

Sacramento City Unified School District

Nov 1, 2019 thru Nov 22, 2019

Base Menu Spreadsheet
Portion Values - Detailed

Sm. High School Lun 2019-2020

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	S-Fat (g)
Fri - 11/01/2019							
Sm. High School Lun 2019-2	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
Corn Bread	1 square	1	286	190	4.2	45.0	1.30
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	498	1212	29.92	66.05	1.51
Protein box	1 each	1	450	425	11.95	61.0	2.50
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, 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 Lun 2019-2	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
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
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
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, 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% Lowfat	8 oz.	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

Sm. 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							
Sm. High School Lun 2019-2	Total	1					
Bacon Cheeseburger	1 each	1	697	1600	36.1	49.24	11.54
Bean and Cheese Burrito	1 each	1	589	1069	26.67	62.0	13.15
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
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, 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)
Wed - 11/06/2019							
Sm. High School Lun 2019-2	Total	1					
Spicy Chicken Sandwich	1 each	1	688	1120	27.2	65.65	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	498	1212	29.92	66.05	1.51
Protein box	1 each	1	450	425	11.95	61.0	2.50
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, 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)	Protrn (g)	Carb (g)	S-Fat (g)
Thu - 11/07/2019							
Sm. High School Lun 2019-2	Total	1					
Chicken Alfredo Pasta	servings	1	706	1292	33.83	56.54	18.60
Bean and Cheese Burrito	1 each	1	589	1069	26.67	62.0	13.15
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
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, 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 Lun 2019-2	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
Corn Bread	1 square	1	286	190	4.2	45.0	1.30
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	498	1212	29.92	66.05	1.51
Protein box	1 each	1	450	425	11.95	61.0	2.50
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, 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
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Sm. High School Lun 2019-2020

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	S-Fat (g)
Mon - 11/11/2019							
Sm. High School Lun 2019-2	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
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
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
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, 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% Lowfat	8 oz.	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)
Tue - 11/12/2019							
Sm. High School Lun 2019-2	Total	1					
Bacon Cheeseburger	1 each	1	697	1600	36.1	49.24	11.54
Bean and Cheese Burrito	1 each	1	589	1069	26.67	62.0	13.15
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
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
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Base Menu Spreadsheet

Sm. High School Lun 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 - 11/13/2019							
Sm. High School Lun 2019-2	Total	1					
Spicy Chicken Sandwich	1 each	1	688	1120	27.2	65.65	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	498	1212	29.92	66.05	1.51
Protein box	1 each	1	450	425	11.95	61.0	2.50
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
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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	S-Fat (g)
Thu - 11/14/2019							
Sm. High School Lun 2019-2	Total	1					
Chicken Alfredo Pasta	servings	1	706	1292	33.83	56.54	18.60
Bean and Cheese Burrito	1 each	1	589	1069	26.67	62.0	13.15
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
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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, 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
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Base Menu Spreadsheet

Sm. High School Lun 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 - 11/15/2019							
Sm. High School Lun 2019-2	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
Corn Bread	1 square	1	286	190	4.2	45.0	1.30
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
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Carrots, Baby Ind. bags	bag	1	35	65	1.0	8.0	0.00
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Mon - 11/18/2019							
Sm. High School Lun 2019-2	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
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
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Protein box	1 each	1	450	425	11.95	61.0	2.50
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Tue - 11/19/2019							
Sm. High School Lun 2019-2	Total	1					
Bacon Cheeseburger	1 each	1	697	1600	36.1	49.24	11.54
Bean and Cheese Burrito	1 each	1	589	1069	26.67	62.0	13.15
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Wed - 11/20/2019							
Sm. High School Lun 2019-2	Total	1					
Spicy Chicken Sandwich	1 each	1	688	1120	27.2	65.65	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	498	1212	29.92	66.05	1.51
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Sm. High School Lun 2019-2	Total	1					
Chicken Alfredo Pasta	servings	1	706	1292	33.83	56.54	18.60
Bean and Cheese Burrito	1 each	1	589	1069	26.67	62.0	13.15
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
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, 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 - 11/22/2019							
Sm. High School Lun 2019-2	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
Corn Bread	1 square	1	286	190	4.2	45.0	1.30
Personal Cheese Pizza	1 each	1	310	510	17.0	31.0	6.00
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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, 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.

