

Tucson Unified School District  
Elementary K-8 School Breakfast and Lunch Nutrient Values October 16 - November 17

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
<b>DAILY at Breakfast (as a second entrée option)</b>	<b>Portion</b>	<b>Unit</b>	<b>Calories</b>	<b>Protein g.</b>	<b>Carb. G.</b>	<b>Total Fat g.</b>
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
<b>Cream Cheese - Low Fat Greek Yogurt Blend</b> (New - phasing in mid to late October-November 2017 or so)	1 OZ.	portion cup	60	4	3	3
<b>Yogurt, 4 oz. Fruit Flavor (assorted varieties)</b>	1	4 oz.	90	3	19	0
<a href="#">See last several pages of this listing for more options (including salads)   Pre-K students (ages 3-4-5) follow portions for K-5</a>						
<b>Monday October 16 - Welcome Back from Fall Break!</b>	<b>Portion</b>	<b>Unit</b>	<b>Calories</b>	<b>Protein g.</b>	<b>Carb. G.</b>	<b>Total Fat g.</b>
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
Juice, Orange 100% or-phasing in	4 fl-oz.=	half cup fruit	61	0	14	0
Juice, Orange-Tangerine Blend 100% (mid-October/November 2017)	4.23 fl-oz.=	half cup fruit	60	0	15	0
Mini Bagel(s), cream cheese, Fruit yogurt available daily. See nutrients noted at top of this listing.						
<b>Monday Lunch</b>	<b>Portion</b>	<b>Unit</b>	<b>Calories</b>	<b>Protein g.</b>	<b>Carb. G.</b>	<b>Total Fat g.</b>
Sloppy Joe "Sliders" mini Sandwiches	TWO	Mini Slider Sandwiches	327	21	41	9
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	1
Juice Cup, 100% Fruit, Frozen (assorted flavors)	1 each =	half cup fruit	70	0	19	0
<b>Tuesday October 17</b>	<b>Portion</b>	<b>Unit</b>	<b>Calories</b>	<b>Protein g.</b>	<b>Carb. G.</b>	<b>Total Fat g.</b>
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	1 each =	half cup fruit	70	0	16	0
Mini Bagel(s), cream cheese, Fruit yogurt available daily. See nutrients noted at top of this listing.						
<b>Tuesday Lunch</b>	<b>Portion</b>	<b>Unit</b>	<b>Calories</b>	<b>Protein g.</b>	<b>Carb. G.</b>	<b>Total Fat g.</b>
Baja Fish Tacos with Shredded Lettuce	TWO	Tacos =	362	17	46	3
Baja Sauce (offered on the side)	3	Tbsp. =	38	2	2	2
<i>Fish Nuggets Only (some students might just decide to have the fish)</i>	4	nuggets =	240	14	23	10
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	17	0	3	0
Applesauce Cup - Assorted Flavors (all varieties)	1 each =	half cup	90	0	22	0
<b>Wednesday October 18</b>	<b>Portion</b>	<b>Unit</b>	<b>Calories</b>	<b>Protein g.</b>	<b>Carb. G.</b>	<b>Total Fat g.</b>
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
Mini Bagel(s), cream cheese, Fruit yogurt available daily. See nutrients noted at top of this listing.						
<b>Wednesday Lunch</b>	<b>Portion</b>	<b>Unit</b>	<b>Calories</b>	<b>Protein g.</b>	<b>Carb. G.</b>	<b>Total Fat g.</b>
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 (new brand, starting approximately October 2017)	each	6-7-8th only	365	21	35	19
Pizza Cheese Only Personal Size	each	6-7-8th only	338	20	35	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
Fruit Mix cup (Peaches Pear Pineapple & Diced Apple and/or Seedless Grapes)	1 each =	half cup fruit	70	0	16	0
<b>Thursday October 19</b>	<b>Portion</b>	<b>Unit</b>	<b>Calories</b>	<b>Protein g.</b>	<b>Carb. G.</b>	<b>Total Fat g.</b>
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
Juice, Orange 100% or-phasing in	4 fl-oz.=	half cup fruit	61	0	14	0
Juice, Orange-Tangerine Blend 100% (mid-October/November 2017)	4.23 fl-oz.=	half cup fruit	60	0	15	0
Mini Bagel(s), cream cheese, Fruit yogurt available daily. See nutrients noted at top of this listing.						
<b>Thursday Lunch</b>	<b>Portion</b>	<b>Unit</b>	<b>Calories</b>	<b>Protein g.</b>	<b>Carb. G.</b>	<b>Total Fat g.</b>
Sweet & Sour Meatballs	6	meatballs =	314	17	31	15
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
<b>Friday October 20</b>	<b>Portion</b>	<b>Unit</b>	<b>Calories</b>	<b>Protein g.</b>	<b>Carb. G.</b>	<b>Total Fat g.</b>
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. See nutrients noted at top of this listing.						

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	Portion	Unit	Calories	Protein g.	Carb. G.	Total Fat g.
<b>Friday Lunch "Happy Birthday Menu" for October</b>						
Baked, Whole grain Breaded Chicken	1	ave. serving	215	12	11	13
Baked WG Chicken Nuggets (Pre-K Family Meals only)	4	nuggets =	210	13	13	12
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
Mashed Potatoes	1	half cup	108	1	23	0
Gravy, Chicken	2	Tbsp.	19	0	3	0
Apple Slices Fresh	1	half cup	29	0	8	0
<b>Monday October 23</b>						
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
Juice, Orange 100% or--phasing in	4 fl-oz.=	half cup fruit	61	0	14	0
Juice, Orange-Tangerine Blend 100% (mid-October/November 2017)	4.23 fl-oz.=	half cup fruit	60	0	15	0
Mini Bagel(s), cream cheese, Fruit yogurt available daily. See nutrients noted at top of this listing.						
<b>Monday Lunch</b>						
Mexican Flatbread Pizza (WG)	1	flatbread	330	15	41	12
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
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 and/or Seedless Grapes)	1 each=	half cup fruit	70	0	16	0
<b>Tuesday October 23</b>						
"Zany" Zucchini Bread (WG)	1	slice	270	5	43	10
Yogurt, 4 oz.	1	4 oz.	90	3	19	0
Peach Cup	1 each =	half cup fruit	70	0	16	0
Mini Bagel(s), cream cheese, Fruit yogurt available daily. See nutrients noted at top of this listing.						
<b>Tuesday Lunch</b>						
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
Broccoli Parmesan	1	half cup	32	3	5	1
Applesauce Cup - Assorted Flavors (all varieties)	1 each =	half cup	90	0	22	0
<b>Wednesday October 25</b>						
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	30	0	8	0
<b>Wednesday Lunch October 25</b>						
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 (new brand, starting approximately October 2017)	each	6-7-8th only	365	21	35	19
Pizza Cheese Only Personal Size	each	6-7-8th only	338	20	35	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
Mango-Strawberry Pom 100% Frozen Fruit Juice Swirl Cup	1 each=	half cup fruit	70	0	18	0
<b>Thursday October 26</b>						
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
Juice, Orange 100% or--phasing in	4 fl-oz.=	half cup fruit	61	0	14	0
Juice, Orange-Tangerine Blend 100% (mid-October/November 2017)	4.23 fl-oz.=	half cup fruit	60	0	15	0
<b>Thursday Lunch</b>						
Buffalo Chicken Stuffed Potato Skins	1	serving	272	17	25	11
Buffalo Seasoned Chicken Mixture	3.4 oz.	serving =	170	15	3	11
Potato Skins	TWO	potato shells =	90	2	19	0
Garnish - "Buffalo" Sauce	1	Tbsp=	12	0	2	0
Offered with: Mini Whole Grain Biscuits	TWO	mini biscuits =	220	4	30	10
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
<b>Friday October 27</b>						
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
<b>Friday Lunch</b>						
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

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	Portion	Unit	Calories	Protein g.	Carb. G.	Total Fat g.
<b>Friday Lunch, Oct. 27, cont.</b>						
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
<b>Monday Breakfast October 30</b>						
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
Juice, Orange 100% or--phasing in	4 fl-oz.=	half cup fruit	61	0	14	0
Juice, Orange-Tangerine Blend 100% (mid-October/November 2017)	4.23 fl-oz.=	half cup fruit	60	0	15	0
Mini Bagel(s), cream cheese, Fruit yogurt available daily. See nutrients noted at top of this listing.						
<b>Monday Lunch</b>						
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
Fiesta Shaker Salad	1	Salad	71	4	3	5
Juice Cup, 100% Fruit, Frozen (assorted flavors)	1 each =	half cup fruit	70	0	19	0
<b>Tuesday October 31</b>						
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	1 each =	half cup fruit	70	0	16	0
<b>Tuesday Lunch</b>						
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
<b>Wednesday November 1</b>						
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
<b>Wednesday Lunch</b>						
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	6-7-8th only	365	21	35	19
Pizza Cheese Only Personal Size	each	6-7-8th only	338	20	35	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
Fruit Mix cup (Peaches Pear Pineapple & Diced Apple and/or Seedless Grapes)	1 each =	half cup fruit	70	0	16	0
<b>Thursday Breakfast November 2</b>						
French Toast Cinnamon Swirl Whole Grain	1	slice	210	8	28	8
Yogurt, 4 oz.	1	4 oz.	90	3	19	0
Juice, Orange 100% or--phasing in	4 fl-oz.=	half cup fruit	61	0	14	0
Juice, Orange-Tangerine Blend 100% (mid-October/November 2017)	4.23 fl-oz.=	half cup fruit	60	0	15	0
<b>Thursday Lunch</b>						
Deluxe Pasta: With Alfredo Mac & Cheese	6.6 oz.	serving K-5 =	271	14	36	9
Deluxe Pasta: With Alfredo Mac & Cheese	9 oz.	serving 6-7-8th	370	20	49	12
Alfredo Mac is garnished With "Deluxe Topping" (student's option)	1 oz..	all grades	48	2	2	3
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
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
<b>Friday November 3</b>						
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
<b>Friday Lunch</b>						
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, two (6") tortillas may be served:						
Tortilla Flour 6" Dia. Whole Wheat "White wheat"	2	tortilla (1)	140	4	24	4
Southwestern Pizza (topping is taco-style seasoned beef & cheese)	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
<b>Monday November 6</b>						
"Zany" Zucchini Bread (WG)	1	slice	270	5	43	10
Yogurt, 4 oz.	1	4 oz.	90	3	19	0
Juice, Orange 100% or--phasing in	4 fl-oz.=	half cup fruit	61	0	14	0

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	Portion	Unit	Calories	Protein g.	Carb. G.	Total Fat g.
<b>Monday November 6, cont.</b>						
Juice, Orange-Tangerine Blend 100% (mid-October/November 2017)	4.23 fl-oz.=	half cup fruit	60	0	15	0
Mini Bagel(s), cream cheese, Fruit yogurt available daily. See nutrients noted at top of this listing.						
<b>Monday Lunch</b>	Portion	Unit	Calories	Protein g.	Carb. G.	Total Fat g.
Hot Dog on Bun	1	hot dog+bun	270	15	30	11
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 and/or Seedless Grapes)	1 each=	half cup fruit	70	0	16	0
<b>Tuesday Breakfast November 7</b>	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	1 each =	half cup fruit	70	0	16	0
<b>Tuesday Lunch</b>	Portion	Unit	Calories	Protein g.	Carb. G.	Total Fat g.
Hamburger on a WG Bun	1	hamburger	260	17	23	12
Hamburger with Cheddar Cheese on a WG Bun	1	cheeseburger	305	20	23	16
Lettuce & Tomato for burger	1	serving	7	0	1	0
Ketchup Packet	1	packet	10	0	3	0
Mustard Packet	1	packet	3	0	1	0
Southwestern Pizza (topping is taco-style seasoned beef & cheese)	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
<b>Wednesday November 8</b>	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
<b>Wednesday Lunch</b>	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	6-7-8th only	365	21	35	19
Pizza Cheese Only Personal Size	each	6-7-8th only	338	20	35	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
Fiesta Shaker Salad	1	Salad	71	4	3	5
Mango-Strawberry Pom 100% Frozen Fruit Juice Swirl Cup	1 each=	half cup fruit	70	0	18	0
<b>Thursday November 9</b>	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
Juice, Orange 100% or--phasing in	4 fl-oz.=	half cup fruit	61	0	14	0
Juice, Orange-Tangerine Blend 100% (mid-October/November 2017)	4.23 fl-oz.=	half cup fruit	60	0	15	0
<b>Thursday Lunch</b>	Portion	Unit	Calories	Protein g.	Carb. G.	Total Fat g.
Machaca Beef Tacos (Shredded seasoned Beef, Lettuce, & Salsa in two tortillas)	TWO	Tacos =	234	15	28	6
(Seasoned Beef, Salsa & Lettuce filling only)	1	serving	94	11	4	2
(Tortillas, Flour Whole Grain 6" Diameter only)	TWO	tortillas =	140	4	24	4
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 (additional on the side)	1	quarter cup	21	0	4	1
Apple Slices Fresh	1 pkg=	half cup	29	0	8	0
<b>Friday November 10 - Veterans Day observed</b>						
<b>Monday November 13</b>	Portion	Unit	Calories	Protein g.	Carb. G.	Total Fat g.
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
Juice, Orange 100% or--phasing in	4 fl-oz.=	half cup fruit	61	0	14	0
Juice, Orange-Tangerine Blend 100% (mid-October/November 2017)	4.23 fl-oz.=	half cup fruit	60	0	15	0
Mini Bagel(s), cream cheese, Fruit yogurt available daily. See nutrients noted at top of this listing.						
<b>Monday Lunch</b>	Portion	Unit	Calories	Protein g.	Carb. G.	Total Fat g.
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
<b>Tuesday November 14</b>	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
Peach Cup	1 each =	half cup fruit	70	0	16	0
<b>Tuesday Lunch</b>	Portion	Unit	Calories	Protein g.	Carb. G.	Total Fat g.
Cherry Blossom Chicken	3.9 oz.	serving	200	13	27	4
Fried WG Rice	7.2 oz.	ALL GRADES	215	5	41	4
Double Cheese "Quesarrito" (called "Quesadilla" on package)	1	Quesarrito	390	20	35	19
Salsa	1	quarter cup	21	0	4	0

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	Portion	Unit	Calories	Protein g.	Carb. G.	Total Fat g.
<b>Tuesday Lunch, Nov. 14</b>						
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	4 qtrs=	half cup fruit	64	1	16	0
<b>Wednesday November 15</b>						
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
<b>Wednesday Lunch</b>						
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	6-7.8th only	365	21	35	19
Pizza Cheese Only Personal Size	each	6-7.8th only	338	20	35	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
Citrus Sunshine Shaker Salad	1	salad	56	1	7	3
Applesauce Cup - Assorted Flavors (all varieties)	1 each =	half cup	90	0	22	0
<b>Thursday November 16</b>						
French Toast Cinnamon Swirl Whole Grain	1	slice	210	8	28	8
Yogurt, 4 oz.	1	4 oz.	90	3	19	0
Juice, Orange 100% or-phasing in	4 fl-oz.=	half cup fruit	61	0	14	0
Juice, Orange-Tangerine Blend 100% (mid-October/November 2017)	4.23 fl-oz.=	half cup fruit	60	0	15	0
<b>Thursday Lunch</b>						
Italian Sausage Sub Sandwich	1	sub sandwich	517	21	38	31
(Italian Sausage link, Marinara Sauce, & Cheese sandwich Filling only)	1	link, cheese & sauce	377	16	9	30
(Bun, Sub Roll Whole Grain only)	1	sub bun (2oz)	140	5	29	1
Bean & Cheese Burrito Whole Grain Tortilla	5.2 oz.	burrito	291	16	41	8
Salsa	1	quarter cup	17	0	3	0
Broccoli Parmesan	1	half cup	32	3	5	1
Apple Slices Fresh	1 pkg=	half cup	29	0	8	0
<b>Friday November 17</b>						
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
<b>Friday Happy Birthday November Day!</b>						
Baked, Whole grain Breaded Chicken	1	ave. serving	215	12	11	13
Baked WG Chicken Nuggets (Pre-K Family Meals only)	4	nuggets =	210	13	13	12
Krispie Whole Grain Rice Treat	1	treat	160	2	31	4
Mashed Potatoes	1	half cup	108	1	23	0
Gravy, Chicken	2	Tbsp.	19	0	3	0
Southwestern Pizza (topping is taco-style seasoned beef & cheese)	1	each	320	20	30	14
Salsa	1	quarter cup	17	0	3	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 and/or Seedless Grapes)	1 each=	half cup fruit	70	0	16	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 fruit	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)	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 100%	4 fl-oz.=	half cup fruit	61	0	14	0
Juice, Orange-Tangerine Blend 100% (mid-October/November 2017)	4.23 fl-oz.=	half cup fruit	60	0	15	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)	1 each =	half cup fruit	70	0	16	0
Peaches Diced Light Syrup	1	half cup	78	1	20	0
Pear Cup (individual single serve container)	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
Strawberries, from frozen whole	1	Half Cup	39	0	10	0
Watermelon Cubed	1	half cup	28	1	7	0

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	Portion	Unit	Calories	Protein g.	Carb. G.	Total Fat g.
<b>Breads - breakdown in the event not consumed or taken</b>						
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"	1	bun	150	7	29	2
Bun, Sub Roll Whole Grain	1	bun (2oz)	140	5	29	1
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
<b>Fruit &amp; Vanilla Low Fat Yogurt Parfaits with Cinnamon Whole Grain Granola:</b>						
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
Offered at Lunch With Fruit Parfaits to complete the protein requirement (AT LUNCH ONLY)						
<b>Fruit parfaits: breakdown of the ingredients</b>						
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
<b>Breakdown of ingredients in the entrée salads:</b>						
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, Chopped Romaine Lettuce	1.50	Cup	14	1	3	0
carrots, baby	3.00	carrots	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
Sunflower Seeds	5.25	Tbl	244	8	10	21
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