

# Sacramento City Unified School District

Nov 1, 2019 thru Nov 29, 2019

Base Menu Spreadsheet

High School Brk 2019-2020

Portion Values - Detailed

Page 1

Generated on: 10/31/2019 2:36:50 PM

	Portion Size	Reimb Qty	Carb (g)
Fri - 11/01/2019			
High School Brk 2019-2020	Total	1	
Breakfast bowl	1 each	1	31.25
Muffin (Fresh Baked) Fat Cat	muffin	1	113.24
Yogurt Parfait	Parfait	1	60.18
Crispito (Secondary Breakfast)	1 each	1	25.85
Cereal, Assorted - Secondary	1 each	1	45.33
Raisins	Box	1	29.0
Orange Juice, frozen	1 each	1	13.41
FRUIT,FRESH ASSORTED	1 EACH	1	14.14
Fruit, Canned - Assorted	1/2 cup	1	12.39
Milk, 1% White	carton	1	16.0
Milk, Non Fat, White	carton	1	13.0
Milk, Lactaid Fat Free	carton	1	13.0
Weighted Daily Average			386.78
% of Calories			62.2%
Nutrient Guideline			

Mon - 11/04/2019			
High School Brk 2019-2020	Total	1	
English Muffin Egg/Sausage	Sandwich	1	29.0
Muffin (Fresh Baked) Fat Cat	1 EA	1	113.24
Crispito (Secondary Breakfast)	1 each	1	25.85
Yogurt Parfait	Parfait	1	60.18
Cereal, Assorted - Secondary	1 each	1	45.33
Raisins	Box	1	29.0
FRUIT,FRESH ASSORTED	1 EACH	1	14.14
Fruit, Canned - Assorted	1/2 cup	1	12.39
orange juice (suncup)	1 each	1	13.0
Juice, Stawberry Kiwi (Suncup)	1 ea	1	14.0
Milk, 1% White	carton	1	16.0
Milk non-fat white	8 oz	1	13.0
Milk, Lactaid Fat Free	carton	1	13.0
Weighted Daily Average			398.12
% of Calories			67.3%
Nutrient Guideline			

Tue - 11/05/2019			
High School Brk 2019-2020	Total	1	
Breakfast Pizza, Sausage	1 each	1	26.0
Crispito (Secondary Breakfast)	1 each	1	25.85
Cinnamon Roll	1 each	1	71.39
Cereal, Assorted - Secondary	1 each	1	45.33
Graham Cracker - Keebler	1 each	1	17.0
Raisins	Box	1	29.0
FRUIT,FRESH ASSORTED	1 EACH	1	14.14
Fruit, Canned - Assorted	1/2 cup	1	12.39
Orange Juice, frozen	1 each	1	13.41
Milk, 1% White	carton	1	16.0
Milk, Non Fat, White	carton	1	13.0
Milk, Lactaid Fat Free	carton	1	13.0

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average			296.51
% of Calories			68.8%
Nutrient Guideline			

Wed - 11/06/2019			
High School Brk 2019-2020	Total	1	
Croissant breakfast sandwich	Sandwich	1	32.83
Muffin (Fresh Baked) Fat Cat	1 EA	1	113.24
Crispito (Secondary Breakfast)	1 each	1	25.85
Cereal, Assorted - Secondary	1 each	1	45.33
Yogurt Parfait	Parfait	1	60.18
Raisins	Box	1	29.0
Orange Juice, frozen	1 each	1	13.41
Juice, Strawberry Kiwi (Suncup)	1 ea	1	14.0
FRUIT, FRESH ASSORTED	1 EACH	1	14.14
Fruit, Canned - Assorted	1/2 cup	1	12.39
Milk, 1% White	carton	1	16.0
Milk, Non Fat, White	carton	1	13.0
Milk, Lactaid Fat Free	carton	1	13.0
Weighted Daily Average			402.37
% of Calories			63.1%
Nutrient Guideline			

Thu - 11/07/2019			
High School Brk 2019-2020	Total	1	
Breakfast Chicken Slider	1	1	16.4
Cinnamon Roll	1 each	1	71.39
Crispito (Secondary Breakfast)	1 each	1	25.85
Graham Cracker - Keebler	1 each	1	17.0
Cereal, Assorted - Secondary	1 each	1	45.33
Raisins	Box	1	29.0
FRUIT, FRESH ASSORTED	1 EACH	1	14.14
Fruit, Canned - Assorted	1/2 cup	1	12.39
Orange Juice, frozen	1 each	1	13.41
Milk, 1% White	carton	1	16.0
Milk, Non Fat, White	carton	1	13.0
Milk, Lactaid Fat Free	carton	1	13.0
Weighted Daily Average			286.91
% of Calories			67.8%
Nutrient Guideline			

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Fri - 11/08/2019			
High School Brk 2019-2020	Total	1	
Breakfast bowl	1 each	1	31.25
Muffin (Fresh Baked) Fat Cat	muffin	1	113.24
Yogurt Parfait	Parfait	1	60.18
Crispito (Secondary Breakfast)	1 each	1	25.85
Cereal, Assorted - Secondary	1 each	1	45.33
Raisins	Box	1	29.0
Orange Juice, frozen	1 each	1	13.41
FRUIT,FRESH ASSORTED	1 EACH	1	14.14
Fruit, Canned - Assorted	1/2 cup	1	12.39
Milk, 1% White	carton	1	16.0
Milk, Non Fat, White	carton	1	13.0
Milk, Lactaid Fat Free	carton	1	13.0
Weighted Daily Average			386.78
% of Calories			62.2%
Nutrient Guideline			

Mon - 11/11/2019			
High School Brk 2019-2020	Total	1	
English Muffin Egg/Sausage	Sandwich	1	29.0
Muffin (Fresh Baked) Fat Cat	1 EA	1	113.24
Crispito (Secondary Breakfast)	1 each	1	25.85
Yogurt Parfait	Parfait	1	60.18
Cereal, Assorted - Secondary	1 each	1	45.33
Raisins	Box	1	29.0
FRUIT,FRESH ASSORTED	1 EACH	1	14.14
Fruit, Canned - Assorted	1/2 cup	1	12.39
orange juice (suncup)	1 each	1	13.0
Juice, Strawberry Kiwi (Suncup)	1 ea	1	14.0
Milk, 1% White	carton	1	16.0
Milk non-fat white	8 oz	1	13.0
Milk, Lactaid Fat Free	carton	1	13.0
Weighted Daily Average			398.12
% of Calories			67.3%
Nutrient Guideline			

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Tue - 11/12/2019			
High School Brk 2019-2020	Total	1	
Breakfast Pizza, Sausage	1 each	1	26.0
Crispito (Secondary Breakfast)	1 each	1	25.85
Cinnamon Roll	1 each	1	71.39
Cereal, Assorted - Secondary	1 each	1	45.33
yogurt, secondary	1 each	1	15.0
Graham Cracker - Keebler	1 each	1	17.0
Raisins	Box	1	29.0
FRUIT,FRESH ASSORTED	1 EACH	1	14.14
Fruit, Canned - Assorted	1/2 cup	1	12.39
Orange Juice, frozen	1 each	1	13.41
Milk, 1% White	carton	1	16.0
Milk, Non Fat, White	carton	1	13.0
Milk, Lactaid Fat Free	carton	1	13.0
Weighted Daily Average			311.51
% of Calories			69.1%
Nutrient Guideline			

Wed - 11/13/2019			
High School Brk 2019-2020	Total	1	
Croissant breakfast sandwich	Sandwich	1	32.83
Muffin (Fresh Baked) Fat Cat	1 EA	1	113.24
Crispito (Secondary Breakfast)	1 each	1	25.85
Cereal, Assorted - Secondary	1 each	1	45.33
Yogurt Parfait	Parfait	1	60.18
Raisins	Box	1	29.0
Orange Juice, frozen	1 each	1	13.41
Juice, Strawberry Kiwi (Suncup)	1 ea	1	14.0
FRUIT,FRESH ASSORTED	1 EACH	1	14.14
Fruit, Canned - Assorted	1/2 cup	1	12.39
Milk, 1% White	carton	1	16.0
Milk, Non Fat, White	carton	1	13.0
Milk, Lactaid Fat Free	carton	1	13.0
Weighted Daily Average			402.37
% of Calories			63.1%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Thu - 11/14/2019			
High School Brk 2019-2020	Total	1	
Breakfast Chicken Slider	1	1	16.4
Cinnamon Roll	1 each	1	71.39
Crispito (Secondary Breakfast)	1 each	1	25.85
Graham Cracker - Keebler	1 each	1	17.0
Cereal, Assorted - Secondary	1 each	1	45.33
Raisins	Box	1	29.0
FRUIT,FRESH ASSORTED	1 EACH	1	14.14
Fruit, Canned - Assorted	1/2 cup	1	12.39
Orange Juice, frozen	1 each	1	13.41
Milk, 1% White	carton	1	16.0
Milk, Non Fat, White	carton	1	13.0
Milk, Lactaid Fat Free	carton	1	13.0
Weighted Daily Average			286.91
% of Calories			67.8%
Nutrient Guideline			

Fri - 11/15/2019			
High School Brk 2019-2020	Total	1	
Breakfast bowl	1 each	1	31.25
Muffin (Fresh Baked) Fat Cat	muffin	1	113.24
Yogurt Parfait	Parfait	1	60.18
Crispito (Secondary Breakfast)	1 each	1	25.85
Cereal, Assorted - Secondary	1 each	1	45.33
Raisins	Box	1	29.0
Orange Juice, frozen	1 each	1	13.41
FRUIT,FRESH ASSORTED	1 EACH	1	14.14
Fruit, Canned - Assorted	1/2 cup	1	12.39
Milk, 1% White	carton	1	16.0
Milk, Non Fat, White	carton	1	13.0
Milk, Lactaid Fat Free	carton	1	13.0
Weighted Daily Average			386.78
% of Calories			62.2%
Nutrient Guideline			

Mon - 11/18/2019			
High School Brk 2019-2020	Total	1	
English Muffin Egg/Sausage	Sandwich	1	29.0
Muffin (Fresh Baked) Fat Cat	1 EA	1	113.24
Crispito (Secondary Breakfast)	1 each	1	25.85
Yogurt Parfait	Parfait	1	60.18
Cereal, Assorted - Secondary	1 each	1	45.33
Raisins	Box	1	29.0
FRUIT,FRESH ASSORTED	1 EACH	1	14.14
Fruit, Canned - Assorted	1/2 cup	1	12.39
orange juice (suncup)	1 each	1	13.0
Juice, Strawberry Kiwi (Suncup)	1 ea	1	14.0
Milk, 1% White	carton	1	16.0
Milk non-fat white	8 oz	1	13.0
Milk, Lactaid Fat Free	carton	1	13.0

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average			398.12
% of Calories			67.3%
Nutrient Guideline			

Tue - 11/19/2019			
High School Brk 2019-2020	Total	1	
Breakfast Pizza, Sausage	1 each	1	26.0
Crispito (Secondary Breakfast)	1 each	1	25.85
Cinnamon Roll	1 each	1	71.39
Cereal, Assorted - Secondary	1 each	1	45.33
Graham Cracker - Keebler	1 each	1	17.0
Raisins	Box	1	29.0
FRUIT, FRESH ASSORTED	1 EACH	1	14.14
Fruit, Canned - Assorted	1/2 cup	1	12.39
Orange Juice, frozen	1 each	1	13.41
Milk, 1% White	carton	1	16.0
Milk, Non Fat, White	carton	1	13.0
Milk, Lactaid Fat Free	carton	1	13.0
Weighted Daily Average			296.51
% of Calories			68.8%
Nutrient Guideline			

Wed - 11/20/2019			
High School Brk 2019-2020	Total	1	
Croissant breakfast sandwich	Sandwich	1	32.83
Muffin (Fresh Baked) Fat Cat	1 EA	1	113.24
Crispito (Secondary Breakfast)	1 each	1	25.85
Cereal, Assorted - Secondary	1 each	1	45.33
Yogurt Parfait	Parfait	1	60.18
Raisins	Box	1	29.0
Orange Juice, frozen	1 each	1	13.41
Juice, Strawberry Kiwi (Suncup)	1 ea	1	14.0
FRUIT, FRESH ASSORTED	1 EACH	1	14.14
Fruit, Canned - Assorted	1/2 cup	1	12.39
Milk, 1% White	carton	1	16.0
Milk, Non Fat, White	carton	1	13.0
Milk, Lactaid Fat Free	carton	1	13.0
Weighted Daily Average			402.37
% of Calories			63.1%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Thu - 11/21/2019			
High School Brk 2019-2020	Total	1	
Breakfast Chicken Slider	1	1	16.4
Cinnamon Roll	1 each	1	71.39
Crispito (Secondary Breakfast)	1 each	1	25.85
Graham Cracker - Keebler	1 each	1	17.0
Cereal, Assorted - Secondary	1 each	1	45.33
Raisins	Box	1	29.0
FRUIT,FRESH ASSORTED	1 EACH	1	14.14
Fruit, Canned - Assorted	1/2 cup	1	12.39
Orange Juice, frozen	1 each	1	13.41
Milk, 1% White	carton	1	16.0
Milk, Non Fat, White	carton	1	13.0
Milk, Lactaid Fat Free	carton	1	13.0
Weighted Daily Average			286.91
% of Calories			67.8%
Nutrient Guideline			

Fri - 11/22/2019			
High School Brk 2019-2020	Total	1	
Breakfast bowl	1 each	1	31.25
Muffin (Fresh Baked) Fat Cat	muffin	1	113.24
Yogurt Parfait	Parfait	1	60.18
Crispito (Secondary Breakfast)	1 each	1	25.85
Cereal, Assorted - Secondary	1 each	1	45.33
Raisins	Box	1	29.0
Orange Juice, frozen	1 each	1	13.41
FRUIT,FRESH ASSORTED	1 EACH	1	14.14
Fruit, Canned - Assorted	1/2 cup	1	12.39
Milk, 1% White	carton	1	16.0
Milk, Non Fat, White	carton	1	13.0
Milk, Lactaid Fat Free	carton	1	13.0
Weighted Daily Average			386.78
% of Calories			62.2%
Nutrient Guideline			

Weighted Average			357.12
			65.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	357.12	65.23%						

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