

Tucson Unified School District
Middle School Nutrient Values: Lunch - 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
Daily Options at Lunch: Middle School	Portion	Unit	Calories	Protein g.	Carb. G.	Total Fat g.
Pizza Pepperoni, Whole Grain Personal Size	1	each	335	18	35	14
Pizza, Cheese Only, Whole Grain, Personal Size	1	each	310	17	35	12
Pizza Pepperoni Personal Size	each	pizza	365	21	35	19
Pizza Cheese Only Personal Size	each	pizza	338	20	35	17
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 Ranch Packet "Bistro" brand	1.00	PC	30	0	8	0
Salad Dressing Ranch Fat 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
Please See last several pages of this listing for more options on Fruit types and misc. recipe/ingredient breakdowns (including salads)						
Mondays: October 16, 23, 30; November 6 & 13	Portion	Unit	Calories	Protein g.	Carb. G.	Total Fat g.
WG Breaded Chicken patty on WG Bun	1	Sandwich	390	23	39	17
Lettuce & Tomato for Sandwich above	1	serving	7	0	1	0
Ketchup for sandwich above	1	packet	10	0	3	0
Pepperoni & Cheese Calzone (the pepperoni is made with beef)	1	calzone	340	20	35	13
Ranch Beans	1	Half Cup	130	6	21	3
Fruit Mix cup Oct. 16 (Peaches Pear Pineapple & Diced Apple and/or Seedless Grapes)	1 each=	half cup fruit	70	0	16	0
Apple Slices Fresh (Oc. 23, 30; November 6 & 13)	1 pkg=	half cup	30	0	8	0
Tuesdays: October 17, 24, 31; November 7 & 14	Portion	Unit	Calories	Protein g.	Carb. G.	Total Fat g.
Sloppy Joe Slider Mini Sandwiches	TWO	mini slider	327	21	41	9
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
Peach cup (October 17)	1	serving	70	0	15	0
Grapes, Red (Oct. 24, 31; November 7 & 14)	1	half cup	60	1	16	0
Wednesdays: October 18, 25; November 1, 8, & 15	Portion	Unit	Calories	Protein g.	Carb. G.	Total Fat g.
Smokie Mac Stac (Alfredo Mac'n' Cheese topped with little smokies)	1	Serving	430	22	45	19
Garnished with Fresh Diced Green & Red Peppers:	2	Tbsp	5	0	1	0
<i>Alfredo Mac 'n' Cheese with extra seasonings, Entrée Recipe</i>	8 oz..	By wt serving 6-7-8 =	335	18	44	11
<i>Smokies links only</i>	3	links	95	4	1	8
Double Cheese "Quesarrito" (called "Quesadilla" on package)	1	Quesarrito	390	20	35	19
Salsa	1	quarter cup	21	0	4	0
Broccoli Parmesan	1	half cup	32	3	5	1
Apple Slices Fresh	1 pkg=	half cup	30	0	8	0
Thursday is Fusion Express Day -						
Thursday October 19	Portion	Unit	Calories	Protein g.	Carb. G.	Total Fat g.
Sweet & Sour Meatballs (KC)	6	meatballs =	314	17	31	15
Fried WG Rice	9.6 oz.	serving	287	7	55	5
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
Watermelon Cubes	1	half cup	28	1	7	0
Thursday October 26	Portion	Unit	Calories	Protein g.	Carb. G.	Total Fat g.
Buffalo Chicken Stuffed Potato Skins	1	serving	272	17	25	11
<i>Buffalo Seasoned Chicken Mixture</i>	3.4 oz.	serving =	170	15	3	11
<i>Potato Skins</i>	TWO	potato shells =	90	2	19	0
<i>Garnish - "Buffalo" Sauce</i>	1	Tbsp=	12	0	2	0
Offered with: Mini Whole Grain Biscuits	TWO	mini biscuits =	220	4	30	10
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
Watermelon Cubes	1	half cup	28	1	7	0
Thursday November 2	Portion	Unit	Calories	Protein g.	Carb. G.	Total Fat g.
Deluxe Pasta: With Alfredo Mac & Cheese	9 oz.	serving 6-7-8 =	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
Watermelon Cubes	1	half cup	28	1	7	0
Thursday November 9	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
<i>(Seasoned Beef, Salsa & Lettuce filling only,</i>	1	serving	94	11	4	2
<i>(Tortillas, Flour Whole Grain 6" Diameter only,</i>	TWO	tortillas =	140	4	24	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
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
Watermelon Cubes	1	half cup	28	1	7	0

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	Portion	Unit	Calories	Protein g.	Carb. G.	Total Fat g.
Thursday November 16						
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	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
Watermelon Cubes	1	half cup	28	1	7	0
Fridays: October 20, 26; November 3 & 17						
Baked Chicken with Whole Grain breading	1	serving average	215	12	11	13
Mini Whole Grain Corn Muffin (offered with baked chicken)	1	muffin	148	2	23	5
Southwestern Pizza (topping is taco-style seasoned beef & cheese)	1	each	320	20	30	14
Seasoned Roasted Potatoes	ONE	half cup	129	2	18	6
Juice Cup, 100% Fruit, Frozen (assorted flavors)	1 each =	half cup fruit	70	0	19	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) individual single serve container	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)	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
Fruit selections Vary by season and menu day	Portion	Unit	Calories	Protein g.	Carb. G.	Total Fat g.
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
Breads - breakdown in the event not consumed or taken						
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
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

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Fruit & Vanilla Low Fat Yogurt Parfaits, cont.	Portion	Unit	Calories	Protein g.	Carb. G.	Total Fat g.
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
Breakdown of ingredients in the entrée salads:	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