

Sacramento City Unified School District

Nov 1, 2019 thru Nov 29, 2019

Base Menu Spreadsheet

Middle Lunch 2019-2020

Portion Values - Detailed

Page 1

Generated on: 10/31/2019 2:42:03 PM

	Portion Size	Reimb Qty	Carb (g)
Fri - 11/01/2019			
Middle Lunch 2019-2020	Total	1	
Carnitas Taco Bowl	Servings	1	38.5
Hot Wings	5 wings	1	60.98
Spicy Chicken Sandwich	1 each	1	65.65
Personal Pepperoni Pizza	1 each	1	31.0
Personal Cheese Pizza	1 each	1	31.0
Turkey Club Wrap	1 each	1	56.22
Protein box	1 each	1	61.0
House Salad	1 CUP	1	14.04
Condiment Bar	portion	1	24.14
Raisins	Box	1	29.0
Carrots, Baby Ind. bags	bag	1	8.0
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
Sorbet	1 cup	1	50.0
Weighted Daily Average			538.06
% of Calories			44.8%
Nutrient Guideline			

Mon - 11/04/2019			
Middle Lunch 2019-2020	Total	1	
Orange Chicken w/ Rice	1 wok bowl each	1	48.99
Vegetables for Wok - 2018	1/2 cup	1	3.82
Spicy ChickenTenders	4 tenders	1	40.86
Personal Pepperoni Pizza	1 each	1	31.0
Personal Cheese Pizza	1 each	1	31.0
Turkey Club Wrap	1 each	1	56.22
Protein box	1 each	1	61.0
Condiment Bar	portion	1	24.14
House Salad	1 CUP	1	14.04
Raisins	Box	1	29.0
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			408.60
% of Calories			47.1%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Tue - 11/05/2019			
Middle Lunch 2019-2020	Total	1	
Cheese Bites - Wild Mikes	1 Each	1	8.09
Marinara Dipping Sauce	1/2 cup	1	6.0
Bacon Cheeseburger	1 each	1	49.24
Corn Dog	Recipe	1	75.24
Pepperoni Pizza	1 each	1	33.0
Cheese Pizza	1 each	1	34.0
Chicken Caesar Salad	Salad	1	41.12
Protein box	1 each	1	61.0
Condiment Bar	portion	1	24.14
House Salad	1 CUP	1	14.04
Raisins	Box	1	29.0
Carrots, Baby Ind. bags	bag	1	8.0
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
Sorbet	1 cup	1	50.0
Weighted Daily Average			501.40
% of Calories			47.1%
Nutrient Guideline			

Wed - 11/06/2019			
Middle Lunch 2019-2020	Total	1	
Spicy ChickenTenders	4 tenders	1	40.86
Spicy Chicken Sandwich	1 each	1	65.65
Personal Pepperoni Pizza	1 each	1	31.0
Personal Cheese Pizza	1 each	1	31.0
Turkey Club Wrap	1 each	1	56.22
Protein box	1 each	1	61.0
Condiment Bar	portion	1	24.14
Raisins	Box	1	29.0
Carrots, Baby Ind. bags	bag	1	8.0
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			415.39
% of Calories			44.6%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Thu - 11/07/2019			
Middle Lunch 2019-2020	Total	1	
Popcorn Chicken Bowl	1 bowl	1	71.81
Cheeseburger	1 each	1	45.96
Corn Dog	Recipe	1	75.24
Cheese Pizza	1 each	1	34.0
Pepperoni Pizza	1 each	1	33.0
Protein box	1 each	1	61.0
Chicken Caesar Salad	Salad	1	41.12
House Salad	1 CUP	1	14.04
Condiment Bar	portion	1	24.14
Raisins	Box	1	29.0
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			497.84
% of Calories			46.0%
Nutrient Guideline			

Fri - 11/08/2019			
Middle Lunch 2019-2020	Total	1	
Carnitas Taco Bowl	Servings	1	38.5
Hot Wings	5 wings	1	60.98
Spicy Chicken Sandwich	1 each	1	65.65
Personal Pepperoni Pizza	1 each	1	31.0
Personal Cheese Pizza	1 each	1	31.0
Turkey Club Wrap	1 each	1	56.22
Protein box	1 each	1	61.0
House Salad	1 CUP	1	14.04
Raisins	Box	1	29.0
Carrots, Baby Ind. bags	bag	1	8.0
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
Sorbet	1 cup	1	50.0
Weighted Daily Average			513.92
% of Calories			44.7%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Mon - 11/11/2019			
Middle Lunch 2019-2020	Total	1	
Orange Chicken w/ Rice	3.6 oz	1	176.38
Vegetables for Wok - 2018	1/2 cup	1	3.82
Spicy ChickenTenders	4 tenders	1	40.86
Personal Pepperoni Pizza	1 each	1	31.0
Personal Cheese Pizza	1 each	1	31.0
Turkey Club Wrap	1 each	1	56.22
Protein box	1 each	1	61.0
Condiment Bar	portion	1	24.14
House Salad	1 CUP	1	14.04
Raisins	Box	1	29.0
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			535.98
% of Calories			50.9%
Nutrient Guideline			

Tue - 11/12/2019			
Middle Lunch 2019-2020	Total	1	
Cheese Bites - Wild Mikes	1 Each	1	8.09
Marinara Dipping Sauce	1/2 cup	1	6.0
Bacon Cheeseburger	1 each	1	49.24
Corn Dog	Recipe	1	75.24
Pepperoni Pizza	1 each	1	33.0
Cheese Pizza	1 each	1	34.0
Chicken Caesar Salad	Salad	1	41.12
Protein box	1 each	1	61.0
Condiment Bar	portion	1	24.14
House Salad	1 CUP	1	14.04
Raisins	Box	1	29.0
Carrots, Baby Ind. bags	bag	1	8.0
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
Sorbet	1 cup	1	50.0
Weighted Daily Average			501.40
% of Calories			47.1%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Wed - 11/13/2019			
Middle Lunch 2019-2020	Total	1	
Spicy ChickenTenders	4 tenders	1	40.86
Spicy Chicken Sandwich	1 each	1	65.65
Personal Pepperoni Pizza	1 each	1	31.0
Personal Cheese Pizza	1 each	1	31.0
Turkey Club Wrap	1 each	1	56.22
Protein box	1 each	1	61.0
Condiment Bar	portion	1	24.14
Raisins	Box	1	29.0
Carrots, Baby Ind. bags	bag	1	8.0
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			415.39
% of Calories			44.6%
Nutrient Guideline			

Thu - 11/14/2019			
Middle Lunch 2019-2020	Total	1	
Popcorn Chicken Bowl	1 bowl	1	71.81
Cheeseburger	1 each	1	45.96
Corn Dog	Recipe	1	75.24
Cheese Pizza	1 each	1	34.0
Pepperoni Pizza	1 each	1	33.0
Protein box	1 each	1	61.0
Chicken Caesar Salad	Salad	1	41.12
House Salad	1 CUP	1	14.04
Condiment Bar	portion	1	24.14
Raisins	Box	1	29.0
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			497.84
% of Calories			46.0%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Fri - 11/15/2019			
Middle Lunch 2019-2020	Total	1	
Carnitas Taco Bowl	Servings	1	38.5
Hot Wings	5 wings	1	60.98
Spicy Chicken Sandwich	1 each	1	65.65
Personal Pepperoni Pizza	1 each	1	31.0
Personal Cheese Pizza	1 each	1	31.0
Turkey Club Wrap	1 each	1	56.22
Protein box	1 each	1	61.0
House Salad	1 CUP	1	14.04
Raisins	Box	1	29.0
Carrots, Baby Ind. bags	bag	1	8.0
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
Sorbet	1 cup	1	50.0
Weighted Daily Average			513.92
% of Calories			44.7%
Nutrient Guideline			

Mon - 11/18/2019			
Middle Lunch 2019-2020	Total	1	
Orange Chicken w/ Rice	3.6 oz	1	176.38
Vegetables for Wok - 2018	1/2 cup	1	3.82
Spicy ChickenTenders	4 tenders	1	40.86
Personal Pepperoni Pizza	1 each	1	31.0
Personal Cheese Pizza	1 each	1	31.0
Turkey Club Wrap	1 each	1	56.22
Protein box	1 each	1	61.0
Condiment Bar	portion	1	24.14
House Salad	1 CUP	1	14.04
Raisins	Box	1	29.0
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			535.98
% of Calories			50.9%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Tue - 11/19/2019			
Middle Lunch 2019-2020	Total	1	
Cheese Bites - Wild Mikes	1 Each	1	8.09
Marinara Dipping Sauce	1/2 cup	1	6.0
Bacon Cheeseburger	1 each	1	49.24
Corn Dog	Recipe	1	75.24
Pepperoni Pizza	1 each	1	33.0
Cheese Pizza	1 each	1	34.0
Chicken Caesar Salad	Salad	1	41.12
Protein box	1 each	1	61.0
Condiment Bar	portion	1	24.14
House Salad	1 CUP	1	14.04
Raisins	Box	1	29.0
Carrots, Baby Ind. bags	bag	1	8.0
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
Sorbet	1 cup	1	50.0
Weighted Daily Average			501.40
% of Calories			47.1%
Nutrient Guideline			

Wed - 11/20/2019			
Middle Lunch 2019-2020	Total	1	
Spicy ChickenTenders	4 tenders	1	40.86
Spicy Chicken Sandwich	1 each	1	65.65
Personal Pepperoni Pizza	1 each	1	31.0
Personal Cheese Pizza	1 each	1	31.0
Turkey Club Wrap	1 each	1	56.22
Protein box	1 each	1	61.0
Condiment Bar	portion	1	24.14
Raisins	Box	1	29.0
Carrots, Baby Ind. bags	bag	1	8.0
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			415.39
% of Calories			44.6%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Thu - 11/21/2019			
Middle Lunch 2019-2020	Total	1	
Popcorn Chicken Bowl	1 bowl	1	71.81
Cheeseburger	1 each	1	45.96
Corn Dog	Recipe	1	75.24
Cheese Pizza	1 each	1	34.0
Pepperoni Pizza	1 each	1	33.0
Protein box	1 each	1	61.0
Chicken Caesar Salad	Salad	1	41.12
House Salad	1 CUP	1	14.04
Condiment Bar	portion	1	24.14
Raisins	Box	1	29.0
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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			497.84
% of Calories			46.0%
Nutrient Guideline			

Fri - 11/22/2019			
Middle Lunch 2019-2020	Total	1	
Carnitas Taco Bowl	Servings	1	38.5
Hot Wings	5 wings	1	60.98
Spicy Chicken Sandwich	1 each	1	65.65
Personal Pepperoni Pizza	1 each	1	31.0
Personal Cheese Pizza	1 each	1	31.0
Turkey Club Wrap	1 each	1	56.22
Protein box	1 each	1	61.0
House Salad	1 CUP	1	14.04
Raisins	Box	1	29.0
Carrots, Baby Ind. bags	bag	1	8.0
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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
Sorbet	1 cup	1	50.0
Weighted Daily Average			513.92
% of Calories			44.7%
Nutrient Guideline			

Weighted Average			487.77
			46.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	487.77	46.29%						

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