

**Sacramento City Unified School District**

**Nov 1, 2019 thru Nov 22, 2019**

Base Menu Spreadsheet  
Portion Values - Detailed

High School Lun 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 Lun 2019-2020	Total	1					
Spicy Chicken Sandwich BTO	1 each	1	700	1322	27.6	67.95	8.07
Personal Cheese Pizza	1 each	1	310	510	17.0	31.0	6.00
Personal Pepperoni Pizza	1 each	1	310	440	16.0	31.0	6.00
Korean BBQ Chicken Wrap	1 each	1	535	1330	29.11	71.37	1.94
Veggie Wrap	1 each	1	504	896	22.23	62.58	3.03
Orange Chicken w/ Chow Mein	1 wok bowl each	1	393	888	20.18	65.8	1.17
Vegetables for Wok - 2018	1/2 cup	1	17	22	0.81	3.82	0.02
Chow Mein	1 cup	1	229	377	7.63	44.42	0.65
Chili Cheese Nachos	1 each	1	646	1055	22.25	66.49	11.16
Hot Wings	5 wings	1	769	1525	19.63	60.98	8.15
Carnitas Soft Tacos	2 tacos	1	469	694	37.28	34.96	9.60
Corn Bread	1 square	1	286	190	4.2	45.0	1.30
BBQ Grill Burger	1 each	1	393	575	23.2	31.0	7.09
Condiment Bar	portion	1	203	1088	0.48	24.14	1.56
House Salad	1 CUP	1	160	336	2.71	14.04	1.48
Raisins	Box	1	120	5	1.0	29.0	0.00
Fruit, Canned - Assorted	1/2 cup	1	51	7	0.44	12.39	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	0.67	14.14	0.03
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 Lun 2019-2020	Total	851					
Spicy Chicken Sandwich BTO	1 each	100	700	1322	27.6	67.95	8.07
Personal Cheese Pizza	1 each	110	310	510	17.0	31.0	6.00
Personal Pepperoni Pizza	1 each	145	310	440	16.0	31.0	6.00
Turkey Club Wrap	1 each	64	688	1355	40.9	56.22	9.54
Orange Chicken w/ Chow Mein	1 wok bowl each	207	393	888	20.18	65.8	1.17
Chili Cheese Nachos	1 each	100	646	1055	22.25	66.49	11.16
BBQ Grill Burger	1 each	125	393	575	23.2	31.0	7.09
Condiment Bar	portion	100	203	1088	0.48	24.14	1.56
House Salad	1 CUP	75	160	336	2.71	14.04	1.48
Raisins	Box	50	120	5	1.0	29.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	851	55	1	0.67	14.14	0.03
Milk, 1% White	carton	500	130	160	10.0	16.0	1.50
Milk, Non Fat, White	carton	300	90	130	9.0	13.0	0.00
Milk, Lactaid Fat Free	carton	51	90	125	8.0	13.0	0.00
Carrots, Baby Ind. bags	bag	100	35	65	1.0	8.0	0.00

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Base Menu Spreadsheet  
Portion Values - Detailed

High School Lun 2019-2020

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	S-Fat (g)
Tue - 11/05/2019							
High School Lun 2019-2020	Total	777					
Bacon Cheeseburger	1 each	175	697	1600	36.1	49.24	11.54
Cheese Pizza	1 each	56	360	510	20.0	34.0	8.00
Pepperoni Pizza	1 each	56	370	580	20.0	33.0	9.00
Chicken Caesar Salad	Salad	60	535	1072	27.02	41.12	5.50
Protein box	1 each	35	450	425	11.95	61.0	2.50
Teriyaki Chicken Rice bowl	1 each	175	533	803	35.61	48.89	1.79
Chicken Alfredo Pasta	servings	100	706	1292	33.83	56.54	18.60
Carnitas Soft Tacos	2 tacos	120	469	694	37.28	34.96	9.60
Condiment Bar	portion	100	203	1088	0.48	24.14	1.56
House Salad	1 CUP	75	160	336	2.71	14.04	1.48
FRUIT,FRESH ASSORTED	1 EACH	777	55	1	0.67	14.14	0.03
Raisins	Box	50	120	5	1.0	29.0	0.00
Milk, 1% White	carton	400	130	160	10.0	16.0	1.50
Milk, Non Fat, White	carton	300	90	130	9.0	13.0	0.00
Milk, Lactaid Fat Free	carton	77	90	125	8.0	13.0	0.00
Carrots, Baby Ind. bags	bag	100	35	65	1.0	8.0	0.00

Wed - 11/06/2019							
High School Lun 2019-2020	Total	861					
Spicy Chicken Sandwich BTO	1 each	100	700	1322	27.6	67.95	8.07
Personal Cheese Pizza	1 each	110	310	510	17.0	31.0	6.00
Personal Pepperoni Pizza	1 each	145	310	440	16.0	31.0	6.00
Korean BBQ Chicken Wrap	1 each	64	535	1330	29.11	71.37	1.94
Veggie Wrap	1 each	10	504	896	22.23	62.58	3.03
Orange Chicken w/ Chow Mein	1 wok bowl each	207	393	888	20.18	65.8	1.17
Chili Cheese Nachos	1 each	100	646	1055	22.25	66.49	11.16
BBQ Grill Burger	1 each	125	393	575	23.2	31.0	7.09
Condiment Bar	portion	100	203	1088	0.48	24.14	1.56
House Salad	1 CUP	75	160	336	2.71	14.04	1.48
Raisins	Box	50	120	5	1.0	29.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	851	55	1	0.67	14.14	0.03
Milk, 1% White	carton	500	130	160	10.0	16.0	1.50
Milk, Non Fat, White	carton	300	90	130	9.0	13.0	0.00
Milk, Lactaid Fat Free	carton	51	90	125	8.0	13.0	0.00
Carrots, Baby Ind. bags	bag	100	35	65	1.0	8.0	0.00

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Base Menu Spreadsheet  
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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	S-Fat (g)
Thu - 11/07/2019							
High School Lun 2019-2020	Total	777					
Bacon Cheeseburger	1 each	175	697	1600	36.1	49.24	11.54
Cheese Pizza	1 each	56	360	510	20.0	34.0	8.00
Pepperoni Pizza	1 each	56	370	580	20.0	33.0	9.00
Chicken Caesar Salad	Salad	60	535	1072	27.02	41.12	5.50
Protein box	1 each	35	450	425	11.95	61.0	2.50
Teriyaki Chicken Rice bowl	1 each	175	533	803	35.61	48.89	1.79
Chicken Alfredo Pasta	servings	100	706	1292	33.83	56.54	18.60
Carnitas Soft Tacos	2 tacos	120	469	694	37.28	34.96	9.60
Condiment Bar	portion	100	203	1088	0.48	24.14	1.56
House Salad	1 CUP	75	160	336	2.71	14.04	1.48
FRUIT,FRESH ASSORTED	1 EACH	777	55	1	0.67	14.14	0.03
Raisins	Box	50	120	5	1.0	29.0	0.00
Milk, 1% White	carton	400	130	160	10.0	16.0	1.50
Milk, Non Fat, White	carton	300	90	130	9.0	13.0	0.00
Milk, Lactaid Fat Free	carton	77	90	125	8.0	13.0	0.00
Carrots, Baby Ind. bags	bag	100	35	65	1.0	8.0	0.00

Fri - 11/08/2019							
High School Lun 2019-2020	Total	742					
Spicy Chicken Sandwich BTO	1 each	150	700	1322	27.6	67.95	8.07
Personal Cheese Pizza	1 each	40	310	510	17.0	31.0	6.00
Personal Pepperoni Pizza	1 each	60	310	440	16.0	31.0	6.00
Korean BBQ Chicken Wrap	1 each	37	535	1330	29.11	71.37	1.94
Veggie Wrap	1 each	10	504	896	22.23	62.58	3.03
Orange Chicken w/ Chow Mein	1 wok bowl each	100	393	888	20.18	65.8	1.17
Chili Cheese Nachos	1 each	20	646	1055	22.25	66.49	11.16
Hot Wings	5 wings	250	769	1525	19.63	60.98	8.15
BBQ Grill Burger	1 each	75	393	575	23.2	31.0	7.09
Condiment Bar	portion	100	203	1088	0.48	24.14	1.56
House Salad	1 CUP	75	160	336	2.71	14.04	1.48
Raisins	Box	50	120	5	1.0	29.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	851	55	1	0.67	14.14	0.03
Milk, 1% White	carton	500	130	160	10.0	16.0	1.50
Milk, Non Fat, White	carton	300	90	130	9.0	13.0	0.00
Milk, Lactaid Fat Free	carton	82	90	125	8.0	13.0	0.00
Carrots, Baby Ind. bags	bag	100	35	65	1.0	8.0	0.00

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	S-Fat (g)
Mon - 11/11/2019							
High School Lun 2019-2020	Total	1					
Spicy Chicken Sandwich BTO	1 each	1	700	1322	27.6	67.95	8.07
Cheese Pizza	1 each	1	360	510	20.0	34.0	8.00
Pepperoni Pizza	1 each	1	370	580	20.0	33.0	9.00
Turkey Club Wrap	1 each	1	688	1355	40.9	56.22	9.54
Orange Chicken w/ Chow Mein	1 wok bowl each	1	393	888	20.18	65.8	1.17
Vegetables for Wok - 2018	1/2 cup	1	17	22	0.81	3.82	0.02
Chow Mein	1 cup	1	229	377	7.63	44.42	0.65
Chili Cheese Nachos	1 each	1	646	1055	22.25	66.49	11.16
BBQ Grill Burger	1 each	1	393	575	23.2	31.0	7.09
Condiment Bar	portion	1	203	1088	0.48	24.14	1.56
House Salad	1 CUP	1	160	336	2.71	14.04	1.48
Raisins	Box	1	120	5	1.0	29.0	0.00
Fruit, Canned - Assorted	1/2 cup	1	51	7	0.44	12.39	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	0.67	14.14	0.03
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

Tue - 11/12/2019							
High School Lun 2019-2020	Total	1					
Bacon Cheeseburger	1 each	1	697	1600	36.1	49.24	11.54
Cheese Pizza	1 each	1	360	510	20.0	34.0	8.00
Pepperoni Pizza	1 each	1	370	580	20.0	33.0	9.00
Chicken Caesar Salad	Salad	1	535	1072	27.02	41.12	5.50
Protein box	1 each	1	450	425	11.95	61.0	2.50
Teriyaki Chicken Rice bowl	2141 each	1	1140637	171974	76241.1	104666	3841.7
Vegetables for Wok - 2018	1/2 cup	1	17	22	0.81	3.82	0.02
Chicken Alfredo Pasta	servings	1	706	1292	33.83	56.54	18.60
Carnitas Soft Tacos	2 tacos	1	469	694	37.28	34.96	9.60
BBQ Grill Burger	1 each	1	393	575	23.2	31.0	7.09
Condiment Bar	portion	1	203	1088	0.48	24.14	1.56
House Salad	1 CUP	1	160	336	2.71	14.04	1.48
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
Raisins	Box	1	120	5	1.0	29.0	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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Base Menu Spreadsheet  
Portion Values - Detailed

High School Lun 2019-2020

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	S-Fat (g)
Wed - 11/13/2019							
High School Lun 2019-2020	Total	1					
Spicy Chicken Sandwich BTO	1 each	1	700	1322	27.6	67.95	8.07
Personal Cheese Pizza	1 each	1	310	510	17.0	31.0	6.00
Personal Pepperoni Pizza	1 each	1	310	440	16.0	31.0	6.00
Korean BBQ Chicken Wrap	1 each	1	535	1330	29.11	71.37	1.94
Veggie Wrap	1 each	1	504	896	22.23	62.58	3.03
Orange Chicken w/ Chow Mein	1 wok bowl each	1	393	888	20.18	65.8	1.17
Vegetables for Wok - 2018	1/2 cup	1	17	22	0.81	3.82	0.02
Chow Mein	1 cup	1	229	377	7.63	44.42	0.65
Chili Cheese Nachos	1 each	1	646	1055	22.25	66.49	11.16
Carnitas Soft Tacos	2 tacos	1	469	694	37.28	34.96	9.60
BBQ Grill Burger	1 each	1	393	575	23.2	31.0	7.09
Condiment Bar	portion	1	203	1088	0.48	24.14	1.56
House Salad	1 CUP	1	160	336	2.71	14.04	1.48
Raisins	Box	1	120	5	1.0	29.0	0.00
Fruit, Canned - Assorted	1/2 cup	1	51	7	0.44	12.39	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	0.67	14.14	0.03
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)
Thu - 11/14/2019							
High School Lun 2019-2020	Total	1					
Bacon Cheeseburger	1 each	1	697	1600	36.1	49.24	11.54
Cheese Pizza	1 each	1	360	510	20.0	34.0	8.00
Pepperoni Pizza	1 each	1	370	580	20.0	33.0	9.00
Chicken Caesar Salad	Salad	1	535	1072	27.02	41.12	5.50
Protein box	1 each	1	450	425	11.95	61.0	2.50
Teriyaki Chicken Rice bowl	2141 each	1	1140637	171974	76241.	104666	3841.7
Vegetables for Wok - 2018	1/2 cup	1	17	22	0.81	3.82	0.02
Chicken Alfredo Pasta	servings	1	706	1292	33.83	56.54	18.60
Carnitas Soft Tacos	2 tacos	1	469	694	37.28	34.96	9.60
BBQ Grill Burger	1 each	1	393	575	23.2	31.0	7.09
Condiment Bar	portion	1	203	1088	0.48	24.14	1.56
House Salad	1 CUP	1	160	336	2.71	14.04	1.48
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
Raisins	Box	1	120	5	1.0	29.0	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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<b>Fri - 11/15/2019</b>							
High School Lun 2019-2020	Total	1					
Spicy Chicken Sandwich BTO	1 each	1	700	1322	27.6	67.95	8.07
Personal Cheese Pizza	1 each	1	310	510	17.0	31.0	6.00
Personal Pepperoni Pizza	1 each	1	310	440	16.0	31.0	6.00
Korean BBQ Chicken Wrap	1 each	1	535	1330	29.11	71.37	1.94
Veggie Wrap	1 each	1	504	896	22.23	62.58	3.03
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Chow Mein	1 cup	1	229	377	7.63	44.42	0.65
Chili Cheese Nachos	1 each	1	646	1055	22.25	66.49	11.16
Hot Wings	5 wings	1	769	1525	19.63	60.98	8.15
Carnitas Soft Tacos	2 tacos	1	469	694	37.28	34.96	9.60
Corn Bread	1 square	1	286	190	4.2	45.0	1.30
BBQ Grill Burger	1 each	1	393	575	23.2	31.0	7.09
Condiment Bar	portion	1	203	1088	0.48	24.14	1.56
House Salad	1 CUP	1	160	336	2.71	14.04	1.48
Raisins	Box	1	120	5	1.0	29.0	0.00
Fruit, Canned - Assorted	1/2 cup	1	51	7	0.44	12.39	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	0.67	14.14	0.03
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

<b>Mon - 11/18/2019</b>							
High School Lun 2019-2020	Total	1					
Spicy Chicken Sandwich BTO	1 each	1	700	1322	27.6	67.95	8.07
Cheese Pizza	1 each	1	360	510	20.0	34.0	8.00
Pepperoni Pizza	1 each	1	370	580	20.0	33.0	9.00
Turkey Club Wrap	1 each	1	688	1355	40.9	56.22	9.54
Orange Chicken w/ Chow Mein	1 wok bowl each	1	393	888	20.18	65.8	1.17
Vegetables for Wok - 2018	1/2 cup	1	17	22	0.81	3.82	0.02
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Raisins	Box	1	120	5	1.0	29.0	0.00
Fruit, Canned - Assorted	1/2 cup	1	51	7	0.44	12.39	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	0.67	14.14	0.03
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)
Tue - 11/19/2019							
High School Lun 2019-2020	Total	1					
Bacon Cheeseburger	1 each	1	697	1600	36.1	49.24	11.54
Cheese Pizza	1 each	1	360	510	20.0	34.0	8.00
Pepperoni Pizza	1 each	1	370	580	20.0	33.0	9.00
Chicken Caesar Salad	Salad	1	535	1072	27.02	41.12	5.50
Protein box	1 each	1	450	425	11.95	61.0	2.50
Teriyaki Chicken Rice bowl	2141 each	1	1140637	171974	76241.	104666	3841.7
Vegetables for Wok - 2018	1/2 cup	1	17	22	0.81	3.82	0.02
Chicken Alfredo Pasta	servings	1	706	1292	33.83	56.54	18.60
Carnitas Soft Tacos	2 tacos	1	469	694	37.28	34.96	9.60
BBQ Grill Burger	1 each	1	393	575	23.2	31.0	7.09
Condiment Bar	portion	1	203	1088	0.48	24.14	1.56
House Salad	1 CUP	1	160	336	2.71	14.04	1.48
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
Raisins	Box	1	120	5	1.0	29.0	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

Wed - 11/20/2019							
High School Lun 2019-2020	Total	1					
Spicy Chicken Sandwich BTO	1 each	1	700	1322	27.6	67.95	8.07
Personal Cheese Pizza	1 each	1	310	510	17.0	31.0	6.00
Personal Pepperoni Pizza	1 each	1	310	440	16.0	31.0	6.00
Korean BBQ Chicken Wrap	1 each	1	535	1330	29.11	71.37	1.94
Veggie Wrap	1 each	1	504	896	22.23	62.58	3.03
Orange Chicken w/ Chow Mein	1 wok bowl each	1	393	888	20.18	65.8	1.17
Vegetables for Wok - 2018	1/2 cup	1	17	22	0.81	3.82	0.02
Chow Mein	1 cup	1	229	377	7.63	44.42	0.65
Chili Cheese Nachos	1 each	1	646	1055	22.25	66.49	11.16
Carnitas Soft Tacos	2 tacos	1	469	694	37.28	34.96	9.60
BBQ Grill Burger	1 each	1	393	575	23.2	31.0	7.09
Condiment Bar	portion	1	203	1088	0.48	24.14	1.56
House Salad	1 CUP	1	160	336	2.71	14.04	1.48
Raisins	Box	1	120	5	1.0	29.0	0.00
Fruit, Canned - Assorted	1/2 cup	1	51	7	0.44	12.39	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	0.67	14.14	0.03
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

\*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.

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**Sacramento City Unified School District**

**Nov 1, 2019 thru Nov 22, 2019**

Base Menu Spreadsheet  
Portion Values - Detailed

High School Lun 2019-2020

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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 Lun 2019-2020	Total	1					
Bacon Cheeseburger	1 each	1	697	1600	36.1	49.24	11.54
Cheese Pizza	1 each	1	360	510	20.0	34.0	8.00
Pepperoni Pizza	1 each	1	370	580	20.0	33.0	9.00
Chicken Caesar Salad	Salad	1	535	1072	27.02	41.12	5.50
Protein box	1 each	1	450	425	11.95	61.0	2.50
Teriyaki Chicken Rice bowl	2141 each	1	1140637	171974	76241.	104666	3841.7
Vegetables for Wok - 2018	1/2 cup	1	17	22	0.81	3.82	0.02
Chicken Alfredo Pasta	servings	1	706	1292	33.83	56.54	18.60
Carnitas Soft Tacos	2 tacos	1	469	694	37.28	34.96	9.60
BBQ Grill Burger	1 each	1	393	575	23.2	31.0	7.09
Condiment Bar	portion	1	203	1088	0.48	24.14	1.56
House Salad	1 CUP	1	160	336	2.71	14.04	1.48
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
Raisins	Box	1	120	5	1.0	29.0	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

Fri - 11/22/2019							
High School Lun 2019-2020	Total	1					
Spicy Chicken Sandwich BTO	1 each	1	700	1322	27.6	67.95	8.07
Personal Cheese Pizza	1 each	1	310	510	17.0	31.0	6.00
Personal Pepperoni Pizza	1 each	1	310	440	16.0	31.0	6.00
Korean BBQ Chicken Wrap	1 each	1	535	1330	29.11	71.37	1.94
Veggie Wrap	1 each	1	504	896	22.23	62.58	3.03
Orange Chicken w/ Chow Mein	1 wok bowl each	1	393	888	20.18	65.8	1.17
Vegetables for Wok - 2018	1/2 cup	1	17	22	0.81	3.82	0.02
Chow Mein	1 cup	1	229	377	7.63	44.42	0.65
Chili Cheese Nachos	1 each	1	646	1055	22.25	66.49	11.16
Hot Wings	5 wings	1	769	1525	19.63	60.98	8.15
Carnitas Soft Tacos	2 tacos	1	469	694	37.28	34.96	9.60
Corn Bread	1 square	1	286	190	4.2	45.0	1.30
BBQ Grill Burger	1 each	1	393	575	23.2	31.0	7.09
Condiment Bar	portion	1	203	1088	0.48	24.14	1.56
House Salad	1 CUP	1	160	336	2.71	14.04	1.48
Raisins	Box	1	120	5	1.0	29.0	0.00
Fruit, Canned - Assorted	1/2 cup	1	51	7	0.44	12.39	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	0.67	14.14	0.03
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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