

**Sacramento City Unified School District**

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

Base Menu Spreadsheet  
Portion Values - Detailed

Sm. High School Brk 2019-2020

Page 1

Generated on: 11/5/2019 9:48:22 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	S-Fat (g)
Fri - 11/01/2019							
Sm. High School Brk 2019-2	Total	1					
Breakfast bowl	1 bowl	1	417	886	17.54	31.25	9.41
Muffin (Fresh Baked) Fat Cat	muffin	1	685	372	8.91	113.24	3.28
Cereal, Assorted - Secondary	1 each	1	223	293	3.0	45.33	0.33
Orange Juice, frozen	1 each	1	56	1	0.85	13.41	0.01
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							
Sm. High School Brk 2019-2	Total	1					
English Muffin Egg/Sausage	Sandwich	1	230	475	9.0	29.0	1.50
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
Orange Juice, frozen	1 each	1	56	1	0.85	13.41	0.01
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 - 11/05/2019							
Sm. High School Brk 2019-2	Total	1					
Breakfast Pizza, Sausage	1 each	1	210	480	9.0	26.0	2.00
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
Orange Juice, frozen	1 each	1	56	1	0.85	13.41	0.01
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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

**Sacramento City Unified School District**

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

Base Menu Spreadsheet  
Portion Values - Detailed

Sm. High School Brk 2019-2020

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	S-Fat (g)
Wed - 11/06/2019							
Sm. High School Brk 2019-2	Total	1					
Croissant breakfast sandwich	Sandwich	1	419	1023	21.97	32.83	7.48
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
Orange Juice, frozen	1 each	1	56	1	0.85	13.41	0.01
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

Thu - 11/07/2019							
Sm. High School Brk 2019-2	Total	1					
Breakfast Chicken Slider	2 each	1	356	1092	25.2	32.8	4.10
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
Orange Juice, frozen	1 each	1	56	1	0.85	13.41	0.01
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

Fri - 11/08/2019							
Sm. High School Brk 2019-2	Total	1					
Breakfast bowl	1 bowl	1	417	886	17.54	31.25	9.41
Muffin (Fresh Baked) Fat Cat	muffin	1	685	372	8.91	113.24	3.28
Cereal, Assorted - Secondary	1 each	1	223	293	3.0	45.33	0.33
Orange Juice, frozen	1 each	1	56	1	0.85	13.41	0.01
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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

**Sacramento City Unified School District**

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

Base Menu Spreadsheet  
Portion Values - Detailed

Sm. High School Brk 2019-2020

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	S-Fat (g)
Mon - 11/11/2019							
Sm. High School Brk 2019-2	Total	1					
English Muffin Egg/Sausage	Sandwich	1	230	475	9.0	29.0	1.50
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
Orange Juice, frozen	1 each	1	56	1	0.85	13.41	0.01
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							
Sm. High School Brk 2019-2	Total	1					
Breakfast Pizza, Sausage	1 each	1	210	480	9.0	26.0	2.00
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
Orange Juice, frozen	1 each	1	56	1	0.85	13.41	0.01
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

Wed - 11/13/2019							
Sm. High School Brk 2019-2	Total	1					
Croissant breakfast sandwich	Sandwich	1	419	1023	21.97	32.83	7.48
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
Orange Juice, frozen	1 each	1	56	1	0.85	13.41	0.01
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.

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

**Sacramento City Unified School District**

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

Base Menu Spreadsheet  
Portion Values - Detailed

Sm. High School Brk 2019-2020

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	S-Fat (g)
Thu - 11/14/2019							
Sm. High School Brk 2019-2	Total	1					
Breakfast Chicken Slider	2 each	1	356	1092	25.2	32.8	4.10
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
Orange Juice, frozen	1 each	1	56	1	0.85	13.41	0.01
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

Fri - 11/15/2019							
Sm. High School Brk 2019-2	Total	1					
Breakfast bowl	1 bowl	1	417	886	17.54	31.25	9.41
Muffin (Fresh Baked) Fat Cat	muffin	1	685	372	8.91	113.24	3.28
Cereal, Assorted - Secondary	1 each	1	223	293	3.0	45.33	0.33
Orange Juice, frozen	1 each	1	56	1	0.85	13.41	0.01
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 - 11/18/2019							
Sm. High School Brk 2019-2	Total	1					
English Muffin Egg/Sausage	Sandwich	1	230	475	9.0	29.0	1.50
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
Orange Juice, frozen	1 each	1	56	1	0.85	13.41	0.01
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.*

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

**Sacramento City Unified School District**

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

Base Menu Spreadsheet  
Portion Values - Detailed

Sm. High School Brk 2019-2020

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	S-Fat (g)
Tue - 11/19/2019							
Sm. High School Brk 2019-2	Total	1					
Breakfast Pizza, Sausage	1 each	1	210	480	9.0	26.0	2.00
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
Orange Juice, frozen	1 each	1	56	1	0.85	13.41	0.01
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

Wed - 11/20/2019							
Sm. High School Brk 2019-2	Total	1					
Croissant breakfast sandwich	Sandwich	1	419	1023	21.97	32.83	7.48
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
Orange Juice, frozen	1 each	1	56	1	0.85	13.41	0.01
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

Thu - 11/21/2019							
Sm. High School Brk 2019-2	Total	1					
Breakfast Chicken Slider	2 each	1	356	1092	25.2	32.8	4.10
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
Orange Juice, frozen	1 each	1	56	1	0.85	13.41	0.01
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.

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

**Sacramento City Unified School District**

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

Base Menu Spreadsheet

Sm. High School Brk 2019-2020

Portion Values - Detailed

Page 6

Generated on: 11/5/2019 9:48:22 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	S-Fat (g)
Fri - 11/22/2019							
Sm. High School Brk 2019-2	Total	1					
Breakfast bowl	1 bowl	1	417	886	17.54	31.25	9.41
Muffin (Fresh Baked) Fat Cat	muffin	1	685	372	8.91	113.24	3.28
Cereal, Assorted - Secondary	1 each	1	223	293	3.0	45.33	0.33
Orange Juice, frozen	1 each	1	56	1	0.85	13.41	0.01
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.*

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.