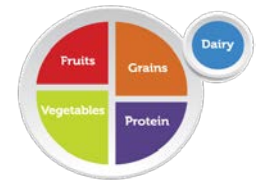




Tracy Unified School District

9-12 Breakfast & Lunch Menu Order Form

August - October 2025



Breakfast

Breakfast includes choice of one (1) main entrée, fruit, and choice of milk. Students must select 3 food items with one being a 1/2 cup of fruit/fruit juice.

	Monday	Tuesday	Wednesday	Thursday	Friday
Select only one (1) main entrée	Egg & Cheese Sandwich & Tots* Mini Strawberry Bagels* Cereal Bowl*	Mini Cinnamon Rolls* Yogurt & Fruit Parfait* Cereal Bowl*	Egg & Cheese Scrambler & Tots* Fruit Smoothie & Mini Muffin* Cereal Bowl*	Apple Strudel* Yogurt & Fruit Parfait* Cereal Bowl*	Pancake Sausage (bf) Sandwich & Tots Fruit Smoothie & Mini Muffin* Cereal Bowl*
Select a minimum of one (1) fruit	Fresh Fruit Shelf-Stable Fruit 100% Fruit Juice	Fresh Fruit Shelf-Stable Fruit 100% Fruit Juice	Fresh Fruit Shelf-Stable Fruit 100% Fruit Juice	Fresh Fruit Shelf-Stable Fruit 100% Fruit Juice	Fresh Fruit Shelf-Stable Fruit 100% Fruit Juice
Select only one (1) type of milk	Fat-Free White Milk 1% White Milk	Fat-Free White Milk 1% White Milk	Fat-Free White Milk 1% White Milk	Fat-Free White Milk 1% White Milk	Fat-Free White Milk 1% White Milk

Lunch

Lunch includes choice of one (1) main entrée, fruit, vegetables, and choice of milk. Students must select 3 of the 5 food components with one being a 1/2 cup of fruit or vegetable from the salad bar.

	Monday	Tuesday	Wednesday	Thursday	Friday
Select only one (1) main entrée	Beef, Bean & Cheese Nachos Bean & Cheese Nachos* Veggie Bean Nachos* Pretzel Dog (beef) & Fries Garlic Cheese Bread* Spicy Chicken Sandwich Pepperoni Pizza (beef & turkey) Cheese Pizza* Spicy Chicken Salad Veggie Chef's Salad* Chicken Ceasar Wrap Buffalo Chicken Wrap	Teriyaki Chicken & Rice Spicy Chicken Tenders & Fries Cheese Bites* Hamburger (beef) & Fries Veggie Burger & Fries* Spicy Chicken Sandwich Pepperoni Pizza (beef & turkey) Cheese Pizza* Spicy Chicken Salad Veggie Chef's Salad* Chicken Ceasar Wrap Buffalo Chicken Wrap	Egg, Bacon & Cheese Burrito Egg & Cheese Burrito* Tuna & Savory Wheat Crackers Hamburger (beef) & Fries Veggie Burger & Fries* Spicy Chicken Sandwich Pepperoni Pizza (beef & turkey) Cheese Pizza* Spicy Chicken Salad Veggie Chef's Salad* Chicken Ceasar Wrap Buffalo Chicken Wrap	Orange Chicken & Rice Crispy Chicken Sandwich & Fries Cheese Pull-Aparts* Hamburger (beef) & Fries Veggie Burger & Fries* Spicy Chicken Sandwich Pepperoni Pizza (beef & turkey) Cheese Pizza* Spicy Chicken Salad Veggie Chef's Salad* Chicken Ceasar Wrap Buffalo Chicken Wrap	Chicken Drumstick, Fries & Toast Spicy Kickin' Sandwich & Fries* BBQ Baconburger (bf & tky) & Fries Veggie Burger & Fries* Bean & Cheese Burrito* Spicy Chicken Sandwich Pepperoni Pizza (beef & turkey) Cheese Pizza* Spicy Chicken Salad Veggie Chef's Salad* Chicken Ceasar Wrap Buffalo Chicken Wrap
Select only one (1) type of milk	Fat-Free Chocolate Milk 1% White Milk	Fat-Free Chocolate Milk 1% White Milk	Fat-Free Chocolate Milk 1% White Milk	Fat-Free Chocolate Milk 1% White Milk	Fat-Free Chocolate Milk 1% White Milk
Treat included in all meals	Mini Rice Krispy Treat	Chocolate Chip Cookie	Mini Rice Krispy Treat	Fortune Cookie	Chocolate Chip Granola Bar

* = Meatless

Salad Bar

Students must select at least 1/2 cup of vegetable or fruit from the Salad Bar.

	Monday	Tuesday	Wednesday	Thursday	Friday
Select a minimum of one (1) salad bar offering, more than one selection is encouraged	Romaine Lettuce Baby Carrots Yellow Corn Sliced Apples Frozen Fruit Cup Diced Peaches 100% Fruit Juice	Romaine Lettuce Mini Sweet Peppers Kidney Beans Nectarines Frozen Sliced Strawberries Applesauce Cups 100% Fruit Juice	Romaine Lettuce Fresh Broccoli Mini Cucumber Orange Wedges Frozen Sliced Strawberries Mixed Fruit Cocktail 100% Fruit Juice	Romaine Lettuce Fresh Tomatoes Green Peas Strawberries Frozen Blueberries Diced Pears 100% Fruit Juice	Romaine Lettuce Baby Carrots Garbanzo Beans Watermelon Frozen Fruit Cup Applesauce Cups 100% Fruit Juice