

Sacramento City Unified School District

Dec 2, 2019 thru Dec 20, 2019

Base Menu Spreadsheet

High School Lun 2019-2020

Portion Values - Detailed

Page 1

Generated on: 11/21/2019 5:07:08 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 12/02/2019								
High School Lun 2019-2020	Total	1						
Cheeseburger - BTO	1 each	1	669	1452	8	32.68	57.06	34.4
Pepperoni Pizza	1 each	1	370	580	4	20.0	33.0	17.0
Cheese Pizza	2140 each	1	770399	109140	8560	42801.	72760.	36378.
Chicken Caesar Salad	Salad	1	535	1072	3	27.02	41.12	30.03
Protein box	2146 each	1	965699	912051	45067	25645.	130906	37555.
Orange Chicken w/ Rice	1 wok bowl eac	1	287	306	12	14.12	48.99	3.88
Vegetables for Wok - 2018	1/2 cup	1	17	22	1	0.81	3.82	0.12
Chili Cheese Nachos	1 each	1	646	1055	2	22.25	66.49	30.68
Grilled Chicken Sandwich	3 oz portions	1	492	749	4	42.7	50.76	13.2
Potato Wedges	1/2 cup	1	125	145	0	2.08	20.76	4.15
BBQ Sauce	Tablespoon	1	15	70	3	0.0	3.5	0.0
Ketchup	1 TBSP	1	13	38	3	0.0	3.34	0.0
Mustard	Packet	1	4	94	0	0.23	0.46	0.18
House Salad	1 CUP	1	160	336	4	2.71	14.04	11.12
Condiment Bar	portion	1	203	1088	19	0.48	24.14	11.44
Raisins	1/4 cup	1	125	4	*N/A*	1.16	29.86	0.17
Carrots, Baby Ind. bags	bag	1	35	65	5	1.0	8.0	0.0
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.0
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.24
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
Milk, Lactaid Fat Free	carton	1	90	125	12	8.0	13.0	0.0

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Sacramento City Unified School District

Dec 2, 2019 thru Dec 20, 2019

Base Menu Spreadsheet

High School Lun 2019-2020

Portion Values - Detailed

Page 2

Generated on: 11/21/2019 5:07:08 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 12/03/2019								
High School Lun 2019-2020	Total	1						
Spicy Chicken Sandwich BTO	1 each	1	700	1322	7	27.6	67.95	34.74
Tater Tots	8 pieces	1	130	309	0	1.99	15.96	5.98
Popcorn Chicken Bowl	1 bowl	1	590	1407	6	26.19	71.81	23.9
Chef Salad - 2018	1 each	1	717	1694	*4	42.24	56.59	37.42
Protein box	1 each	1	450	425	21	11.95	61.0	17.5
Sweet & Sour Chicken Rice	servings	1	218	225	11	13.0	34.96	3.51
Orange Chicken w/ Chow Mein	1 wok bowl eac	1	393	888	18	20.18	65.8	7.15
Vegetables for Wok - 2018	1/2 cup	1	17	22	1	0.81	3.82	0.12
Chicken Alfredo Pasta	servings	1	728	1366	8	38.1	56.55	38.99
Chicken Caesar Salad	Salad	1	535	1072	3	27.02	41.12	30.03
Beef, Bean & Cheese Burrito	1 each	1	702	1043	*3	32.04	85.81	27.18
Condiment Bar	portion	1	203	1088	19	0.48	24.14	11.44
House Salad	1 CUP	1	160	336	4	2.71	14.04	11.12
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.0
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.24
Raisins	1/4 cup	1	125	4	*N/A*	1.16	29.86	0.17
Carrots, Baby Ind. bags	bag	1	35	65	5	1.0	8.0	0.0
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

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Sacramento City Unified School District

Dec 2, 2019 thru Dec 20, 2019

Base Menu Spreadsheet

High School Lun 2019-2020

Portion Values - Detailed

Page 3

Generated on: 11/21/2019 5:07:08 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 12/04/2019								
High School Lun 2019-2020	Total	1						
Cheeseburger - BTO	1 each	1	669	1452	8	32.68	57.06	34.4
Potato Wedges	1/2 cup	1	125	145	0	2.08	20.76	4.15
Pepperoni Pizza	1 each	1	370	580	4	20.0	33.0	17.0
Cheese Pizza	1 each	1	360	510	4	20.0	34.0	17.0
Buffalo Chicken Wrap	1 each	1	581	1456	3	37.04	52.14	25.66
Mediterranean Wrap	1 each	1	504	896	5	22.23	62.58	18.71
Orange Chicken w/ Rice	1 wok bowl eac	1	287	306	12	14.12	48.99	3.88
Vegetables for Wok - 2018	1/2 cup	1	17	22	1	0.81	3.82	0.12
Spicy Penne with Meatballs	1 cup	1	485	1124	12	23.44	38.14	25.92
Grilled Chicken Sandwich	3 oz portions	1	492	749	4	42.7	50.76	13.2
Potato Wedges	1/2 cup	1	125	145	0	2.08	20.76	4.15
Condiment Bar	portion	1	203	1088	19	0.48	24.14	11.44
House Salad	1 CUP	1	160	336	4	2.71	14.04	11.12
Raisins	1/4 cup	1	125	4	*N/A*	1.16	29.86	0.17
Carrots, Baby Ind. bags	bag	1	35	65	5	1.0	8.0	0.0
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.0
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.24
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

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Sacramento City Unified School District

Dec 2, 2019 thru Dec 20, 2019

Base Menu Spreadsheet

High School Lun 2019-2020

Portion Values - Detailed

Page 4

Generated on: 11/21/2019 5:07:08 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 12/05/2019								
High School Lun 2019-2020	Total	1						
Spicy Chicken Sandwich BTO	1 each	1	700	1322	7	27.6	67.95	34.74
Popcorn Chicken Bowl	1 bowl	1	590	1407	6	26.19	71.81	23.9
Chef Salad - 2018	1 each	1	717	1694	*4	42.24	56.59	37.42
Protein box	1 each	1	450	425	21	11.95	61.0	17.5
Sweet & Sour Chicken Rice	servings	1	218	225	11	13.0	34.96	3.51
Orange Chicken w/ Chow Mein	1 wok bowl eac	1	393	888	18	20.18	65.8	7.15
Vegetables for Wok - 2018	1/2 cup	1	17	22	1	0.81	3.82	0.12
Chicken Alfredo Pasta	servings	1	728	1366	8	38.1	56.55	38.99
Beef, Bean & Cheese Burrito	1 each	1	702	1043	*3	32.04	85.81	27.18
Condiment Bar	portion	1	203	1088	19	0.48	24.14	11.44
BBQ Sauce	Tablespoon	1	15	70	3	0.0	3.5	0.0
Ketchup	1 TBSP	1	13	38	3	0.0	3.34	0.0
Mustard	Packet	1	4	94	0	0.23	0.46	0.18
House Salad	1 CUP	1	160	336	4	2.71	14.04	11.12
Raisins	1/4 cup	1	125	4	*N/A*	1.16	29.86	0.17
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.0
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.24
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

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Sacramento City Unified School District

Dec 2, 2019 thru Dec 20, 2019

Base Menu Spreadsheet

High School Lun 2019-2020

Portion Values - Detailed

Page 5

Generated on: 11/21/2019 5:07:08 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 12/06/2019								
High School Lun 2019-2020	Total	1						
Cheeseburger - BTO	1 each	1	669	1452	8	32.68	57.06	34.4
Pepperoni Pizza	1 each	1	370	580	4	20.0	33.0	17.0
Cheese Pizza	1 each	1	360	510	4	20.0	34.0	17.0
Chicken Caesar Salad	Salad	1	535	1072	3	27.02	41.12	30.03
Mediterranean Wrap	1 each	1	504	896	5	22.23	62.58	18.71
Sweet & Sour Chicken Rice	servings	1	218	225	11	13.0	34.96	3.51
Vegetables for Wok - 2018	1/2 cup	1	17	22	1	0.81	3.82	0.12
Chili Cheese Nachos	1 each	1	646	1055	2	22.25	66.49	30.68
Hot Wings	5 wings	1	769	1525	24	19.63	60.98	50.54
Corn Bread	1 square	1	286	190	18	4.2	45.0	11.0
Grilled Chicken Sandwich	3 oz portions	1	492	749	4	42.7	50.76	13.2
Potato Wedges	1/2 cup	1	125	145	0	2.08	20.76	4.15
BBQ Sauce	Tablespoon	1	15	70	3	0.0	3.5	0.0
Ketchup	1 TBSP	1	13	38	3	0.0	3.34	0.0
Mustard	Packet	1	4	94	0	0.23	0.46	0.18
Condiment Bar	portion	1	203	1088	19	0.48	24.14	11.44
House Salad	1 CUP	1	160	336	4	2.71	14.04	11.12
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.0
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.24
Raisins	1/4 cup	1	125	4	*N/A*	1.16	29.86	0.17
Carrots, Baby Ind. bags	bag	1	35	65	5	1.0	8.0	0.0
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

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Sacramento City Unified School District

Dec 2, 2019 thru Dec 20, 2019

Base Menu Spreadsheet

High School Lun 2019-2020

Portion Values - Detailed

Page 6

Generated on: 11/21/2019 5:07:09 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 12/09/2019								
High School Lun 2019-2020	Total	1						
Cheeseburger - BTO	1 each	1	669	1452	8	32.68	57.06	34.4
Pepperoni Pizza	1 each	1	370	580	4	20.0	33.0	17.0
Cheese Pizza	2140 each	1	770399	109140	8560	42801.	72760.	36378.
Chicken Caesar Salad	Salad	1	535	1072	3	27.02	41.12	30.03
Protein box	2146 each	1	965699	912051	45067	25645.	130906	37555.
Orange Chicken w/ Rice	1 wok bowl eac	1	287	306	12	14.12	48.99	3.88
Vegetables for Wok - 2018	1/2 cup	1	17	22	1	0.81	3.82	0.12
Chili Cheese Nachos	1 each	1	646	1055	2	22.25	66.49	30.68
Grilled Chicken Sandwich	3 oz portions	1	492	749	4	42.7	50.76	13.2
Potato Wedges	1/2 cup	1	125	145	0	2.08	20.76	4.15
BBQ Sauce	Tablespoon	1	15	70	3	0.0	3.5	0.0
Ketchup	1 TBSP	1	13	38	3	0.0	3.34	0.0
Mustard	Packet	1	4	94	0	0.23	0.46	0.18
House Salad	1 CUP	1	160	336	4	2.71	14.04	11.12
Condiment Bar	portion	1	203	1088	19	0.48	24.14	11.44
Raisins	1/4 cup	1	125	4	*N/A*	1.16	29.86	0.17
Carrots, Baby Ind. bags	bag	1	35	65	5	1.0	8.0	0.0
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.0
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.24
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
Milk, Lactaid Fat Free	carton	1	90	125	12	8.0	13.0	0.0

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Sacramento City Unified School District

Dec 2, 2019 thru Dec 20, 2019

Base Menu Spreadsheet

High School Lun 2019-2020

Portion Values - Detailed

Page 7

Generated on: 11/21/2019 5:07:09 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 12/10/2019								
High School Lun 2019-2020	Total	1						
Spicy Chicken Sandwich BTO	1 each	1	700	1322	7	27.6	67.95	34.74
Tater Tots	8 pieces	1	130	309	0	1.99	15.96	5.98
Popcorn Chicken Bowl	1 bowl	1	590	1407	6	26.19	71.81	23.9
Chef Salad - 2018	1 each	1	717	1694	*4	42.24	56.59	37.42
Protein box	1 each	1	450	425	21	11.95	61.0	17.5
Sweet & Sour Chicken Rice	servings	1	218	225	11	13.0	34.96	3.51
Orange Chicken w/ Chow Mein	1 wok bowl eac	1	393	888	18	20.18	65.8	7.15
Vegetables for Wok - 2018	1/2 cup	1	17	22	1	0.81	3.82	0.12
Chicken Alfredo Pasta	servings	1	728	1366	8	38.1	56.55	38.99
Chicken Caesar Salad	Salad	1	535	1072	3	27.02	41.12	30.03
Beef, Bean & Cheese Burrito	1 each	1	702	1043	*3	32.04	85.81	27.18
Condiment Bar	portion	1	203	1088	19	0.48	24.14	11.44
House Salad	1 CUP	1	160	336	4	2.71	14.04	11.12
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.0
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.24
Raisins	1/4 cup	1	125	4	*N/A*	1.16	29.86	0.17
Carrots, Baby Ind. bags	bag	1	35	65	5	1.0	8.0	0.0
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

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Sacramento City Unified School District

Dec 2, 2019 thru Dec 20, 2019

Base Menu Spreadsheet

High School Lun 2019-2020

Portion Values - Detailed

Page 8

Generated on: 11/21/2019 5:07:09 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 12/11/2019								
High School Lun 2019-2020	Total	1						
Cheeseburger - BTO	1 each	1	669	1452	8	32.68	57.06	34.4
Potato Wedges	1/2 cup	1	125	145	0	2.08	20.76	4.15
Pepperoni Pizza	1 each	1	370	580	4	20.0	33.0	17.0
Cheese Pizza	1 each	1	360	510	4	20.0	34.0	17.0
Buffalo Chicken Wrap	1 each	1	581	1456	3	37.04	52.14	25.66
Mediterranean Wrap	1 each	1	504	896	5	22.23	62.58	18.71
Orange Chicken w/ Rice	1 wok bowl eac	1	287	306	12	14.12	48.99	3.88
Vegetables for Wok - 2018	1/2 cup	1	17	22	1	0.81	3.82	0.12
Spicy Penne with Meatballs	1 cup	1	485	1124	12	23.44	38.14	25.92
Grilled Chicken Sandwich	3 oz portions	1	492	749	4	42.7	50.76	13.2
Potato Wedges	1/2 cup	1	125	145	0	2.08	20.76	4.15
Condiment Bar	portion	1	203	1088	19	0.48	24.14	11.44
House Salad	1 CUP	1	160	336	4	2.71	14.04	11.12
Raisins	1/4 cup	1	125	4	*N/A*	1.16	29.86	0.17
Carrots, Baby Ind. bags	bag	1	35	65	5	1.0	8.0	0.0
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.0
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.24
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

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Sacramento City Unified School District

Dec 2, 2019 thru Dec 20, 2019

Base Menu Spreadsheet

High School Lun 2019-2020

Portion Values - Detailed

Page 9

Generated on: 11/21/2019 5:07:09 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 12/12/2019								
High School Lun 2019-2020	Total	1						
Spicy Chicken Sandwich BTO	1 each	1	700	1322	7	27.6	67.95	34.74
Popcorn Chicken Bowl	1 bowl	1	590	1407	6	26.19	71.81	23.9
Chef Salad - 2018	1 each	1	717	1694	*4	42.24	56.59	37.42
Protein box	1 each	1	450	425	21	11.95	61.0	17.5
Sweet & Sour Chicken Rice	servings	1	218	225	11	13.0	34.96	3.51
Orange Chicken w/ Chow Mein	1 wok bowl eac	1	393	888	18	20.18	65.8	7.15
Vegetables for Wok - 2018	1/2 cup	1	17	22	1	0.81	3.82	0.12
Chicken Alfredo Pasta	servings	1	728	1366	8	38.1	56.55	38.99
Beef, Bean & Cheese Burrito	1 each	1	702	1043	*3	32.04	85.81	27.18
Condiment Bar	portion	1	203	1088	19	0.48	24.14	11.44
BBQ Sauce	Tablespoon	1	15	70	3	0.0	3.5	0.0
Ketchup	1 TBSP	1	13	38	3	0.0	3.34	0.0
Mustard	Packet	1	4	94	0	0.23	0.46	0.18
House Salad	1 CUP	1	160	336	4	2.71	14.04	11.12
Raisins	1/4 cup	1	125	4	*N/A*	1.16	29.86	0.17
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.0
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.24
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

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Sacramento City Unified School District

Dec 2, 2019 thru Dec 20, 2019

Base Menu Spreadsheet

High School Lun 2019-2020

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 12/13/2019								
High School Lun 2019-2020	Total	1						
Cheeseburger - BTO	1 each	1	669	1452	8	32.68	57.06	34.4
Pepperoni Pizza	1 each	1	370	580	4	20.0	33.0	17.0
Cheese Pizza	1 each	1	360	510	4	20.0	34.0	17.0
Chicken Caesar Salad	Salad	1	535	1072	3	27.02	41.12	30.03
Mediterranean Wrap	1 each	1	504	896	5	22.23	62.58	18.71
Sweet & Sour Chicken Rice	servings	1	218	225	11	13.0	34.96	3.51
Vegetables for Wok - 2018	1/2 cup	1	17	22	1	0.81	3.82	0.12
Chili Cheese Nachos	1 each	1	646	1055	2	22.25	66.49	30.68
Hot Wings	5 wings	1	769	1525	24	19.63	60.98	50.54
Corn Bread	1 square	1	286	190	18	4.2	45.0	11.0
Grilled Chicken Sandwich	3 oz portions	1	492	749	4	42.7	50.76	13.2
Potato Wedges	1/2 cup	1	125	145	0	2.08	20.76	4.15
BBQ Sauce	Tablespoon	1	15	70	3	0.0	3.5	0.0
Ketchup	1 TBSP	1	13	38	3	0.0	3.34	0.0
Mustard	Packet	1	4	94	0	0.23	0.46	0.18
Condiment Bar	portion	1	203	1088	19	0.48	24.14	11.44
House Salad	1 CUP	1	160	336	4	2.71	14.04	11.12
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.0
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.24
Raisins	1/4 cup	1	125	4	*N/A*	1.16	29.86	0.17
Carrots, Baby Ind. bags	bag	1	35	65	5	1.0	8.0	0.0
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

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Sacramento City Unified School District

Dec 2, 2019 thru Dec 20, 2019

Base Menu Spreadsheet

High School Lun 2019-2020

Portion Values - Detailed

Page 11

Generated on: 11/21/2019 5:07:09 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 12/16/2019								
High School Lun 2019-2020	Total	1						
Cheeseburger - BTO	1 each	1	669	1452	8	32.68	57.06	34.4
Pepperoni Pizza	1 each	1	370	580	4	20.0	33.0	17.0
Cheese Pizza	2140 each	1	770399	109140	8560	42801.	72760.	36378.
Chicken Caesar Salad	Salad	1	535	1072	3	27.02	41.12	30.03
Protein box	2146 each	1	965699	912051	45067	25645.	130906	37555.
Orange Chicken w/ Rice	1 wok bowl eac	1	287	306	12	14.12	48.99	3.88
Vegetables for Wok - 2018	1/2 cup	1	17	22	1	0.81	3.82	0.12
Chili Cheese Nachos	1 each	1	646	1055	2	22.25	66.49	30.68
Grilled Chicken Sandwich	3 oz portions	1	492	749	4	42.7	50.76	13.2
Potato Wedges	1/2 cup	1	125	145	0	2.08	20.76	4.15
BBQ Sauce	Tablespoon	1	15	70	3	0.0	3.5	0.0
Ketchup	1 TBSP	1	13	38	3	0.0	3.34	0.0
Mustard	Packet	1	4	94	0	0.23	0.46	0.18
House Salad	1 CUP	1	160	336	4	2.71	14.04	11.12
Condiment Bar	portion	1	203	1088	19	0.48	24.14	11.44
Raisins	1/4 cup	1	125	4	*N/A*	1.16	29.86	0.17
Carrots, Baby Ind. bags	bag	1	35	65	5	1.0	8.0	0.0
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.0
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.24
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
Milk, Lactaid Fat Free	carton	1	90	125	12	8.0	13.0	0.0

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Sacramento City Unified School District

Dec 2, 2019 thru Dec 20, 2019

Base Menu Spreadsheet

High School Lun 2019-2020

Portion Values - Detailed

Page 12

Generated on: 11/21/2019 5:07:09 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 12/17/2019								
High School Lun 2019-2020	Total	1						
Spicy Chicken Sandwich BTO	1 each	1	700	1322	7	27.6	67.95	34.74
Tater Tots	8 pieces	1	130	309	0	1.99	15.96	5.98
Popcorn Chicken Bowl	1 bowl	1	590	1407	6	26.19	71.81	23.9
Chef Salad - 2018	1 each	1	717	1694	*4	42.24	56.59	37.42
Protein box	1 each	1	450	425	21	11.95	61.0	17.5
Sweet & Sour Chicken Rice	servings	1	218	225	11	13.0	34.96	3.51
Orange Chicken w/ Chow Mein	1 wok bowl eac	1	393	888	18	20.18	65.8	7.15
Vegetables for Wok - 2018	1/2 cup	1	17	22	1	0.81	3.82	0.12
Chicken Alfredo Pasta	servings	1	728	1366	8	38.1	56.55	38.99
Chicken Caesar Salad	Salad	1	535	1072	3	27.02	41.12	30.03
Beef, Bean & Cheese Burrito	1 each	1	702	1043	*3	32.04	85.81	27.18
Condiment Bar	portion	1	203	1088	19	0.48	24.14	11.44
House Salad	1 CUP	1	160	336	4	2.71	14.04	11.12
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.0
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.24
Raisins	1/4 cup	1	125	4	*N/A*	1.16	29.86	0.17
Carrots, Baby Ind. bags	bag	1	35	65	5	1.0	8.0	0.0
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

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Sacramento City Unified School District

Dec 2, 2019 thru Dec 20, 2019

Base Menu Spreadsheet

High School Lun 2019-2020

Portion Values - Detailed

Page 13

Generated on: 11/21/2019 5:07:09 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 12/18/2019								
High School Lun 2019-2020	Total	1						
Cheeseburger - BTO	1 each	1	669	1452	8	32.68	57.06	34.4
Potato Wedges	1/2 cup	1	125	145	0	2.08	20.76	4.15
Pepperoni Pizza	1 each	1	370	580	4	20.0	33.0	17.0
Cheese Pizza	1 each	1	360	510	4	20.0	34.0	17.0
Buffalo Chicken Wrap	1 each	1	581	1456	3	37.04	52.14	25.66
Mediterranean Wrap	1 each	1	504	896	5	22.23	62.58	18.71
Orange Chicken w/ Rice	1 wok bowl eac	1	287	306	12	14.12	48.99	3.88
Vegetables for Wok - 2018	1/2 cup	1	17	22	1	0.81	3.82	0.12
Spicy Penne with Meatballs	1 cup	1	485	1124	12	23.44	38.14	25.92
Grilled Chicken Sandwich	3 oz portions	1	492	749	4	42.7	50.76	13.2
Potato Wedges	1/2 cup	1	125	145	0	2.08	20.76	4.15
Condiment Bar	portion	1	203	1088	19	0.48	24.14	11.44
House Salad	1 CUP	1	160	336	4	2.71	14.04	11.12
Raisins	1/4 cup	1	125	4	*N/A*	1.16	29.86	0.17
Carrots, Baby Ind. bags	bag	1	35	65	5	1.0	8.0	0.0
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.0
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.24
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

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Sacramento City Unified School District

Dec 2, 2019 thru Dec 20, 2019

Base Menu Spreadsheet

High School Lun 2019-2020

Portion Values - Detailed

Page 14

Generated on: 11/21/2019 5:07:09 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 12/19/2019								
High School Lun 2019-2020	Total	1						
Spicy Chicken Sandwich BTO	1 each	1	700	1322	7	27.6	67.95	34.74
Popcorn Chicken Bowl	1 bowl	1	590	1407	6	26.19	71.81	23.9
Chef Salad - 2018	1 each	1	717	1694	*4	42.24	56.59	37.42
Protein box	1 each	1	450	425	21	11.95	61.0	17.5
Sweet & Sour Chicken Rice	servings	1	218	225	11	13.0	34.96	3.51
Orange Chicken w/ Chow Mein	1 wok bowl eac	1	393	888	18	20.18	65.8	7.15
Vegetables for Wok - 2018	1/2 cup	1	17	22	1	0.81	3.82	0.12
Chicken Alfredo Pasta	servings	1	728	1366	8	38.1	56.55	38.99
Beef, Bean & Cheese Burrito	1 each	1	702	1043	*3	32.04	85.81	27.18
Condiment Bar	portion	1	203	1088	19	0.48	24.14	11.44
BBQ Sauce	Tablespoon	1	15	70	3	0.0	3.5	0.0
Ketchup	1 TBSP	1	13	38	3	0.0	3.34	0.0
Mustard	Packet	1	4	94	0	0.23	0.46	0.18
House Salad	1 CUP	1	160	336	4	2.71	14.04	11.12
Raisins	1/4 cup	1	125	4	*N/A*	1.16	29.86	0.17
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.0
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.24
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

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Sacramento City Unified School District

Dec 2, 2019 thru Dec 20, 2019

Base Menu Spreadsheet

High School Lun 2019-2020

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 12/20/2019								
High School Lun 2019-2020	Total	1						
Cheeseburger - BTO	1 each	1	669	1452	8	32.68	57.06	34.4
Pepperoni Pizza	1 each	1	370	580	4	20.0	33.0	17.0
Cheese Pizza	1 each	1	360	510	4	20.0	34.0	17.0
Chicken Caesar Salad	Salad	1	535	1072	3	27.02	41.12	30.03
Mediterranean Wrap	1 each	1	504	896	5	22.23	62.58	18.71
Sweet & Sour Chicken Rice	servings	1	218	225	11	13.0	34.96	3.51
Vegetables for Wok - 2018	1/2 cup	1	17	22	1	0.81	3.82	0.12
Chili Cheese Nachos	1 each	1	646	1055	2	22.25	66.49	30.68
Hot Wings	5 wings	1	769	1525	24	19.63	60.98	50.54
Corn Bread	1 square	1	286	190	18	4.2	45.0	11.0
Grilled Chicken Sandwich	3 oz portions	1	492	749	4	42.7	50.76	13.2
Potato Wedges	1/2 cup	1	125	145	0	2.08	20.76	4.15
BBQ Sauce	Tablespoon	1	15	70	3	0.0	3.5	0.0
Ketchup	1 TBSP	1	13	38	3	0.0	3.34	0.0
Mustard	Packet	1	4	94	0	0.23	0.46	0.18
Condiment Bar	portion	1	203	1088	19	0.48	24.14	11.44
House Salad	1 CUP	1	160	336	4	2.71	14.04	11.12
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.0
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.24
Raisins	1/4 cup	1	125	4	*N/A*	1.16	29.86	0.17
Carrots, Baby Ind. bags	bag	1	35	65	5	1.0	8.0	0.0
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

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Sacramento City Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 16

Dec 2, 2019 thru Dec 20, 2019

High School Lun 2019-2020

Generated on: 11/21/2019 5:07:09 PM

**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*

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: *The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.*