

Sacramento City Unified School District

Dec 2, 2019 thru Dec 20, 2019

Base Menu Spreadsheet

Sm. High School Brk 2019-2020

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 12/02/2019								
Sm. High School Brk 2019-2	Total	1						
English Muffin Egg & Sausage	Sandwich	1	293	681	1	16.1	29.4	12.1
Crispito (Secondary Breakfast)	1 each	1	276	571	3	11.4	25.85	13.3
Cereal, Assorted - Secondary	1 each	1	223	293	13	3.0	45.33	4.17
Orange Juice, frozen	1 each	1	56	1	10	0.85	13.41	0.07
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.0
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.24
Milk, 1% White	carton	1	130	160	15	10.0	16.0	2.5
Milk, Non Fat, White	carton	1	90	130	13	9.0	13.0	0.0
Milk, Lactaid Fat Free	carton	1	90	125	12	8.0	13.0	0.0

Tue - 12/03/2019								
Sm. High School Brk 2019-2	Total	1						
Breakfast Pizza, Sausage	1 each	1	210	480	9	9.0	26.0	7.0
Cinnamon Roll	1 each	1	271	136	30	5.48	58.98	2.62
Cereal, Assorted - Secondary	1 each	1	223	293	13	3.0	45.33	4.17
Orange Juice, frozen	1 each	1	56	1	10	0.85	13.41	0.07
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.0
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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 12/04/2019								
Sm. High School Brk 2019-2	Total	1						
Ham and Egg Sandwich	Sandwich	1	290	1165	2	19.0	29.0	9.5
Crispito (Secondary Breakfast)	1 each	1	276	571	3	11.4	25.85	13.3
Cereal, Assorted - Secondary	1 each	1	223	293	13	3.0	45.33	4.17
Orange Juice, frozen	1 each	1	56	1	10	0.85	13.41	0.07
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.0
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.24
Milk, 1% White	carton	1	130	160	15	10.0	16.0	2.5
Milk, Non Fat, White	carton	1	90	130	13	9.0	13.0	0.0
Milk, Lactaid Fat Free	carton	1	90	125	12	8.0	13.0	0.0

Thu - 12/05/2019								
Sm. High School Brk 2019-2	Total	1						
Breakfast Chicken Slider	2 each	1	356	1092	6	25.2	32.8	13.2
Cinnamon Roll	1 each	1	271	136	30	5.48	58.98	2.62
Cereal, Assorted - Secondary	1 each	1	223	293	13	3.0	45.33	4.17
Orange Juice, frozen	1 each	1	56	1	10	0.85	13.41	0.07
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.0
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.24
Milk, 1% White	carton	1	130	160	15	10.0	16.0	2.5
Milk, Non Fat, White	carton	1	90	130	13	9.0	13.0	0.0
Milk, Lactaid Fat Free	carton	1	90	125	12	8.0	13.0	0.0

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 12/06/2019								
Sm. High School Brk 2019-2	Total	1						
Breakfast Bowl	1 bowl	1	417	886	1	17.54	31.25	24.31
Muffin (Fresh Baked) Fat Cat	muffin	1	347	188	31	4.51	57.37	12.03
Cereal, Assorted - Secondary	1 each	1	223	293	13	3.0	45.33	4.17
Orange Juice, frozen	1 each	1	56	1	10	0.85	13.41	0.07
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.0
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.24
Milk, 1% White	carton	1	130	160	15	10.0	16.0	2.5
Milk, Non Fat, White	carton	1	90	130	13	9.0	13.0	0.0
Milk, Lactaid Fat Free	carton	1	90	125	12	8.0	13.0	0.0

Mon - 12/09/2019								
Sm. High School Brk 2019-2	Total	1						
English Muffin Egg & Sausage	Sandwich	1	293	681	1	16.1	29.4	12.1
Crispito (Secondary Breakfast)	1 each	1	276	571	3	11.4	25.85	13.3
Cereal, Assorted - Secondary	1 each	1	223	293	13	3.0	45.33	4.17
Orange Juice, frozen	1 each	1	56	1	10	0.85	13.41	0.07
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.0
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.24
Milk, 1% White	carton	1	130	160	15	10.0	16.0	2.5
Milk, Non Fat, White	carton	1	90	130	13	9.0	13.0	0.0
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Base Menu Spreadsheet

Sm. High School Brk 2019-2020

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 12/10/2019								
Sm. High School Brk 2019-2	Total	1						
Breakfast Pizza, Sausage	1 each	1	210	480	9	9.0	26.0	7.0
Cinnamon Roll	1 each	1	271	136	30	5.48	58.98	2.62
Cereal, Assorted - Secondary	1 each	1	223	293	13	3.0	45.33	4.17
Orange Juice, frozen	1 each	1	56	1	10	0.85	13.41	0.07
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.0
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.24
Milk, 1% White	carton	1	130	160	15	10.0	16.0	2.5
Milk, Non Fat, White	carton	1	90	130	13	9.0	13.0	0.0
Milk, Lactaid Fat Free	carton	1	90	125	12	8.0	13.0	0.0

Wed - 12/11/2019								
Sm. High School Brk 2019-2	Total	1						
Ham and Egg Sandwich	Sandwich	1	290	1165	2	19.0	29.0	9.5
Crispito (Secondary Breakfast)	1 each	1	276	571	3	11.4	25.85	13.3
Cereal, Assorted - Secondary	1 each	1	223	293	13	3.0	45.33	4.17
Orange Juice, frozen	1 each	1	56	1	10	0.85	13.41	0.07
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.0
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.24
Milk, 1% White	carton	1	130	160	15	10.0	16.0	2.5
Milk, Non Fat, White	carton	1	90	130	13	9.0	13.0	0.0
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Sm. High School Brk 2019-2020

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 12/12/2019								
Sm. High School Brk 2019-2	Total	1						
Breakfast Chicken Slider	2 each	1	356	1092	6	25.2	32.8	13.2
Cinnamon Roll	1 each	1	271	136	30	5.48	58.98	2.62
Cereal, Assorted - Secondary	1 each	1	223	293	13	3.0	45.33	4.17
Orange Juice, frozen	1 each	1	56	1	10	0.85	13.41	0.07
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.0
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.24
Milk, 1% White	carton	1	130	160	15	10.0	16.0	2.5
Milk, Non Fat, White	carton	1	90	130	13	9.0	13.0	0.0
Milk, Lactaid Fat Free	carton	1	90	125	12	8.0	13.0	0.0

Fri - 12/13/2019								
Sm. High School Brk 2019-2	Total	1						
Breakfast Bowl	1 bowl	1	417	886	1	17.54	31.25	24.31
Muffin (Fresh Baked) Fat Cat	muffin	1	347	188	31	4.51	57.37	12.03
Cereal, Assorted - Secondary	1 each	1	223	293	13	3.0	45.33	4.17
Orange Juice, frozen	1 each	1	56	1	10	0.85	13.41	0.07
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.0
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Base Menu Spreadsheet

Sm. High School Brk 2019-2020

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 12/16/2019								
Sm. High School Brk 2019-2	Total	1						
English Muffin Egg & Sausage	Sandwich	1	293	681	1	16.1	29.4	12.1
Crispito (Secondary Breakfast)	1 each	1	276	571	3	11.4	25.85	13.3
Cereal, Assorted - Secondary	1 each	1	223	293	13	3.0	45.33	4.17
Orange Juice, frozen	1 each	1	56	1	10	0.85	13.41	0.07
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Milk, Non Fat, White	carton	1	90	130	13	9.0	13.0	0.0
Milk, Lactaid Fat Free	carton	1	90	125	12	8.0	13.0	0.0

Tue - 12/17/2019								
Sm. High School Brk 2019-2	Total	1						
Breakfast Pizza, Sausage	1 each	1	210	480	9	9.0	26.0	7.0
Cinnamon Roll	1 each	1	271	136	30	5.48	58.98	2.62
Cereal, Assorted - Secondary	1 each	1	223	293	13	3.0	45.33	4.17
Orange Juice, frozen	1 each	1	56	1	10	0.85	13.41	0.07
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Milk, Lactaid Fat Free	carton	1	90	125	12	8.0	13.0	0.0
Weighted Daily Average								
% of Calories								
Nutrient Guideline								

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Sm. High School Brk 2019-2020

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Wed - 12/18/2019								
Sm. High School Brk 2019-2	Total	1						
Ham and Egg Sandwich	Sandwich	1	290	1165	2	19.0	29.0	9.5
Crispito (Secondary Breakfast)	1 each	1	276	571	3	11.4	25.85	13.3
Cereal, Assorted - Secondary	1 each	1	223	293	13	3.0	45.33	4.17
Orange Juice, frozen	1 each	1	56	1	10	0.85	13.41	0.07
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Milk, Lactaid Fat Free	carton	1	90	125	12	8.0	13.0	0.0

Thu - 12/19/2019								
Sm. High School Brk 2019-2	Total	1						
Breakfast Chicken Slider	2 each	1	356	1092	6	25.2	32.8	13.2
Cinnamon Roll	1 each	1	271	136	30	5.48	58.98	2.62
Cereal, Assorted - Secondary	1 each	1	223	293	13	3.0	45.33	4.17
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Sm. High School Brk 2019-2020

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Fri - 12/20/2019								
Sm. High School Brk 2019-2	Total	1						
Breakfast Bowl	1 bowl	1	417	886	1	17.54	31.25	24.31
Muffin (Fresh Baked) Fat Cat	muffin	1	347	188	31	4.51	57.37	12.03
Cereal, Assorted - Secondary	1 each	1	223	293	13	3.0	45.33	4.17
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