

Sacramento City Unified School District

Nov 1, 2019 thru Nov 22, 2019

Base Menu Spreadsheet
Portion Values - Detailed

K-8 Lunch 2019-2020

Page 1

Generated on: 11/5/2019 9:44:04 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	S-Fat (g)
Fri - 11/01/2019							
K-8 Lunch 2019-2020	Total	1					
Orange Chicken (Ling's)	1/2 cup	1	151	282	11.08	19.13	0.50
Sunbutter Sandwich Meal	Meal	1	490	670	17.0	48.0	6.50
Sunbutter Sand. Meal (Straw.)	Meal	1	490	690	17.0	47.0	6.50
Rice, Old Style Hawaiian(ELEM)	1/2 cup	1	60	2	1.12	13.02	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

Mon - 11/04/2019							
K-8 Lunch 2019-2020	Total	1					
Chicken Strip,Tyson-Elementary	3 strips	1	280	470	25.0	16.0	2.50
Sunbutter Sandwich Meal	Meal	1	490	670	17.0	48.0	6.50
Sunbutter Sand. Meal (Straw.)	Meal	1	490	690	17.0	47.0	6.50
Mini Flame Roasted Potatoes	1/2 cup serving	1	101	182	3.04	17.22	0.00
Ketchup, Pouch Disp-Heinz	Tablespoon	1	15	45	0.0	4.0	0.00
Mustard, Pouch Disp-Heinz	1/2 Tablespoon	1	0	98	0.0	0.0	0.00
BBQ Sauce	Tablespoon	1	15	70	0.0	3.5	0.00
Ranch Dressing	1 each	1	35	181	1.05	3.5	0.52
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

Tue - 11/05/2019							
K-8 Lunch 2019-2020	Total	1					
Mac & Cheese WG (E.S. Foods)	6 oz servings	1	387	733	22.67	37.33	10.67
Sunbutter Sandwich Meal	Meal	1	490	670	17.0	48.0	6.50
Sunbutter Sand. Meal (Straw.)	Meal	1	490	690	17.0	47.0	6.50
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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Page 2

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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 Lunch 2019-2020	Total	1					
Carnitas Taco Bowl	Servings	1	459	321	19.07	38.5	9.57
Sunbutter Sandwich Meal	Meal	1	490	670	17.0	48.0	6.50
Sunbutter Sand. Meal (Straw.)	Meal	1	490	690	17.0	47.0	6.50
Tapatio Sauce	1 packet	1	0	0	0.0	0.0	0.00
Refried Beans - Casa Solana	servings	1	47	144	2.18	8.24	0.00
Pico de Gallo	servings	1	14	31	0.48	2.46	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	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

Thu - 11/07/2019							
K-8 Lunch 2019-2020	Total	1					
Cheeseburger	1 each	1	523	884	25.19	45.96	8.08
Tater Tots	8 pieces	1	130	309	1.99	15.96	1.00
Sunbutter Sandwich Meal	Meal	1	490	670	17.0	48.0	6.50
Sunbutter Sand. Meal (Straw.)	Meal	1	490	690	17.0	47.0	6.50
Ketchup, Pouch Disp-Heinz	Tablespoon	1	15	45	0.0	4.0	0.00
Mustard, Pouch Disp-Heinz	1/2 Tablespoon	1	0	98	0.0	0.0	0.00
BBQ Sauce	Tablespoon	1	15	70	0.0	3.5	0.00
Ranch Dressing	1 each	1	35	181	1.05	3.5	0.52
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 - 11/08/2019							
K-8 Lunch 2019-2020	Total	1					
Pizza, Cheese (Wild Mike's)	Slice	1	360	510	20.0	34.0	8.00
Pizza, Pepperoni (Wild Mike's)	Slice	1	370	580	20.0	33.0	9.00
Sunbutter Sandwich Meal	Meal	1	490	670	17.0	48.0	6.50
Sunbutter Sand. Meal (Straw.)	Meal	1	490	690	17.0	47.0	6.50
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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K-8 Lunch 2019-2020

Page 3

Generated on: 11/5/2019 9:44:04 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	S-Fat (g)
Tue - 11/12/2019							
K-8 Lunch 2019-2020	Total	1					
Corn Dog, Chicken, Foster Farm	1 each	1	240	390	9.0	30.0	2.50
Sunbutter Sandwich Meal	Meal	1	490	670	17.0	48.0	6.50
Sunbutter Sand. Meal (Straw.)	Meal	1	490	690	17.0	47.0	6.50
Ketchup, Pouch Disp-Heinz	Tablespoon	1	15	45	0.0	4.0	0.00
Mustard, Pouch Disp-Heinz	1/2 Tablespoon	1	0	98	0.0	0.0	0.00
BBQ Sauce	Tablespoon	1	15	70	0.0	3.5	0.00
Tater Tots	8 pieces	1	130	309	1.99	15.96	1.00
Carrots, Baby Ind. bags	bag	1	35	65	1.0	8.0	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

Wed - 11/13/2019							
K-8 Lunch 2019-2020	Total	1					
Crunchy Taco, Beef	1 each	1	247	334	17.18	14.48	3.89
Sunbutter Sandwich Meal	Meal	1	490	670	17.0	48.0	6.50
Sunbutter Sand. Meal (Straw.)	Meal	1	490	690	17.0	47.0	6.50
Tapatio Sauce	1 packet	1	0	0	0.0	0.0	0.00
Refried Beans - Casa Solana	servings	1	47	144	2.18	8.24	0.00
Chips, Tortilla - Snack King	bag	1	270	220	3.0	31.0	1.50
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
Pico de Gallo	servings	1	14	31	0.48	2.46	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 Values - Detailed

K-8 Lunch 2019-2020

Page 4

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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 Lunch 2019-2020	Total	1					
Chicken Patty on a Bun	1 sandwich	1	340	520	20.0	40.0	1.40
Sunbutter Sandwich Meal	Meal	1	490	670	17.0	48.0	6.50
Sunbutter Sand. Meal (Straw.)	Meal	1	490	690	17.0	47.0	6.50
Vegetarian Beans, Baked-USDA	1/2 cup	1	5	6	0.32	0.91	0.00
Ketchup, Pouch Disp-Heinz	Tablespoon	1	15	45	0.0	4.0	0.00
Mustard, Pouch Disp-Heinz	1/2 Tablespoon	1	0	98	0.0	0.0	0.00
BBQ Sauce	Tablespoon	1	15	70	0.0	3.5	0.00
Ranch Dressing	1 each	1	35	181	1.05	3.5	0.52
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 Lunch 2019-2020	Total	1					
Orange Chicken (Ling's)	1/2 cup	1	151	282	11.08	19.13	0.50
Sunbutter Sandwich Meal	Meal	1	490	670	17.0	48.0	6.50
Sunbutter Sand. Meal (Straw.)	Meal	1	490	690	17.0	47.0	6.50
Rice, Old Style Hawaiian(ELEM)	1/2 cup	1	60	2	1.12	13.02	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

Mon - 11/18/2019							
K-8 Lunch 2019-2020	Total	1					
Chicken Strip,Tyson-Elementary	3 strips	1	280	470	25.0	16.0	2.50
Sunbutter Sandwich Meal	Meal	1	490	670	17.0	48.0	6.50
Sunbutter Sand. Meal (Straw.)	Meal	1	490	690	17.0	47.0	6.50
Mini Flame Roasted Potatoes	1/2 cup serving	1	101	182	3.04	17.22	0.00
Ketchup, Pouch Disp-Heinz	Tablespoon	1	15	45	0.0	4.0	0.00
Mustard, Pouch Disp-Heinz	1/2 Tablespoon	1	0	98	0.0	0.0	0.00
BBQ Sauce	Tablespoon	1	15	70	0.0	3.5	0.00
Ranch Dressing	1 each	1	35	181	1.05	3.5	0.52
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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Base Menu Spreadsheet

K-8 Lunch 2019-2020

Portion Values - Detailed

Page 5

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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 Lunch 2019-2020	Total	1					
Mac & Cheese WG (E.S. Foods)	6 oz servings	1	387	733	22.67	37.33	10.67
Sunbutter Sandwich Meal	Meal	1	490	670	17.0	48.0	6.50
Sunbutter Sand. Meal (Straw.)	Meal	1	490	690	17.0	47.0	6.50
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 - 11/20/2019							
K-8 Lunch 2019-2020	Total	1					
Sliced Turkey Breast	2 slices	1	158	1106	35.56	1.98	0.00
Roasted Potatoes & Asparagus	1/2 cup	1	78	116	3.24	13.34	0.05
Caesar Salad (FEAST)	1 Cup	1	70	162	1.8	6.32	0.78
Muffin, WG Sweet Potato Oat	muffin	1	271	210	5.01	46.1	1.00
Sunbutter Sandwich Meal	Meal	1	490	670	17.0	48.0	6.50
Sunbutter Sand. Meal (Straw.)	Meal	1	490	690	17.0	47.0	6.50
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	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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Page 6

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	S-Fat (g)
Thu - 11/21/2019							
K-8 Lunch 2019-2020	Total	1					
Cheeseburger	1 each	1	523	884	25.19	45.96	8.08
Tater Tots	8 pieces	1	130	309	1.99	15.96	1.00
Sunbutter Sandwich Meal	Meal	1	490	670	17.0	48.0	6.50
Sunbutter Sand. Meal (Straw.)	Meal	1	490	690	17.0	47.0	6.50
Ketchup, Pouch Disp-Heinz	Tablespoon	1	15	45	0.0	4.0	0.00
Mustard, Pouch Disp-Heinz	1/2 Tablespoon	1	0	98	0.0	0.0	0.00
BBQ Sauce	Tablespoon	1	15	70	0.0	3.5	0.00
Ranch Dressing	1 each	1	35	181	1.05	3.5	0.52
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 - 11/22/2019							
K-8 Lunch 2019-2020	Total	1					
Pizza, Cheese (Wild Mike's)	Slice	1	360	510	20.0	34.0	8.00
Pizza, Pepperoni (Wild Mike's)	Slice	1	370	580	20.0	33.0	9.00
Sunbutter Sandwich Meal	Meal	1	490	670	17.0	48.0	6.50
Sunbutter Sand. Meal (Straw.)	Meal	1	490	690	17.0	47.0	6.50
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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