

Sacramento City Unified School District

Dec 2, 2019 thru Dec 20, 2019

Base Menu Spreadsheet

Middle Breakfast 2019-2020

Portion Values - Detailed

Page 1

Generated on: 11/21/2019 3:28:28 PM

| | Portion Size | Reimb Qty | Cals (kcal) | Sodm (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|--------------------------------|--------------|-----------|-------------|-----------|------------|-----------|----------|-----------|
| Mon - 12/02/2019 | | | | | | | | |
| Middle Breakfast 2019-2020 | Total | 1 | | | | | | |
| English Muffin Egg & Sausage | Sandwich | 1 | 293 | 681 | 1 | 16.1 | 29.4 | 12.1 |
| Muffin (Fresh Baked) Fat Cat | muffin | 1 | 347 | 188 | 31 | 4.51 | 57.37 | 12.03 |
| Crispito (Secondary Breakfast) | 1 each | 1 | 276 | 571 | 3 | 11.4 | 25.85 | 13.3 |
| Cereal, Assorted - Secondary | 1 each | 1 | 223 | 293 | 13 | 3.0 | 45.33 | 4.17 |
| Orange Juice, frozen | 1 each | 1 | 56 | 1 | 10 | 0.85 | 13.41 | 0.07 |
| 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 |
| 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 | | | | | | | | |
| Middle Breakfast 2019-2020 | Total | 1 | | | | | | |
| Breakfast Pizza, Sausage | 1 each | 1 | 210 | 480 | 9 | 9.0 | 26.0 | 7.0 |
| Cinnamon Roll | 1 each | 1 | 271 | 136 | 30 | 5.48 | 58.98 | 2.62 |
| Crispito (Secondary Breakfast) | 1 each | 1 | 276 | 571 | 3 | 11.4 | 25.85 | 13.3 |
| Cereal, Assorted - Secondary | 1 each | 1 | 223 | 293 | 13 | 3.0 | 45.33 | 4.17 |
| 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 |
| Raisins | 1/4 cup | 1 | 125 | 4 | *N/A* | 1.16 | 29.86 | 0.17 |
| 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 |

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

Middle Breakfast 2019-2020

Portion Values - Detailed

Page 2

Generated on: 11/21/2019 3:28:28 PM

| | Portion Size | Reimb Qty | Cals (kcal) | Sodm (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|--------------------------------|--------------|-----------|-------------|-----------|------------|-----------|----------|-----------|
| Wed - 12/04/2019 | | | | | | | | |
| Middle Breakfast 2019-2020 | Total | 1 | | | | | | |
| Ham and Egg Sandwich | Sandwich | 1 | 290 | 1165 | 2 | 19.0 | 29.0 | 9.5 |
| Muffin (Fresh Baked) Fat Cat | muffin | 1 | 347 | 188 | 31 | 4.51 | 57.37 | 12.03 |
| Crispito (Secondary Breakfast) | 1 each | 1 | 276 | 571 | 3 | 11.4 | 25.85 | 13.3 |
| Cereal, Assorted - Secondary | 1 each | 1 | 223 | 293 | 13 | 3.0 | 45.33 | 4.17 |
| Orange Juice, frozen | 1 each | 1 | 56 | 1 | 10 | 0.85 | 13.41 | 0.07 |
| 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 |
| | | | | | | | | |

| | Portion Size | Reimb Qty | Cals (kcal) | Sodm (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|--------------------------------|--------------|-----------|-------------|-----------|------------|-----------|----------|-----------|
| Thu - 12/05/2019 | | | | | | | | |
| Middle Breakfast 2019-2020 | Total | 1 | | | | | | |
| Breakfast Chicken Slider | 2 each | 1 | 356 | 1092 | 6 | 25.2 | 32.8 | 13.2 |
| Cinnamon Roll | 1 each | 1 | 271 | 136 | 30 | 5.48 | 58.98 | 2.62 |
| Crispito (Secondary Breakfast) | 1 each | 1 | 276 | 571 | 3 | 11.4 | 25.85 | 13.3 |
| Cereal, Assorted - Secondary | 1 each | 1 | 223 | 293 | 13 | 3.0 | 45.33 | 4.17 |
| 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

Middle Breakfast 2019-2020

Portion Values - Detailed

Page 3

Generated on: 11/21/2019 3:28:28 PM

| | Portion Size | Reimb Qty | Cals (kcal) | Sodm (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|--------------------------------|--------------|-----------|-------------|-----------|------------|-----------|----------|-----------|
| Fri - 12/06/2019 | | | | | | | | |
| Middle Breakfast 2019-2020 | Total | 1 | | | | | | |
| Breakfast Bowl | 1 bowl | 1 | 417 | 886 | 1 | 17.54 | 31.25 | 24.31 |
| Muffin (Fresh Baked) Fat Cat | muffin | 1 | 347 | 188 | 31 | 4.51 | 57.37 | 12.03 |
| Crispito (Secondary Breakfast) | 1 each | 1 | 276 | 571 | 3 | 11.4 | 25.85 | 13.3 |
| Cereal, Assorted - Secondary | 1 each | 1 | 223 | 293 | 13 | 3.0 | 45.33 | 4.17 |
| 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 |

| | | | | | | | | |
|--------------------------------|----------|---|-----|-----|-------|------|-------|-------|
| Mon - 12/09/2019 | | | | | | | | |
| Middle Breakfast 2019-2020 | Total | 1 | | | | | | |
| English Muffin Egg & Sausage | Sandwich | 1 | 293 | 681 | 1 | 16.1 | 29.4 | 12.1 |
| Muffin (Fresh Baked) Fat Cat | muffin | 1 | 347 | 188 | 31 | 4.51 | 57.37 | 12.03 |
| Crispito (Secondary Breakfast) | 1 each | 1 | 276 | 571 | 3 | 11.4 | 25.85 | 13.3 |
| Cereal, Assorted - Secondary | 1 each | 1 | 223 | 293 | 13 | 3.0 | 45.33 | 4.17 |
| Orange Juice, frozen | 1 each | 1 | 56 | 1 | 10 | 0.85 | 13.41 | 0.07 |
| 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 |
| 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

Middle Breakfast 2019-2020

Portion Values - Detailed

Page 4

Generated on: 11/21/2019 3:28:28 PM

| | Portion Size | Reimb Qty | Cals (kcal) | Sodm (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|--------------------------------|--------------|-----------|-------------|-----------|------------|-----------|----------|-----------|
| Tue - 12/10/2019 | | | | | | | | |
| Middle Breakfast 2019-2020 | Total | 1 | | | | | | |
| Breakfast Pizza, Sausage | 1 each | 1 | 210 | 480 | 9 | 9.0 | 26.0 | 7.0 |
| Cinnamon Roll | 1 each | 1 | 271 | 136 | 30 | 5.48 | 58.98 | 2.62 |
| Crispito (Secondary Breakfast) | 1 each | 1 | 276 | 571 | 3 | 11.4 | 25.85 | 13.3 |
| Cereal, Assorted - Secondary | 1 each | 1 | 223 | 293 | 13 | 3.0 | 45.33 | 4.17 |
| 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 |
| Raisins | 1/4 cup | 1 | 125 | 4 | *N/A* | 1.16 | 29.86 | 0.17 |
| 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 |
| | | | | | | | | |

| | | | | | | | | |
|--------------------------------|----------|---|-----|------|----|------|-------|-------|
| Wed - 12/11/2019 | | | | | | | | |
| Middle Breakfast 2019-2020 | Total | 1 | | | | | | |
| Ham and Egg Sandwich | Sandwich | 1 | 290 | 1165 | 2 | 19.0 | 29.0 | 9.5 |
| Muffin (Fresh Baked) Fat Cat | muffin | 1 | 347 | 188 | 31 | 4.51 | 57.37 | 12.03 |
| Crispito (Secondary Breakfast) | 1 each | 1 | 276 | 571 | 3 | 11.4 | 25.85 | 13.3 |
| Cereal, Assorted - Secondary | 1 each | 1 | 223 | 293 | 13 | 3.0 | 45.33 | 4.17 |
| Orange Juice, frozen | 1 each | 1 | 56 | 1 | 10 | 0.85 | 13.41 | 0.07 |
| 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

Middle Breakfast 2019-2020

Portion Values - Detailed

Page 5

Generated on: 11/21/2019 3:28:28 PM

| | Portion Size | Reimb Qty | Cals (kcal) | Sodm (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|--------------------------------|--------------|-----------|-------------|-----------|------------|-----------|----------|-----------|
| Thu - 12/12/2019 | | | | | | | | |
| Middle Breakfast 2019-2020 | Total | 1 | | | | | | |
| Breakfast Chicken Slider | 2 each | 1 | 356 | 1092 | 6 | 25.2 | 32.8 | 13.2 |
| Cinnamon Roll | 1 each | 1 | 271 | 136 | 30 | 5.48 | 58.98 | 2.62 |
| Crispito (Secondary Breakfast) | 1 each | 1 | 276 | 571 | 3 | 11.4 | 25.85 | 13.3 |
| Cereal, Assorted - Secondary | 1 each | 1 | 223 | 293 | 13 | 3.0 | 45.33 | 4.17 |
| 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 |
| | | | | | | | | |

| | | | | | | | | |
|--------------------------------|---------|---|-----|-----|-------|-------|-------|-------|
| Fri - 12/13/2019 | | | | | | | | |
| Middle Breakfast 2019-2020 | Total | 1 | | | | | | |
| Breakfast Bowl | 1 bowl | 1 | 417 | 886 | 1 | 17.54 | 31.25 | 24.31 |
| Muffin (Fresh Baked) Fat Cat | muffin | 1 | 347 | 188 | 31 | 4.51 | 57.37 | 12.03 |
| Crispito (Secondary Breakfast) | 1 each | 1 | 276 | 571 | 3 | 11.4 | 25.85 | 13.3 |
| Cereal, Assorted - Secondary | 1 each | 1 | 223 | 293 | 13 | 3.0 | 45.33 | 4.17 |
| 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

Middle Breakfast 2019-2020

Portion Values - Detailed

Page 6

Generated on: 11/21/2019 3:28:28 PM

| | Portion Size | Reimb Qty | Cals (kcal) | Sodm (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|--------------------------------|--------------|-----------|-------------|-----------|------------|-----------|----------|-----------|
| Mon - 12/16/2019 | | | | | | | | |
| Middle Breakfast 2019-2020 | Total | 1 | | | | | | |
| English Muffin Egg & Sausage | Sandwich | 1 | 293 | 681 | 1 | 16.1 | 29.4 | 12.1 |
| Muffin (Fresh Baked) Fat Cat | muffin | 1 | 347 | 188 | 31 | 4.51 | 57.37 | 12.03 |
| Crispito (Secondary Breakfast) | 1 each | 1 | 276 | 571 | 3 | 11.4 | 25.85 | 13.3 |
| Cereal, Assorted - Secondary | 1 each | 1 | 223 | 293 | 13 | 3.0 | 45.33 | 4.17 |
| Orange Juice, frozen | 1 each | 1 | 56 | 1 | 10 | 0.85 | 13.41 | 0.07 |
| 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 |
| 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 - 12/17/2019 | | | | | | | | |
| Middle Breakfast 2019-2020 | Total | 1 | | | | | | |
| Breakfast Pizza, Sausage | 1 each | 1 | 210 | 480 | 9 | 9.0 | 26.0 | 7.0 |
| Cinnamon Roll | 1 each | 1 | 271 | 136 | 30 | 5.48 | 58.98 | 2.62 |
| Crispito (Secondary Breakfast) | 1 each | 1 | 276 | 571 | 3 | 11.4 | 25.85 | 13.3 |
| Cereal, Assorted - Secondary | 1 each | 1 | 223 | 293 | 13 | 3.0 | 45.33 | 4.17 |
| 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 |
| Raisins | 1/4 cup | 1 | 125 | 4 | *N/A* | 1.16 | 29.86 | 0.17 |
| 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 |

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

Middle Breakfast 2019-2020

Portion Values - Detailed

Page 7

Generated on: 11/21/2019 3:28:28 PM

| | Portion Size | Reimb Qty | Cals (kcal) | Sodm (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|--------------------------------|--------------|-----------|-------------|-----------|------------|-----------|----------|-----------|
| Wed - 12/18/2019 | | | | | | | | |
| Middle Breakfast 2019-2020 | Total | 1 | | | | | | |
| Ham and Egg Sandwich | Sandwich | 1 | 290 | 1165 | 2 | 19.0 | 29.0 | 9.5 |
| Muffin (Fresh Baked) Fat Cat | muffin | 1 | 347 | 188 | 31 | 4.51 | 57.37 | 12.03 |
| Crispito (Secondary Breakfast) | 1 each | 1 | 276 | 571 | 3 | 11.4 | 25.85 | 13.3 |
| Cereal, Assorted - Secondary | 1 each | 1 | 223 | 293 | 13 | 3.0 | 45.33 | 4.17 |
| Orange Juice, frozen | 1 each | 1 | 56 | 1 | 10 | 0.85 | 13.41 | 0.07 |
| 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 |
| | | | | | | | | |

| | Portion Size | Reimb Qty | Cals (kcal) | Sodm (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|--------------------------------|--------------|-----------|-------------|-----------|------------|-----------|----------|-----------|
| Thu - 12/19/2019 | | | | | | | | |
| Middle Breakfast 2019-2020 | Total | 1 | | | | | | |
| Breakfast Chicken Slider | 2 each | 1 | 356 | 1092 | 6 | 25.2 | 32.8 | 13.2 |
| Cinnamon Roll | 1 each | 1 | 271 | 136 | 30 | 5.48 | 58.98 | 2.62 |
| Crispito (Secondary Breakfast) | 1 each | 1 | 276 | 571 | 3 | 11.4 | 25.85 | 13.3 |
| Cereal, Assorted - Secondary | 1 each | 1 | 223 | 293 | 13 | 3.0 | 45.33 | 4.17 |
| 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

Middle Breakfast 2019-2020

Portion Values - Detailed

Page 8

Generated on: 11/21/2019 3:28:29 PM

| | Portion Size | Reimb Qty | Cals (kcal) | Sodm (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|--------------------------------|--------------|-----------|-------------|-----------|------------|-----------|----------|-----------|
| Fri - 12/20/2019 | | | | | | | | |
| Middle Breakfast 2019-2020 | Total | 1 | | | | | | |
| Breakfast Bowl | 1 bowl | 1 | 417 | 886 | 1 | 17.54 | 31.25 | 24.31 |
| Muffin (Fresh Baked) Fat Cat | muffin | 1 | 347 | 188 | 31 | 4.51 | 57.37 | 12.03 |
| Crispito (Secondary Breakfast) | 1 each | 1 | 276 | 571 | 3 | 11.4 | 25.85 | 13.3 |
| Cereal, Assorted - Secondary | 1 each | 1 | 223 | 293 | 13 | 3.0 | 45.33 | 4.17 |
| 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.