each =	half cup fruit	61	0	14	0
OR: 100 % Orange-Tangerine Juice 4.23 fluid-oz. carton (Approx. Dec. 2017)	1 each =	half cup fruit	50	0	12	0
Mini Bagel(s), cream cheese, Fruit yogurt available daily.						
Monday Lunch						
Baked WG Chicken Nuggets	4 each	K-5 =	210	13	13	12
Baked WG Chicken Nuggets	5 Each	6-7-8th =	263	16	16	15
Whole Grain Cheese Crackers	1	pkg	100	2	14	4
Ketchup for nuggets (as desired)	1	packet	10	0	3	0
Pepperoni & Cheese Calzone (the pepperoni is made with beef)	1	calzone	340	20	35	13
Ranch Style Beans	1	half cup	130	6	21	3
Juice Cup, 100% Fruit, Frozen (assorted flavors)	1 each =	half cup fruit	70	0	19	0
Tuesday February 6						
Blueberry Oat Breakfast Bar	1	each	288	4	52	7
String Cheese	1 OZ.	Stick	80	6	0	6
Peach Cup (individual single serve container) Shelf Stable "Zee-Zee"	1 each =	half cup fruit	70	0	16	0
Peach Cup - Individual from FROZEN - DOLE LABEL / USDA 4.9 oz. (140 g)	1 each =	half cup fruit	100	0	23	0
Tuesday Lunch						
Smokie Mac Stac' (Alfredo Mac 'n' Cheese topped with Little Pork Smokie Links)	Serving	k-5 Recipe:	366	18	37	17
Alfredo Mac 'n' Cheese Only (Mac ' Stac' without the Smokies!)	Serving	k-5 Recipe	271	15	36	9
Smokie Mac Stac'	Serving	6-7-8th grade recipe	433	22	46	19
Alfredo Mac 'n' Cheese Only (Mac ' Stac' without the Smokies!)	Serving	6-7-8 recipe	338	19	45	11
Double Cheese "Quesarrito" (called "Quesadilla" on package)	1	Quesarrito	390	20	35	19
Salsa	1	quarter cup	21	0	4	0
Baby Carrots	1 pkg=	half cup	30	0	7	0
Ranch Dressing for dip	1	small packet	60	0	0	6
Phasing In Soon: Ranch Dressing Dip, Fat Free	1	small packet	10	0	2	0
Applesauce Cup - Assorted Flavors (all varieties)	1 each =	half cup	90	0	22	0
Wednesday February 7						
Pancakes, Whole Grain	2	cakes	153	3	27	4
syrup packet	1	packet	120	0	31	0
Scrambled Egg	2 oz. =	about 1 large egg	90	6	2	6
Apple Slices Fresh	1 pkg=	half cup	29	0	8	0
Wednesday Lunch February 7						
Pepperoni & Cheese Pizza Slice	1	slice	340	18	34	15
Cheese Pizza Slice	1	slice	323	17	34	13
Pizza Pepperoni, Whole Grain Personal Size (approved K-8 sites)	1	6-7-8th only	335	18	35	14
Pizza, Cheese Only, Whole Grain, Personal Size	1	6-7-8th only	310	17	35	12
Pizza Pepperoni Personal Size	each	pizza	387	21	35	19
Pizza Cheese Only Personal Size	each	pizza	360	20	34	17
Bean & Cheese Burrito Whole Grain Tortilla	5.2 oz.	burrito	291	16	41	8
Salsa	1	quarter cup	17	0	3	0
Citrus Sunshine Shaker Salad	1	Salad	53	1	7	2
Fruit Mix cup (Peaches Pear Pineapple & Diced Apple)	1 each-	half cup fruit	70	0	16	0
Thursday February 8						
French Toast Cinnamon Swirl Whole Grain	1	slice	210	8	28	8
Yogurt, 4 oz.	1	4 oz.	90	3	19	0
100 % Orange Juice 4 fl-oz. carton	1 each =	half cup fruit	61	0	14	0
OR: 100 % Orange-Tangerine Juice 4.23 fluid-oz. carton (Approx. Dec. 2017)	1 each =	half cup fruit	50	0	12	0

Tucson Unified School District
Elementary K-8 School Breakfast Lunch Nutrient Values - January 8-February 9, 2018

Thursday, Feb. 8, Lunch	Portion	Unit	Calories	Protein g.	Carb. G.	Total Fat g.
Philly Cheese-Steak Sub	1	sandwich	302	23	33	9
Southwestern Pizza (<i>topping is taco-style seasoned beef & cheese</i>)	1	each	320	20	30	14
Baby Carrots	1 pkg=	half cup	30	0	7	0
Ranch Dressing for dip	1	small packet	60	0	0	6
Phasing In Soon: Ranch Dressing Dip, Fat Free	1	small packet	10	0	2	0
Grapes, Red	1	half cup	60	1	16	0
Fresh Orange Quarters (Pre-K family Meal Classes)	4 quarters=	half cup fruit	64	1	16	0
Friday February 9	Portion	Unit	Calories	Protein g.	Carb. G.	Total Fat g.
Ubr: The Ultimate Breakfast Round "Ubr" (packaged variety)	1	each	280	5	44	8
Ubr: The Ultimate Breakfast Round "Ubr" (if baked in house)	1	each	270	4	44	8
OR: Whole Grain Nutrition Bar: Zee-Zee Strawberry Crisp	1	each	250	4	41	8
Yogurt, 4 oz.	1	4 oz.	90	3	19	0
Pear Cup	1 each =	half cup fruit	70	0	16	0
Friday Lunch "Happy Birthday Menu" For February!	Portion	Unit	Calories	Protein g.	Carb. G.	Total Fat g.
Cherry Blossom Chicken	3.9 oz.	serving	200	13	27	4
Corn Dog Whole Grain	1	corn dog	238	9	28	9
Ketchup Packet	1	packet	10	0	3	0
Mustard Packet	1	packet	3	0	1	0
Krispie Whole Grain Rice Treat	1	treat	160	2	31	4
OR some sites may serve						
Krispie Whole Grain Rice Treat w/ Choc. Chips	1	treat	190	2	34	5
Roasted Seasoned Potatoes	1	half cup	129	2	18	6
Apple Slices Fresh	1	half cup	29	0	8	0
Fruit selections Vary by season and menu day	Portion	Unit	Calories	Protein g.	Carb. G.	Total Fat g.
Fresh Fruit in Season (average)	1	Half Cup	48	1	12	0
Apple Slices- red	1 pkg=	Half Cup	29	0	8	0
Apple slices- Green	1 each =	half cup	33	0	8	0
Applesauce Cup, assorted - All varieties, pre-packaged	1 each =	half cup	90	0	22	0
Applesauce Unsweetened (packaged in house)	1 each =	half cup	45	0	11	0
Apricots Canned Diced Extra Light Syrup	1	half cup	62	1	16	0
Banana, 1 medium =	1	half cup	105	1	27	0
Cantaloupe Cubed	1	half cup	26	1	6	0
Fresh Orange Quarters	4 qtrs=	half cup fruit	64	1	16	0
Fruit Cocktail Lite Syrup	1	half cup	73	0	18	0
Fruit Mix cup (Peaches Pear Pineapple & Diced Apple and/or grapes)	1 each=	half cup fruit	70	0	16	0
Fruit Mix Tropical	1	half cup	109	0	26	0
Grapes, Green	1	half cup	60	0	16	0
Grapes, Red	1	half cup	60	0	16	0
Honeydew Melon Cubed	1	half cup	33	1	8	0
Juice, Orange (rarely offered at lunch)	1	4 fluid-oz	55	1	12	0
OR: 100 % Orange-Tangerine Juice 4.23 fluid-oz. carton (Approx. Dec. 2017)	1 each =	half cup fruit	50	0	12	0
Juice Cup, 100% Fruit, Frozen (assorted flavors)	1 each =	half cup fruit	70	0	19	0
Kiwi Fruit, 1-1/2 fruits =	1	half cup	63	1	15	1
mango, cubed, (from frozen)	1	half cup	45	0	11	0
Oranges, Mandarin (canned)	1	half cup	80	0	21	0
Peach Cup (individual single serve container) Shelf Stable "Zee-Zee"	1 each =	half cup fruit	70	0	16	0
Peach Cup - Individual from FROZEN - DOLE LABEL / USDA 4.9 oz.	1 each =	half cup fruit	100	0	23	0
Peaches Diced Light Syrup	1	half cup	78	1	20	0
Pear Cup (individual single serve container), shelf stable, Zee-Zee	1 each =	half cup fruit	70	0	16	0
Pears Diced Light Syrup	1	half cup	61	0	16	0
Pineapple Tidbits In Juice	1	half cup	55	0	14	0
Raisins Seedless 1 box dried fruit =	1	half cup	130	1	29	0
Strawberries, fresh	1	half cup	26	0	5	0
Strawberry Cup - Individ.from FROZEN - DOLE LABEL / USDA 4.5 oz.	1 each =	half cup fruit	90	0	23	0
Strawberries, from frozen whole	1	Half Cup	39	0	10	0
Watermelon Cubed	1	half cup	28	1	7	0
Breads - breakdown in the event not consumed or taken	Portion	Unit	Calories	Protein g.	Carb. G.	Total Fat g.
Biscuit Mini , Whole Grain	1	Biscuit	110	2	15	5
Biscuit, regular size, whole grain	1	biscuit	210	4	27	10
Bread Whole Grain 100%	1 slice	k-8	70	4	12	2
Bread Whole Grain 100%	2 slice	k-8	140	8	24	3
Bread Whole Wheat 100%	1 slice	9-12th grades	100	5	20	2
Bread Whole Wheat 100%	2 slice	9-12th grades	200	10	40	3
Bun Hamburger W W 100%	1	bun	130	7	23	2
Bun Hot Dog Whole Wheat "White-wheat" Bakecrafters label	1	bun	130	4	26	2
Bread, flatbread, 1 round =	1	EACH	130	4	26	1
Bun Mini "Slider" Roll Whole grain (very occasionally used as a dinner roll)	1	roll (1) =	90	4	16	1
Bun Mini "Slider" Roll Whole grain	2	rolls (2) =	180	8	32	2
Croissant -Whole Grain	1	EA	180	5	30	6
WG Garlic Toast	1	slice	100	3	15	3
Muffin, Mini Corn Muffin (whole grain)	1	mini corn muffin	148	2	23	5
Tortilla Flour 8" dia. Whole Wheat	1	tortilla (1)	120	4	22	3
Tortilla Flour 6" Dia. Whole Wheat "White wheat"	1	tortilla (1)	70	2	12	2
Tortilla Flour 6" Dia. Whole Wheat "White wheat"	2	tortillas (2)	140	4	24	4
Tortilla Corn Whole Grain	1	tortilla (1)	62	2	13	1
Tortilla Corn Whole Grain	2	tortillas (2)	124	3	25	2

Tucson Unified School District
Elementary K-8 School Breakfast Lunch Nutrient Values - January 8-February 9, 2018

Fruit & Vanilla Low Fat Yogurt Parfaits with Cinnamon Whole Grain Granola:	Portion	Unit	Calories	Protein g.	Carb. G.	Total Fat g.
Strawberry	1	parfait	309	7	63	3
Mango-Strawberry	1	parfait	336	8	66	5
Arizona Sunrise (Strawberry Mandarin Orange Toasted Coconut)	1	parfait	352	8	71	5
Patriotic (Strawberry - Blueberry)	1	parfait	309	7	63	3
Sundae (Pineapple, Banana, Pineapple, coconut,-Marschino Cherry)	1	parfait	375	8	80	3
Apple Pie (Apples, Dried Cranberries, Maple Syrup, Cinnamon)	1	parfait	380	7	80	3
Hula Hawaii (Pineapple Mango Toasted Coconut)	1	parfait	340	8	67	5
Peach-Strawberry	1	parfait	328	8	68	3
Apple Cinnamon (Apples, Maple Syrup, Cinnamon)	1	parfait	356	7	74	3
String Cheese (Mozzarella, Part Skim)	1	Oz	80	6	0	6
Fruit parfaits - breakdown of the ingredients:	Portion	Unit	Calories	Protein g.	Carb. G.	Total Fat g.
Yogurt, Vanilla Fat free	1	Half Cup	90	3	19	0
Granola, Whole Grain cinnamon	1	Half Cup	180	4	34	3
Strawberries, from frozen whole	1	Half Cup	39	0	10	0
Strawberries, unsweetened from frozen whole	1	quarter cup	19	0	5	0
Peaches (quarter cup - for peach strawberry)	1	quarter cup	39	0	10	0
Pineapple tidbits (Sundae and Hula parfait)	1	quarter cup	28	0	4	0
Bananas fresh sliced (Sundae Parfait)	1	half cup	79	1	21	0
Blueberries unsweetened (from frozen)	1	quarter cup	20	0	5	0
Cherry, Maraschino (Sundae parfait)	1	cherry	8	0	2	0
Apple Maple Cinnamon Mixture	1	Half Cup	63	0	16	0
Cranberries, Dried (Apple "Pie" Parfait)	1	Tbsp	23	0	5	0
Mango, unsweetened, cubed (mango, hawaiian)	1	quarter cup	25	0	6	0
Mandarin Orange Sections (AZ Sunrise Parfait)	1	quarter cup	40	0	11	0
Coconut, Toasted (AZ Sunrise, Mango, & Hula)	1	Tbsp	24	1	3	1
Entrée salads - breakdown of ingredients:	Portion	Unit	Calories	Protein g.	Carb. G.	Total Fat g.
Crispy Chicken Salad with Whole Grain Cheese Crackers	1 salad	K-8 Recipe	363	18	30	19
Crispy Chicken Salad with Whole Grain Cheese Crackers	1 salad	9-12th grade recipe	428	22	34	23
Veggie Salad with Whole Grain Cheese Crackers plus a mini whole grain biscuit	1 salad	K-12 recipe	526	17	44	34
Salad, Chopped Romaine Lettuce	1.50	Cup	14	1	3	0
carrots, baby	3.00	1 baby carrot	2	0	1	0
Tomato, wedge	1.00	1 wedge	4	0	1	0
Cheese, Mozzarella, part skim, shredded	0.25	OZ	21	2	0	1
Cheese, Cheddar Shredded	0.25	OZ	29	2	0	2
Chicken Patty (whole grain breading) cut into strips	6 strips	K-8 Recipe	195	12	12	11
Chicken Patty (whole grain breading) cut into strips	8 strips	9-12th recipe	260	16	16	15
Sunflower Seeds	5.25	Tbl	244	8	10	21
Salad Dressing Ranch Packet "Bistro" brand	1.00	PC	30	0	8	0
Salad Dressing RanchFat Free (alternative to above)	1.00	PC	35	1	8	0
Salad Dressing Italian Packet Fat free	1.00	PC	25	0	5	0
Salad Dressing Raspberry Vinaigrette fat Free	1.00	PC	39	0	9	0
Whole Grain Cheese Crackers Whole Grain Crackers	1.00	package	100	2	14	4
Biscuit, Mini Whole Grain	1.00	mini biscuit	110	2	15	5