

Tucson Unified School District  
Middle-High-Alternative Nutrient values Breakfast October 16 - November 17

values are rounded to nearest whole number							
DAILY 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 Option at Breakfast</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 Bagels (WG = Whole Grain)	TWO	6-12th grades=	140	4	30	0	
Mini WG Bagel (1)	ONE	K-5 Grades=	70	2	15	0	
Cream Cheese	1 OZ.	portion cup	70	2	1	6	
<b>Cream Cheese - Low Fat Greek Yogurt Blend</b>	1 OZ.	portion cup	60	4	3	3	
<b>Yogurt, 4 oz. Fruit Flavor (assorted varieties)</b>	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>Please See last several pages of this listing for more options on Fruit types and misc. recipe/ingredient breakdowns (including salads)</b>							
<b>Mondays: October 16, 23, 30; November 6 &amp; 13</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	waffle	240	5	42	7	
Fruit Yogurt	1	4 oz.	90	3	19	0	
Peach Cup	1 each =	half cup fruit	70	0	16	0	
<b>Tuesdays: October 17, 24, 31; November 7 &amp; 14</b>	<b>Portion</b>	<b>Unit</b>	<b>Calories</b>	<b>Protein g.</b>	<b>Carb. G.</b>	<b>Total Fat g.</b>	
<b>Breakfast Burrito with Egg, Cheese, &amp; Beef Chorizo in WG Tortilla</b>	1	3.2 oz. Burrito	200	9	22	9	
Salsa	1	quarter cup	17	0	3	0	
Satellite Sites will serve instead of Breakfast Burrito:							
Whole Grain Banana Bread	1	Slice	291	5	46	10	
String Cheese	1 OZ.	Stick	80	6	0	6	
Apple Slices Fresh	1 pkg=	half cup	30	0	8	0	
Sometimes instead of Fresh Apples: Applesauce will be offered							
Applesauce Cup - Assorted Flavors (all varieties)	1 each =	half cup	90	0	22	0	
<b>Wednesdays: October 18, 25; November 1, 8, &amp; 15</b>	<b>Portion</b>	<b>Unit</b>	<b>Calories</b>	<b>Protein g.</b>	<b>Carb. G.</b>	<b>Total Fat g.</b>	
<b>Whole Grain Nutrition Bar: Zee-Zee Strawberry Crisp</b>	1	each	250	4	41	8	
OR 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	
Yogurt, 4 oz.	1	4 oz.	90	3	19	0	
Watermelon Cubed	1	half cup	28	1	7	0	
<b>Thursdays: October 19, 26; November 2, 9, &amp; 16</b>	<b>Portion</b>	<b>Unit</b>	<b>Calories</b>	<b>Protein g.</b>	<b>Carb. G.</b>	<b>Total Fat g.</b>	
Pancake Sandwich (egg-cheddar-low fat pork breakfast sausage patty)	1	sandwich	371	19	29	19	
Pancake Sandwich (egg & cheddar only)	1	sandwich	271	12	29	12	
Fruit Mix cup (Peaches Pear Pineapple & Diced Apple and/or Seedless Grapes)	1 each =	half cup fruit	70	0	16	0	
<b>Fridays: October 20, 27; November 3, &amp; 17</b>	<b>Portion</b>	<b>Unit</b>	<b>Calories</b>	<b>Protein g.</b>	<b>Carb. G.</b>	<b>Total Fat g.</b>	
Mango-Strawberry Fruit & Yogurt Parfait with Granola	1	parfait	336	8	66	5	
Apple Slices Fresh	1 pkg=	half cup	30	0	8	0	
<b>Fruit selections Vary by season and menu day</b>	<b>Portion</b>	<b>Unit</b>	<b>Calories</b>	<b>Protein g.</b>	<b>Carb. G.</b>	<b>Total Fat g.</b>	
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)	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% 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	
Juice Cup, 100% Fruit, Frozen (assorted flavors)	1 each=	half cup fruit	70	0	18	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	
<b>Breads - breakdown in the event not consumed or taken</b>	<b>Portion</b>	<b>Unit</b>	<b>Calories</b>	<b>Protein g.</b>	<b>Carb. G.</b>	<b>Total Fat g.</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	

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	Portion	Unit	Calories	Protein g.	Carb. G.	Total Fat g.
<b>Breads, cont.</b>						
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>						
	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
<b>Fruit parfaits: breakdown of the ingredients</b>						
	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