

Sacramento City Unified School District

Nov 1, 2019 thru Nov 22, 2019

Base Menu Spreadsheet

Middle Lunch 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 - 11/01/2019							
Middle Lunch 2019-2020	Total	1					
Carnitas Taco Bowl	Servings	1	459	321	19.07	38.5	9.57
Hot Wings	5 wings	1	769	1525	19.63	60.98	8.15
Spicy Chicken Sandwich	1 each	1	688	1120	27.2	65.65	8.07
Personal Pepperoni Pizza	1 each	1	310	440	16.0	31.0	6.00
Personal Cheese Pizza	1 each	1	310	510	17.0	31.0	6.00
Turkey Club Wrap	1 each	1	688	1355	40.9	56.22	9.54
Protein box	1 each	1	450	425	11.95	61.0	2.50
House Salad	1 CUP	1	160	336	2.71	14.04	1.48
Condiment Bar	portion	1	203	1088	0.48	24.14	1.56
Raisins	Box	1	120	5	1.0	29.0	0.00
Carrots, Baby Ind. bags	bag	1	35	65	1.0	8.0	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
Sorbet	1 cup	1	195	11	0.0	50.0	0.00

Mon - 11/04/2019							
Middle Lunch 2019-2020	Total	1					
Orange Chicken w/ Rice	1 wok bowl each	1	287	306	14.12	48.99	0.52
Vegetables for Wok - 2018	1/2 cup	1	17	22	0.81	3.82	0.02
Spicy ChickenTenders	4 tenders	1	506	1023	34.86	40.86	3.43
Personal Pepperoni Pizza	1 each	1	310	440	16.0	31.0	6.00
Personal Cheese Pizza	1 each	1	310	510	17.0	31.0	6.00
Turkey Club Wrap	1 each	1	688	1355	40.9	56.22	9.54
Protein box	1 each	1	450	425	11.95	61.0	2.50
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,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

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

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	S-Fat (g)
Tue - 11/05/2019							
Middle Lunch 2019-2020	Total	1					
Cheese Bites	1 each	1	391	892	20.91	40.44	5.00
Marinara Dipping Sauce	1/2 cup	1	35	630	1.0	6.0	*N/A*
Bacon Cheeseburger	1 each	1	697	1600	36.1	49.24	11.54
Corn Dog	Recipe	1	604	1075	19.91	75.24	5.95
Pepperoni Pizza	1 each	1	370	580	20.0	33.0	9.00
Cheese Pizza	1 each	1	360	510	20.0	34.0	8.00
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
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
Carrots, Baby Ind. bags	bag	1	35	65	1.0	8.0	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
Sorbet	1 cup	1	195	11	0.0	50.0	0.00

Wed - 11/06/2019							
Middle Lunch 2019-2020	Total	1					
Spicy ChickenTenders	4 tenders	1	506	1023	34.86	40.86	3.43
Spicy Chicken Sandwich	1 each	1	688	1120	27.2	65.65	8.07
Personal Pepperoni Pizza	1 each	1	310	440	16.0	31.0	6.00
Personal Cheese Pizza	1 each	1	310	510	17.0	31.0	6.00
Turkey Club Wrap	1 each	1	688	1355	40.9	56.22	9.54
Protein box	1 each	1	450	425	11.95	61.0	2.50
Condiment Bar	portion	1	203	1088	0.48	24.14	1.56
Raisins	Box	1	120	5	1.0	29.0	0.00
Carrots, Baby Ind. bags	bag	1	35	65	1.0	8.0	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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Middle Lunch 2019-2020

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	S-Fat (g)
Thu - 11/07/2019							
Middle Lunch 2019-2020	Total	1					
Popcorn Chicken Bowl	1 bowl	1	590	1407	26.19	71.81	6.24
Cheeseburger	1 each	1	523	884	25.19	45.96	8.08
Corn Dog	Recipe	1	604	1075	19.91	75.24	5.95
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
Protein box	1 each	1	450	425	11.95	61.0	2.50
Chicken Caesar Salad	Salad	1	535	1072	27.02	41.12	5.50
House Salad	1 CUP	1	160	336	2.71	14.04	1.48
Condiment Bar	portion	1	203	1088	0.48	24.14	1.56
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 - 11/08/2019							
Middle Lunch 2019-2020	Total	1					
Carnitas Taco Bowl	Servings	1	459	321	19.07	38.5	9.57
Hot Wings	5 wings	1	769	1525	19.63	60.98	8.15
Spicy Chicken Sandwich	1 each	1	688	1120	27.2	65.65	8.07
Personal Pepperoni Pizza	1 each	1	310	440	16.0	31.0	6.00
Personal Cheese Pizza	1 each	1	310	510	17.0	31.0	6.00
Turkey Club Wrap	1 each	1	688	1355	40.9	56.22	9.54
Protein box	1 each	1	450	425	11.95	61.0	2.50
House Salad	1 CUP	1	160	336	2.71	14.04	1.48
Raisins	Box	1	120	5	1.0	29.0	0.00
Carrots, Baby Ind. bags	bag	1	35	65	1.0	8.0	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
Sorbet	1 cup	1	195	11	0.0	50.0	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							
Middle Lunch 2019-2020	Total	1					
Orange Chicken w/ Rice	3.6 oz	1	1034	1103	50.82	176.38	1.88
Vegetables for Wok - 2018	1/2 cup	1	17	22	0.81	3.82	0.02
Spicy ChickenTenders	4 tenders	1	506	1023	34.86	40.86	3.43
Personal Pepperoni Pizza	1 each	1	310	440	16.0	31.0	6.00
Personal Cheese Pizza	1 each	1	310	510	17.0	31.0	6.00
Turkey Club Wrap	1 each	1	688	1355	40.9	56.22	9.54
Protein box	1 each	1	450	425	11.95	61.0	2.50
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,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 - 11/12/2019							
Middle Lunch 2019-2020	Total	1					
Cheese Bites	1 each	1	391	892	20.91	40.44	5.00
Marinara Dipping Sauce	1/2 cup	1	35	630	1.0	6.0	*N/A*
Bacon Cheeseburger	1 each	1	697	1600	36.1	49.24	11.54
Corn Dog	Recipe	1	604	1075	19.91	75.24	5.95
Pepperoni Pizza	1 each	1	370	580	20.0	33.0	9.00
Cheese Pizza	1 each	1	360	510	20.0	34.0	8.00
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
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
Carrots, Baby Ind. bags	bag	1	35	65	1.0	8.0	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
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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	S-Fat (g)
Wed - 11/13/2019							
Middle Lunch 2019-2020	Total	1					
Spicy ChickenTenders	4 tenders	1	506	1023	34.86	40.86	3.43
Spicy Chicken Sandwich	1 each	1	688	1120	27.2	65.65	8.07
Personal Pepperoni Pizza	1 each	1	310	440	16.0	31.0	6.00
Personal Cheese Pizza	1 each	1	310	510	17.0	31.0	6.00
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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
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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	S-Fat (g)
Thu - 11/14/2019							
Middle Lunch 2019-2020	Total	1					
Popcorn Chicken Bowl	1 bowl	1	590	1407	26.19	71.81	6.24
Cheeseburger	1 each	1	523	884	25.19	45.96	8.08
Corn Dog	Recipe	1	604	1075	19.91	75.24	5.95
Cheese Pizza	1 each	1	360	510	20.0	34.0	8.00
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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	S-Fat (g)
Fri - 11/15/2019							
Middle Lunch 2019-2020	Total	1					
Carnitas Taco Bowl	Servings	1	459	321	19.07	38.5	9.57
Hot Wings	5 wings	1	769	1525	19.63	60.98	8.15
Spicy Chicken Sandwich	1 each	1	688	1120	27.2	65.65	8.07
Personal Pepperoni Pizza	1 each	1	310	440	16.0	31.0	6.00
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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
Sorbet	1 cup	1	195	11	0.0	50.0	0.00

Mon - 11/18/2019							
Middle Lunch 2019-2020	Total	1					
Orange Chicken w/ Rice	3.6 oz	1	1034	1103	50.82	176.38	1.88
Vegetables for Wok - 2018	1/2 cup	1	17	22	0.81	3.82	0.02
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Personal Pepperoni Pizza	1 each	1	310	440	16.0	31.0	6.00
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Cheese Bites	1 each	1	391	892	20.91	40.44	5.00
Marinara Dipping Sauce	1/2 cup	1	35	630	1.0	6.0	*N/A*
Bacon Cheeseburger	1 each	1	697	1600	36.1	49.24	11.54
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Wed - 11/20/2019							
Middle Lunch 2019-2020	Total	1					
Spicy ChickenTenders	4 tenders	1	506	1023	34.86	40.86	3.43
Spicy Chicken Sandwich	1 each	1	688	1120	27.2	65.65	8.07
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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
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Sacramento City Unified School District

Nov 1, 2019 thru Nov 22, 2019

Base Menu Spreadsheet
Portion Values - Detailed

Middle Lunch 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							
Middle Lunch 2019-2020	Total	1					
Popcorn Chicken Bowl	1 bowl	1	590	1407	26.19	71.81	6.24
Cheeseburger	1 each	1	523	884	25.19	45.96	8.08
Corn Dog	Recipe	1	604	1075	19.91	75.24	5.95
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
Protein box	1 each	1	450	425	11.95	61.0	2.50
Chicken Caesar Salad	Salad	1	535	1072	27.02	41.12	5.50
House Salad	1 CUP	1	160	336	2.71	14.04	1.48
Condiment Bar	portion	1	203	1088	0.48	24.14	1.56
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 - 11/22/2019							
Middle Lunch 2019-2020	Total	1					
Carnitas Taco Bowl	Servings	1	459	321	19.07	38.5	9.57
Hot Wings	5 wings	1	769	1525	19.63	60.98	8.15
Spicy Chicken Sandwich	1 each	1	688	1120	27.2	65.65	8.07
Personal Pepperoni Pizza	1 each	1	310	440	16.0	31.0	6.00
Personal Cheese Pizza	1 each	1	310	510	17.0	31.0	6.00
Turkey Club Wrap	1 each	1	688	1355	40.9	56.22	9.54
Protein box	1 each	1	450	425	11.95	61.0	2.50
House Salad	1 CUP	1	160	336	2.71	14.04	1.48
Raisins	Box	1	120	5	1.0	29.0	0.00
Carrots, Baby Ind. bags	bag	1	35	65	1.0	8.0	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
Sorbet	1 cup	1	195	11	0.0	50.0	0.00

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

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