

Sacramento City Unified School District

Nov 1, 2019 thru Nov 22, 2019

Base Menu Spreadsheet
Portion Values - Detailed

K-8 Breakfast 2019-2020

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Generated on: 11/5/2019 9:41:39 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Sodm (mg) | Protn (g) | Carb (g) | S-Fat (g) |
|-------------------------------|--------------|-----------|-------------|-----------|-----------|----------|-----------|
| Fri - 11/01/2019 | | | | | | | |
| K-8 Breakfast 2019-2020 | Total | 1 | | | | | |
| Egg & Cheese Croissant | Sandwich | 1 | 309 | 403 | 10.97 | 30.83 | 4.98 |
| Cereal, Assorted - Elementary | Bowlpak | 1 | 105 | 190 | 2.0 | 22.5 | 0.13 |
| 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 |
| | | | | | | | |

| | | | | | | | |
|--------------------------------|---------|---|-----|-----|------|-------|------|
| Mon - 11/04/2019 | | | | | | | |
| K-8 Breakfast 2019-2020 | Total | 1 | | | | | |
| Breakfast Pizza,Turkey Sausage | 1 each | 1 | 210 | 480 | 9.0 | 26.0 | 2.00 |
| Cereal, Assorted - Elementary | Bowlpak | 1 | 105 | 190 | 2.0 | 22.5 | 0.13 |
| 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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|--------------------------------|----------|---|-----|-----|------|-------|------|
| Tue - 11/05/2019 | | | | | | | |
| K-8 Breakfast 2019-2020 | Total | 1 | | | | | |
| Chicken Sausage Brkfst Sndwich | Sandwich | 1 | 143 | 326 | 9.1 | 15.4 | 0.80 |
| Cereal, Assorted - Elementary | Bowlpak | 1 | 105 | 190 | 2.0 | 22.5 | 0.13 |
| 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 |
| 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

K-8 Breakfast 2019-2020

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Sodm (mg) | Protn (g) | Carb (g) | S-Fat (g) |
|-------------------------------|--------------|-----------|-------------|-----------|-----------|----------|-----------|
| Wed - 11/06/2019 | | | | | | | |
| K-8 Breakfast 2019-2020 | Total | 1 | | | | | |
| Crispito | 1 each | 1 | 270 | 370 | 12.0 | 23.0 | 3.00 |
| Salsa | 1/4 cup | 1 | 40 | 620 | 2.0 | 8.0 | 0.00 |
| Cereal, Assorted - Elementary | Bowlpak | 1 | 105 | 190 | 2.0 | 22.5 | 0.13 |
| 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 |

| | | | | | | | |
|-------------------------------|-----------|---|-----|-----|------|-------|------|
| Thu - 11/07/2019 | | | | | | | |
| K-8 Breakfast 2019-2020 | Total | 1 | | | | | |
| Eggstravaganza | 1 serving | 1 | 150 | 350 | 10.0 | 1.25 | 4.38 |
| Turkey Bacon | Servings | 1 | 40 | 200 | 4.0 | 0.0 | 0.00 |
| Cereal, Assorted - Elementary | Bowlpak | 1 | 105 | 190 | 2.0 | 22.5 | 0.13 |
| Graham Cracker - Keebler | 1 each | 1 | 90 | 95 | 2.0 | 17.0 | 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 |
| 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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|--------------------------------|---------|---|-----|-----|------|-------|------|
| Fri - 11/08/2019 | | | | | | | |
| K-8 Breakfast 2019-2020 | Total | 1 | | | | | |
| Yogurt and Granola, Strawberry | 1 each | 1 | 245 | 115 | 7.85 | 46.45 | 1.18 |
| Cereal, Assorted - Elementary | Bowlpak | 1 | 105 | 190 | 2.0 | 22.5 | 0.13 |
| 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, 1% White | carton | 1 | 130 | 160 | 10.0 | 16.0 | 1.50 |
| 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
Portion Values - Detailed

K-8 Breakfast 2019-2020

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| | Portion Size | Reimb Qty | Cals (kcal) | Sodm (mg) | Protn (g) | Carb (g) | S-Fat (g) |
|--------------------------|--------------|-----------|-------------|-----------|-----------|----------|-----------|
| Mon - 11/11/2019 | | | | | | | |
| K-8 Breakfast 2019-2020 | Total | 1 | | | | | |
| Pancake Pups - Don Lee | 1 each | 1 | 184 | 421 | 7.8 | 22.0 | 2.30 |
| Syrup (all menus) | packet | 1 | 79 | 20 | 0.01 | 20.15 | 0.02 |
| 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 |

| | | | | | | | |
|--------------------------------|---------|---|-----|-----|------|-------|------|
| Tue - 11/12/2019 | | | | | | | |
| K-8 Breakfast 2019-2020 | Total | 1 | | | | | |
| Breakfast Pizza, Sausage&Gravy | 1 each | 1 | 210 | 330 | 10.0 | 25.0 | 2.00 |
| Cereal, Assorted - Elementary | Bowlpak | 1 | 105 | 190 | 2.0 | 22.5 | 0.13 |
| 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 |
| 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 - 11/13/2019 | | | | | | | |
| K-8 Breakfast 2019-2020 | Total | 1 | | | | | |
| Crispito | 1 each | 1 | 270 | 370 | 12.0 | 23.0 | 3.00 |
| Salsa | 1/4 cup | 1 | 40 | 620 | 2.0 | 8.0 | 0.00 |
| Cereal, Assorted - Elementary | Bowlpak | 1 | 105 | 190 | 2.0 | 22.5 | 0.13 |
| 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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Nov 1, 2019 thru Nov 22, 2019

Base Menu Spreadsheet
Portion Values - Detailed

K-8 Breakfast 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 | | | | | | | |
| K-8 Breakfast 2019-2020 | Total | 1 | | | | | |
| Smoothie, Orange | 1 cup | 1 | 141 | 65 | 3.53 | 31.63 | 0.00 |
| Egg, Hard Boiled | 1 each | 1 | 68 | 60 | 6.0 | 1.0 | 1.50 |
| Cereal, Assorted - Elementary | Bowlpak | 1 | 105 | 190 | 2.0 | 22.5 | 0.13 |
| 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 |
| 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 | | | | | | | |
| K-8 Breakfast 2019-2020 | Total | 1 | | | | | |
| Egg & Cheese Croissant | Sandwich | 1 | 309 | 403 | 10.97 | 30.83 | 4.98 |
| Cereal, Assorted - Elementary | Bowlpak | 1 | 105 | 190 | 2.0 | 22.5 | 0.13 |
| 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 |
| | | | | | | | |

| | | | | | | | |
|--------------------------------|---------|---|-----|-----|------|-------|------|
| Mon - 11/18/2019 | | | | | | | |
| K-8 Breakfast 2019-2020 | Total | 1 | | | | | |
| Breakfast Pizza,Turkey Sausage | 1 each | 1 | 210 | 480 | 9.0 | 26.0 | 2.00 |
| Cereal, Assorted - Elementary | Bowlpak | 1 | 105 | 190 | 2.0 | 22.5 | 0.13 |
| 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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Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Sodm (mg) | Protn (g) | Carb (g) | S-Fat (g) |
|--------------------------------|--------------|-----------|-------------|-----------|-----------|----------|-----------|
| Tue - 11/19/2019 | | | | | | | |
| K-8 Breakfast 2019-2020 | Total | 1 | | | | | |
| Chicken Sausage Brkfst Sndwich | Sandwich | 1 | 143 | 326 | 9.1 | 15.4 | 0.80 |
| Cereal, Assorted - Elementary | Bowlpak | 1 | 105 | 190 | 2.0 | 22.5 | 0.13 |
| 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 |
| 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 - 11/20/2019 | | | | | | | |
| K-8 Breakfast 2019-2020 | Total | 1 | | | | | |
| Crispito | 1 each | 1 | 270 | 370 | 12.0 | 23.0 | 3.00 |
| Salsa | 1/4 cup | 1 | 40 | 620 | 2.0 | 8.0 | 0.00 |
| Cereal, Assorted - Elementary | Bowlpak | 1 | 105 | 190 | 2.0 | 22.5 | 0.13 |
| Graham Cracker - Keebler | 1 each | 1 | 90 | 95 | 2.0 | 17.0 | 0.00 |
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| 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) |
|-------------------------------|--------------|-----------|-------------|-----------|-----------|----------|-----------|
| Thu - 11/21/2019 | | | | | | | |
| K-8 Breakfast 2019-2020 | Total | 1 | | | | | |
| Eggstravaganza | serving | 1 | 150 | 350 | 10.0 | 1.25 | 4.38 |
| Turkey Bacon | Servings | 1 | 40 | 200 | 4.0 | 0.0 | 0.00 |
| Cereal, Assorted - Elementary | Bowlpak | 1 | 105 | 190 | 2.0 | 22.5 | 0.13 |
| Graham Cracker - Keebler | 1 each | 1 | 90 | 95 | 2.0 | 17.0 | 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 |
| Raisins | Box | 1 | 120 | 5 | 1.0 | 29.0 | 0.00 |
| Milk, 1% White | carton | 1 | 130 | 160 | 10.0 | 16.0 | 1.50 |
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Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Sodm (mg) | Protn (g) | Carb (g) | S-Fat (g) |
|--------------------------------|--------------|-----------|-------------|-----------|-----------|----------|-----------|
| Fri - 11/22/2019 | | | | | | | |
| K-8 Breakfast 2019-2020 | Total | 1 | | | | | |
| Yogurt and Granola, Strawberry | 1 each | 1 | 245 | 115 | 7.85 | 46.45 | 1.18 |
| Cereal, Assorted - Elementary | Bowlpak | 1 | 105 | 190 | 2.0 | 22.5 | 0.13 |
| 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, 1% White | carton | 1 | 130 | 160 | 10.0 | 16.0 | 1.50 |
| Milk, Lactaid Fat Free | carton | 1 | 90 | 125 | 8.0 | 13.0 | 0.00 |
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