

Sacramento City Unified School District

Nov 1, 2019 thru Nov 22, 2019

Base Menu Spreadsheet
Portion Values - Detailed

High School Brk 2019-2020

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	S-Fat (g)
Fri - 11/01/2019							
High School Brk 2019-2020	Total	1					
Breakfast bowl	1 each	1	417	886	17.54	31.25	9.41
Muffin (Fresh Baked) Fat Cat	muffin	1	685	372	8.91	113.24	3.28
Yogurt Parfait	Parfait	1	295	58	6.83	60.18	0.67
Crispito (Secondary Breakfast)	1 each	1	276	571	11.4	25.85	2.85
Cereal, Assorted - Secondary	1 each	1	223	293	3.0	45.33	0.33
Raisins	Box	1	120	5	1.0	29.0	0.00
Orange Juice, frozen	1 each	1	56	1	0.85	13.41	0.01
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	0.67	14.14	0.03
Fruit, Canned - Assorted	1/2 cup	1	51	7	0.44	12.39	0.00
Milk, 1% White	carton	1	130	160	10.0	16.0	1.50
Milk, Non Fat, White	carton	1	90	130	9.0	13.0	0.00
Milk, Lactaid Fat Free	carton	1	90	125	8.0	13.0	0.00

Mon - 11/04/2019							
High School Brk 2019-2020	Total	1					
English Muffin Egg/Sausage	Sandwich	1	230	475	9.0	29.0	1.50
Muffin (Fresh Baked) Fat Cat	1 EA	1	685	372	8.91	113.24	3.28
Crispito (Secondary Breakfast)	1 each	1	276	571	11.4	25.85	2.85
Yogurt Parfait	Parfait	1	295	58	6.83	60.18	0.67
Cereal, Assorted - Secondary	1 each	1	223	293	3.0	45.33	0.33
Raisins	Box	1	120	5	1.0	29.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	0.67	14.14	0.03
Fruit, Canned - Assorted	1/2 cup	1	51	7	0.44	12.39	0.00
orange juice (suncup)	1 each	1	60	0	0.0	13.0	0.00
Juice, Stawberry Kiwi (Suncup)	1 ea	1	60	10	0.0	14.0	0.00
Milk, 1% White	carton	1	130	160	10.0	16.0	1.50
Milk non-fat white	8 oz	1	90	135	9.0	13.0	0.00
Milk, Lactaid Fat Free	carton	1	90	125	8.0	13.0	0.00

Tue - 11/05/2019							
High School Brk 2019-2020	Total	1					
Breakfast Pizza, Sausage	1 each	1	210	480	9.0	26.0	2.00
Crispito (Secondary Breakfast)	1 each	1	276	571	11.4	25.85	2.85
Cinnamon Roll	1 each	1	332	141	5.48	71.39	0.51
Cereal, Assorted - Secondary	1 each	1	223	293	3.0	45.33	0.33
Graham Cracker - Keebler	1 each	1	90	95	2.0	17.0	0.00
Raisins	Box	1	120	5	1.0	29.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	0.67	14.14	0.03
Fruit, Canned - Assorted	1/2 cup	1	51	7	0.44	12.39	0.00
Orange Juice, frozen	1 each	1	56	1	0.85	13.41	0.01
Milk, 1% White	carton	1	130	160	10.0	16.0	1.50
Milk, Non Fat, White	carton	1	90	130	9.0	13.0	0.00
Milk, Lactaid Fat Free	carton	1	90	125	8.0	13.0	0.00

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Base Menu Spreadsheet
Portion Values - Detailed

High School Brk 2019-2020

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	S-Fat (g)

Wed - 11/06/2019							
High School Brk 2019-2020	Total	1					
Croissant breakfast sandwich	Sandwich	1	419	1023	21.97	32.83	7.48
Muffin (Fresh Baked) Fat Cat	1 EA	1	685	372	8.91	113.24	3.28
Crispito (Secondary Breakfast)	1 each	1	276	571	11.4	25.85	2.85
Cereal, Assorted - Secondary	1 each	1	223	293	3.0	45.33	0.33
Yogurt Parfait	Parfait	1	295	58	6.83	60.18	0.67
Raisins	Box	1	120	5	1.0	29.0	0.00
Orange Juice, frozen	1 each	1	56	1	0.85	13.41	0.01
Juice, Strawberry Kiwi (Suncup)	1 ea	1	60	10	0.0	14.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	0.67	14.14	0.03
Fruit, Canned - Assorted	1/2 cup	1	51	7	0.44	12.39	0.00
Milk, 1% White	carton	1	130	160	10.0	16.0	1.50
Milk, Non Fat, White	carton	1	90	130	9.0	13.0	0.00
Milk, Lactaid Fat Free	carton	1	90	125	8.0	13.0	0.00

Thu - 11/07/2019							
High School Brk 2019-2020	Total	1					
Breakfast Chicken Slider	1	1	178	546	12.6	16.4	2.05
Cinnamon Roll	1 each	1	332	141	5.48	71.39	0.51
Crispito (Secondary Breakfast)	1 each	1	276	571	11.4	25.85	2.85
Graham Cracker - Keebler	1 each	1	90	95	2.0	17.0	0.00
Cereal, Assorted - Secondary	1 each	1	223	293	3.0	45.33	0.33
Raisins	Box	1	120	5	1.0	29.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	0.67	14.14	0.03
Fruit, Canned - Assorted	1/2 cup	1	51	7	0.44	12.39	0.00
Orange Juice, frozen	1 each	1	56	1	0.85	13.41	0.01
Milk, 1% White	carton	1	130	160	10.0	16.0	1.50
Milk, Non Fat, White	carton	1	90	130	9.0	13.0	0.00
Milk, Lactaid Fat Free	carton	1	90	125	8.0	13.0	0.00

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Sacramento City Unified School District

Nov 1, 2019 thru Nov 22, 2019

Base Menu Spreadsheet

High School Brk 2019-2020

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	S-Fat (g)
Fri - 11/08/2019							
High School Brk 2019-2020	Total	1					
Breakfast bowl	1 each	1	417	886	17.54	31.25	9.41
Muffin (Fresh Baked) Fat Cat	muffin	1	685	372	8.91	113.24	3.28
Yogurt Parfait	Parfait	1	295	58	6.83	60.18	0.67
Crispito (Secondary Breakfast)	1 each	1	276	571	11.4	25.85	2.85
Cereal, Assorted - Secondary	1 each	1	223	293	3.0	45.33	0.33
Raisins	Box	1	120	5	1.0	29.0	0.00
Orange Juice, frozen	1 each	1	56	1	0.85	13.41	0.01
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	0.67	14.14	0.03
Fruit, Canned - Assorted	1/2 cup	1	51	7	0.44	12.39	0.00
Milk, 1% White	carton	1	130	160	10.0	16.0	1.50
Milk, Non Fat, White	carton	1	90	130	9.0	13.0	0.00
Milk, Lactaid Fat Free	carton	1	90	125	8.0	13.0	0.00

Mon - 11/11/2019							
High School Brk 2019-2020	Total	1					
English Muffin Egg/Sausage	Sandwich	1	230	475	9.0	29.0	1.50
Muffin (Fresh Baked) Fat Cat	1 EA	1	685	372	8.91	113.24	3.28
Crispito (Secondary Breakfast)	1 each	1	276	571	11.4	25.85	2.85
Yogurt Parfait	Parfait	1	295	58	6.83	60.18	0.67
Cereal, Assorted - Secondary	1 each	1	223	293	3.0	45.33	0.33
Raisins	Box	1	120	5	1.0	29.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	0.67	14.14	0.03
Fruit, Canned - Assorted	1/2 cup	1	51	7	0.44	12.39	0.00
orange juice (suncup)	1 each	1	60	0	0.0	13.0	0.00
Juice, Stawberry Kiwi (Suncup)	1 ea	1	60	10	0.0	14.0	0.00
Milk, 1% White	carton	1	130	160	10.0	16.0	1.50
Milk non-fat white	8 oz	1	90	135	9.0	13.0	0.00
Milk, Lactaid Fat Free	carton	1	90	125	8.0	13.0	0.00

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Nov 1, 2019 thru Nov 22, 2019

Base Menu Spreadsheet
Portion Values - Detailed

High School Brk 2019-2020

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	S-Fat (g)
Tue - 11/12/2019							
High School Brk 2019-2020	Total	1					
Breakfast Pizza, Sausage	1 each	1	210	480	9.0	26.0	2.00
Crispito (Secondary Breakfast)	1 each	1	276	571	11.4	25.85	2.85
Cinnamon Roll	1 each	1	332	141	5.48	71.39	0.51
Cereal, Assorted - Secondary	1 each	1	223	293	3.0	45.33	0.33
yogurt, secondary	1 each	1	80	65	4.0	15.0	0.00
Graham Cracker - Keebler	1 each	1	90	95	2.0	17.0	0.00
Raisins	Box	1	120	5	1.0	29.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	0.67	14.14	0.03
Fruit, Canned - Assorted	1/2 cup	1	51	7	0.44	12.39	0.00
Orange Juice, frozen	1 each	1	56	1	0.85	13.41	0.01
Milk, 1% White	carton	1	130	160	10.0	16.0	1.50
Milk, Non Fat, White	carton	1	90	130	9.0	13.0	0.00
Milk, Lactaid Fat Free	carton	1	90	125	8.0	13.0	0.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	S-Fat (g)
Wed - 11/13/2019							
High School Brk 2019-2020	Total	1					
Croissant breakfast sandwich	Sandwich	1	419	1023	21.97	32.83	7.48
Muffin (Fresh Baked) Fat Cat	1 EA	1	685	372	8.91	113.24	3.28
Crispito (Secondary Breakfast)	1 each	1	276	571	11.4	25.85	2.85
Cereal, Assorted - Secondary	1 each	1	223	293	3.0	45.33	0.33
Yogurt Parfait	Parfait	1	295	58	6.83	60.18	0.67
Raisins	Box	1	120	5	1.0	29.0	0.00
Orange Juice, frozen	1 each	1	56	1	0.85	13.41	0.01
Juice, Stawberry Kiwi (Suncup)	1 ea	1	60	10	0.0	14.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	0.67	14.14	0.03
Fruit, Canned - Assorted	1/2 cup	1	51	7	0.44	12.39	0.00
Milk, 1% White	carton	1	130	160	10.0	16.0	1.50
Milk, Non Fat, White	carton	1	90	130	9.0	13.0	0.00
Milk, Lactaid Fat Free	carton	1	90	125	8.0	13.0	0.00

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Nov 1, 2019 thru Nov 22, 2019

Base Menu Spreadsheet
Portion Values - Detailed

High School Brk 2019-2020

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	S-Fat (g)
Thu - 11/14/2019							
High School Brk 2019-2020	Total	1					
Breakfast Chicken Slider	1	1	178	546	12.6	16.4	2.05
Cinnamon Roll	1 each	1	332	141	5.48	71.39	0.51
Crispito (Secondary Breakfast)	1 each	1	276	571	11.4	25.85	2.85
Graham Cracker - Keebler	1 each	1	90	95	2.0	17.0	0.00
Cereal, Assorted - Secondary	1 each	1	223	293	3.0	45.33	0.33
Raisins	Box	1	120	5	1.0	29.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	0.67	14.14	0.03
Fruit, Canned - Assorted	1/2 cup	1	51	7	0.44	12.39	0.00
Orange Juice, frozen	1 each	1	56	1	0.85	13.41	0.01
Milk, 1% White	carton	1	130	160	10.0	16.0	1.50
Milk, Non Fat, White	carton	1	90	130	9.0	13.0	0.00
Milk, Lactaid Fat Free	carton	1	90	125	8.0	13.0	0.00

Fri - 11/15/2019							
High School Brk 2019-2020	Total	1					
Breakfast bowl	1 each	1	417	886	17.54	31.25	9.41
Muffin (Fresh Baked) Fat Cat	muffin	1	685	372	8.91	113.24	3.28
Yogurt Parfait	Parfait	1	295	58	6.83	60.18	0.67
Crispito (Secondary Breakfast)	1 each	1	276	571	11.4	25.85	2.85
Cereal, Assorted - Secondary	1 each	1	223	293	3.0	45.33	0.33
Raisins	Box	1	120	5	1.0	29.0	0.00
Orange Juice, frozen	1 each	1	56	1	0.85	13.41	0.01
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	0.67	14.14	0.03
Fruit, Canned - Assorted	1/2 cup	1	51	7	0.44	12.39	0.00
Milk, 1% White	carton	1	130	160	10.0	16.0	1.50
Milk, Non Fat, White	carton	1	90	130	9.0	13.0	0.00
Milk, Lactaid Fat Free	carton	1	90	125	8.0	13.0	0.00

Mon - 11/18/2019							
High School Brk 2019-2020	Total	1					
English Muffin Egg/Sausage	Sandwich	1	230	475	9.0	29.0	1.50
Muffin (Fresh Baked) Fat Cat	1 EA	1	685	372	8.91	113.24	3.28
Crispito (Secondary Breakfast)	1 each	1	276	571	11.4	25.85	2.85
Yogurt Parfait	Parfait	1	295	58	6.83	60.18	0.67
Cereal, Assorted - Secondary	1 each	1	223	293	3.0	45.33	0.33
Raisins	Box	1	120	5	1.0	29.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	0.67	14.14	0.03
Fruit, Canned - Assorted	1/2 cup	1	51	7	0.44	12.39	0.00
orange juice (suncup)	1 each	1	60	0	0.0	13.0	0.00
Juice, Stawberry Kiwi (Suncup)	1 ea	1	60	10	0.0	14.0	0.00
Milk, 1% White	carton	1	130	160	10.0	16.0	1.50
Milk non-fat white	8 oz	1	90	135	9.0	13.0	0.00
Milk, Lactaid Fat Free	carton	1	90	125	8.0	13.0	0.00

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	S-Fat (g)

Tue - 11/19/2019							
High School Brk 2019-2020	Total	1					
Breakfast Pizza, Sausage	1 each	1	210	480	9.0	26.0	2.00
Crispito (Secondary Breakfast)	1 each	1	276	571	11.4	25.85	2.85
Cinnamon Roll	1 each	1	332	141	5.48	71.39	0.51
Cereal, Assorted - Secondary	1 each	1	223	293	3.0	45.33	0.33
Graham Cracker - Keebler	1 each	1	90	95	2.0	17.0	0.00
Raisins	Box	1	120	5	1.0	29.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	0.67	14.14	0.03
Fruit, Canned - Assorted	1/2 cup	1	51	7	0.44	12.39	0.00
Orange Juice, frozen	1 each	1	56	1	0.85	13.41	0.01
Milk, 1% White	carton	1	130	160	10.0	16.0	1.50
Milk, Non Fat, White	carton	1	90	130	9.0	13.0	0.00
Milk, Lactaid Fat Free	carton	1	90	125	8.0	13.0	0.00

Wed - 11/20/2019							
High School Brk 2019-2020	Total	1					
Croissant breakfast sandwich	Sandwich	1	419	1023	21.97	32.83	7.48
Muffin (Fresh Baked) Fat Cat	1 EA	1	685	372	8.91	113.24	3.28
Crispito (Secondary Breakfast)	1 each	1	276	571	11.4	25.85	2.85
Cereal, Assorted - Secondary	1 each	1	223	293	3.0	45.33	0.33
Yogurt Parfait	Parfait	1	295	58	6.83	60.18	0.67
Raisins	Box	1	120	5	1.0	29.0	0.00
Orange Juice, frozen	1 each	1	56	1	0.85	13.41	0.01
Juice, Strawberry Kiwi (Suncup)	1 ea	1	60	10	0.0	14.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	0.67	14.14	0.03
Fruit, Canned - Assorted	1/2 cup	1	51	7	0.44	12.39	0.00
Milk, 1% White	carton	1	130	160	10.0	16.0	1.50
Milk, Non Fat, White	carton	1	90	130	9.0	13.0	0.00
Milk, Lactaid Fat Free	carton	1	90	125	8.0	13.0	0.00

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	S-Fat (g)
Thu - 11/21/2019							
High School Brk 2019-2020	Total	1					
Breakfast Chicken Slider	1	1	178	546	12.6	16.4	2.05
Cinnamon Roll	1 each	1	332	141	5.48	71.39	0.51
Crispito (Secondary Breakfast)	1 each	1	276	571	11.4	25.85	2.85
Graham Cracker - Keebler	1 each	1	90	95	2.0	17.0	0.00
Cereal, Assorted - Secondary	1 each	1	223	293	3.0	45.33	0.33
Raisins	Box	1	120	5	1.0	29.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	0.67	14.14	0.03
Fruit, Canned - Assorted	1/2 cup	1	51	7	0.44	12.39	0.00
Orange Juice, frozen	1 each	1	56	1	0.85	13.41	0.01
Milk, 1% White	carton	1	130	160	10.0	16.0	1.50
Milk, Non Fat, White	carton	1	90	130	9.0	13.0	0.00
Milk, Lactaid Fat Free	carton	1	90	125	8.0	13.0	0.00

Fri - 11/22/2019							
High School Brk 2019-2020	Total	1					
Breakfast bowl	1 each	1	417	886	17.54	31.25	9.41
Muffin (Fresh Baked) Fat Cat	muffin	1	685	372	8.91	113.24	3.28
Yogurt Parfait	Parfait	1	295	58	6.83	60.18	0.67
Crispito (Secondary Breakfast)	1 each	1	276	571	11.4	25.85	2.85
Cereal, Assorted - Secondary	1 each	1	223	293	3.0	45.33	0.33
Raisins	Box	1	120	5	1.0	29.0	0.00
Orange Juice, frozen	1 each	1	56	1	0.85	13.41	0.01
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	0.67	14.14	0.03
Fruit, Canned - Assorted	1/2 cup	1	51	7	0.44	12.39	0.00
Milk, 1% White	carton	1	130	160	10.0	16.0	1.50
Milk, Non Fat, White	carton	1	90	130	9.0	13.0	0.00
Milk, Lactaid Fat Free	carton	1	90	125	8.0	13.0	0.00

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