

Sacramento City Unified School District

Dec 2, 2019 thru Dec 20, 2019

Base Menu Spreadsheet

K-8 Breakfast 2019-2020

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 12/02/2019								
K-8 Breakfast 2019-2020	Total	1						
Chicken Sausage Brkfst Sndwich	Sandwich	1	143	326	3	9.1	15.4	4.6
Cereal, Assorted - Elementary	Bowlpak	1	105	190	3	2.0	22.5	1.38
Graham Cracker - Keebler	1 each	1	90	95	5	2.0	17.0	2.5
Raisins	Box	1	120	5	27	1.0	29.0	0.0
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.24
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.0
Orange Juice, frozen	1 each	1	56	1	10	0.85	13.41	0.07
Milk, 1% White	carton	1	130	160	15	10.0	16.0	2.5
Milk, Non Fat, White	carton	1	90	130	13	9.0	13.0	0.0
Milk, Lactaid Fat Free	carton	1	90	125	12	8.0	13.0	0.0

Tue - 12/03/2019								
K-8 Breakfast 2019-2020	Total	1						
Breakfast Pizza,Turkey Sausage	1 each	1	210	480	9	9.0	26.0	7.0
Cereal, Assorted - Elementary	Bowlpak	1	105	190	3	2.0	22.5	1.38
Graham Cracker - Keebler	1 each	1	90	95	5	2.0	17.0	2.5
Raisins	Box	1	120	5	27	1.0	29.0	0.0
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.24
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Orange Juice, frozen	1 each	1	56	1	10	0.85	13.41	0.07
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Milk, Lactaid Fat Free	carton	1	90	125	12	8.0	13.0	0.0

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Portion Values - Detailed

Page 2

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 12/04/2019								
K-8 Breakfast 2019-2020	Total	1						
Crispito	1 each	1	270	370	1	12.0	23.0	14.0
Salsa	1/4 cup	1	40	620	*N/A*	2.0	8.0	0.0
Cereal, Assorted - Elementary	Bowlpak	1	105	190	3	2.0	22.5	1.38
Graham Cracker - Keebler	1 each	1	90	95	5	2.0	17.0	2.5
Raisins	Box	1	120	5	27	1.0	29.0	0.0
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.24
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.0
Orange Juice, frozen	1 each	1	56	1	10	0.85	13.41	0.07
Milk, 1% White	carton	1	130	160	15	10.0	16.0	2.5
Milk, Non Fat, White	carton	1	90	130	13	9.0	13.0	0.0
Milk, Lactaid Fat Free	carton	1	90	125	12	8.0	13.0	0.0

Thu - 12/05/2019								
K-8 Breakfast 2019-2020	Total	1						
Eggstravaganza	serving	1	150	350	0	10.0	1.25	11.25
Turkey Bacon	Servings	1	40	200	0	4.0	0.0	3.0
Cereal, Assorted - Elementary	Bowlpak	1	105	190	3	2.0	22.5	1.38
Graham Cracker - Keebler	1 each	1	90	95	5	2.0	17.0	2.5
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.24
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.0
Raisins	Box	1	120	5	27	1.0	29.0	0.0
Orange Juice, frozen	1 each	1	56	1	10	0.85	13.41	0.07
Milk, 1% White	carton	1	130	160	15	10.0	16.0	2.5
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Base Menu Spreadsheet

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 12/06/2019								
K-8 Breakfast 2019-2020	Total	1						
Egg & Cheese Croissant	Sandwich	1	309	403	5	10.97	30.83	16.95
Cereal, Assorted - Elementary	Bowlpak	1	105	190	3	2.0	22.5	1.38
Graham Cracker - Keebler	1 each	1	90	95	5	2.0	17.0	2.5
Raisins	Box	1	120	5	27	1.0	29.0	0.0
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.24
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.0
Orange Juice, frozen	1 each	1	56	1	10	0.85	13.41	0.07
Milk, 1% White	carton	1	130	160	15	10.0	16.0	2.5
Milk, Non Fat, White	carton	1	90	130	13	9.0	13.0	0.0
Milk, Lactaid Fat Free	carton	1	90	125	12	8.0	13.0	0.0

Mon - 12/09/2019								
K-8 Breakfast 2019-2020	Total	1						
Breakfast Pizza,Turkey Sausage	1 each	1	210	480	9	9.0	26.0	7.0
Cereal, Assorted - Elementary	Bowlpak	1	105	190	3	2.0	22.5	1.38
Graham Cracker - Keebler	1 each	1	90	95	5	2.0	17.0	2.5
Raisins	Box	1	120	5	27	1.0	29.0	0.0
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.24
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.0
Orange Juice, frozen	1 each	1	56	1	10	0.85	13.41	0.07
Milk, 1% White	carton	1	130	160	15	10.0	16.0	2.5
Milk, Non Fat, White	carton	1	90	130	13	9.0	13.0	0.0
Milk, Lactaid Fat Free	carton	1	90	125	12	8.0	13.0	0.0

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Base Menu Spreadsheet

K-8 Breakfast 2019-2020

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 12/10/2019								
K-8 Breakfast 2019-2020	Total	1						
Pancake Pups - Don Lee	1 each	1	184	421	8	7.8	22.0	7.8
Syrup (all menues)	packet	1	79	20	14	0.01	20.15	0.02
Graham Cracker - Keebler	1 each	1	90	95	5	2.0	17.0	2.5
Raisins	Box	1	120	5	27	1.0	29.0	0.0
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.24
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.0
Orange Juice, frozen	1 each	1	56	1	10	0.85	13.41	0.07
Milk, 1% White	carton	1	130	160	15	10.0	16.0	2.5
Milk, Non Fat, White	carton	1	90	130	13	9.0	13.0	0.0
Milk, Lactaid Fat Free	carton	1	90	125	12	8.0	13.0	0.0

Wed - 12/11/2019								
K-8 Breakfast 2019-2020	Total	1						
Crispito	1 each	1	270	370	1	12.0	23.0	14.0
Salsa	1/4 cup	1	40	620	*N/A*	2.0	8.0	0.0
Cereal, Assorted - Elementary	Bowlpak	1	105	190	3	2.0	22.5	1.38
Graham Cracker - Keebler	1 each	1	90	95	5	2.0	17.0	2.5
Raisins	Box	1	120	5	27	1.0	29.0	0.0
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.24
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.0
Orange Juice, frozen	1 each	1	56	1	10	0.85	13.41	0.07
Milk, 1% White	carton	1	130	160	15	10.0	16.0	2.5
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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 12/12/2019								
K-8 Breakfast 2019-2020	Total	1						
Yogurt and Granola, Strawberry	1 each	1	245	115	*22	7.85	46.45	3.71
Cereal, Assorted - Elementary	Bowlpak	1	105	190	3	2.0	22.5	1.38
Graham Cracker - Keebler	1 each	1	90	95	5	2.0	17.0	2.5
Raisins	Box	1	120	5	27	1.0	29.0	0.0
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.24
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.0
Orange Juice, frozen	1 each	1	56	1	10	0.85	13.41	0.07
Milk, 1% White	carton	1	130	160	15	10.0	16.0	2.5
Milk, 1% White	carton	1	130	160	15	10.0	16.0	2.5
Milk, Lactaid Fat Free	carton	1	90	125	12	8.0	13.0	0.0

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 12/13/2019								
K-8 Breakfast 2019-2020	Total	1						
Eggstravaganza	serving	1	150	350	0	10.0	1.25	11.25
Turkey Bacon	Servings	1	40	200	0	4.0	0.0	3.0
Cereal, Assorted - Elementary	Bowlpak	1	105	190	3	2.0	22.5	1.38
Graham Cracker - Keebler	1 each	1	90	95	5	2.0	17.0	2.5
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.24
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.0
Raisins	Box	1	120	5	27	1.0	29.0	0.0
Orange Juice, frozen	1 each	1	56	1	10	0.85	13.41	0.07
Milk, 1% White	carton	1	130	160	15	10.0	16.0	2.5
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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 12/16/2019								
K-8 Breakfast 2019-2020	Total	1						
Chicken Sausage Brkfst Sndwich	Sandwich	1	143	326	3	9.1	15.4	4.6
Cereal, Assorted - Elementary	Bowlpak	1	105	190	3	2.0	22.5	1.38
Graham Cracker - Keebler	1 each	1	90	95	5	2.0	17.0	2.5
Raisins	Box	1	120	5	27	1.0	29.0	0.0
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.24
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.0
Orange Juice, frozen	1 each	1	56	1	10	0.85	13.41	0.07
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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 12/17/2019								
K-8 Breakfast 2019-2020	Total	1						
Breakfast Pizza,Turkey Sausage	1 each	1	210	480	9	9.0	26.0	7.0
Cereal, Assorted - Elementary	Bowlpak	1	105	190	3	2.0	22.5	1.38
Graham Cracker - Keebler	1 each	1	90	95	5	2.0	17.0	2.5
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Wed - 12/18/2019								
K-8 Breakfast 2019-2020	Total	1						
Crispito	1 each	1	270	370	1	12.0	23.0	14.0
Salsa	1/4 cup	1	40	620	*N/A*	2.0	8.0	0.0
Cereal, Assorted - Elementary	Bowlpak	1	105	190	3	2.0	22.5	1.38
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Thu - 12/19/2019								
K-8 Breakfast 2019-2020	Total	1						
Eggstravaganza	serving	1	150	350	0	10.0	1.25	11.25
Turkey Bacon	Servings	1	40	200	0	4.0	0.0	3.0
Cereal, Assorted - Elementary	Bowlpak	1	105	190	3	2.0	22.5	1.38
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K-8 Breakfast 2019-2020	Total	1						
Egg & Cheese Croissant	Sandwich	1	309	403	5	10.97	30.83	16.95
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Graham Cracker - Keebler	1 each	1	90	95	5	2.0	17.0	2.5
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