

Sacramento City Unified School District

Dec 2, 2019 thru Dec 20, 2019

Base Menu Spreadsheet

Sm. High School Lun 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 Lun 2019-2	Total	1						
Orange Chicken w/ Rice	1 wok bowl eac	1	287	306	12	14.12	48.99	3.88
Cheese Pizza	1 each	1	360	510	4	20.0	34.0	17.0
Pepperoni Pizza	1 each	1	370	580	4	20.0	33.0	17.0
Chicken Caesar Salad	Salad	1	535	1072	3	27.02	41.12	30.03
Protein box	1 each	1	450	425	21	11.95	61.0	17.5
Grilled Chicken Sandwich	3 oz portions	1	492	749	4	42.7	50.76	13.2
Potato Wedges	1/2 cup	1	125	145	0	2.08	20.76	4.15
Salad Bar	1/2 cup	1	347	392	*34	7.0	68.45	7.73
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
Raisins	1/4 cup	1	125	4	*N/A*	1.16	29.86	0.17
Carrots, Baby Ind. bags	bag	1	35	65	5	1.0	8.0	0.0
BBQ Sauce	Tablespoon	1	15	70	3	0.0	3.5	0.0
Ketchup	1 TBSP	1	13	38	3	0.0	3.34	0.0
Mustard	Packet	1	4	94	0	0.23	0.46	0.18
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 Values - Detailed

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Sm. High School Lun 2019-2020

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 12/03/2019								
Sm. High School Lun 2019-2	Total	1						
Corn Dog	Recipe	1	604	1075	10	19.91	75.24	21.72
Tater Tots	8 pieces	1	130	309	0	1.99	15.96	5.98
Popcorn Chicken Bowl	1 bowl	1	590	1407	6	26.19	71.81	23.9
Chef Salad - 2018	1 each	1	717	1694	*4	42.24	56.59	37.42
Mediterranean Wrap	1 each	1	504	896	5	22.23	62.58	18.71
Beef, Bean & Cheese Burrito	1 each	1	702	1043	*3	32.04	85.81	27.18
BBQ Sauce	Tablespoon	1	15	70	3	0.0	3.5	0.0
Ketchup	1105 TBSP	1	13820	41461	2764	0.0	3685.3	0.0
Mustard	Packet	1	4	94	0	0.23	0.46	0.18
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
Raisins	1/4 cup	1	125	4	*N/A*	1.16	29.86	0.17
Carrots, Baby Ind. bags	bag	1	35	65	5	1.0	8.0	0.0
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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Sm. High School Lun 2019-2020

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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 Lun 2019-2	Total	1						
Buffalo Chicken Wrap	1 each	1	581	1456	3	37.04	52.14	25.66
Cheeseburger	1 each	1	657	1250	7	32.28	54.76	34.36
Pepperoni Pizza	1 each	1	370	580	4	20.0	33.0	17.0
Cheese Pizza	1 each	1	360	510	4	20.0	34.0	17.0
Protein box	1 each	1	450	425	21	11.95	61.0	17.5
Grilled Chicken Sandwich	3 oz portions	1	492	749	4	42.7	50.76	13.2
Potato Wedges	1/2 cup	1	125	145	0	2.08	20.76	4.15
BBQ Sauce	Tablespoon	1	15	70	3	0.0	3.5	0.0
Ketchup	1 TBSP	1	13	38	3	0.0	3.34	0.0
Salad Bar	1/2 cup	1	347	392	*34	7.0	68.45	7.73
Raisins	1/4 cup	1	125	4	*N/A*	1.16	29.86	0.17
Carrots, Baby Ind. bags	bag	1	35	65	5	1.0	8.0	0.0
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 Lun 2019-2	Total	1						
Chicken Alfredo Pasta	servings	1	728	1366	8	38.1	56.55	38.99
Popcorn Chicken Bowl	1 bowl	1	590	1407	6	26.19	71.81	23.9
Chef Salad - 2018	1 each	1	717	1694	*4	42.24	56.59	37.42
Mediterranean Wrap	1 each	1	504	896	5	22.23	62.58	18.71
Beef, Bean & Cheese Burrito	1 each	1	702	1043	*3	32.04	85.81	27.18
Salad Bar	1/2 cup	1	347	392	*34	7.0	68.45	7.73
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
Raisins	1/4 cup	1	125	4	*N/A*	1.16	29.86	0.17
Carrots, Baby Ind. bags	bag	1	35	65	5	1.0	8.0	0.0
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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Base Menu Spreadsheet

Sm. High School Lun 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)

Fri - 12/06/2019								
Sm. High School Lun 2019-2	Total	1						
Bean and Cheese Burrito	1 each	1	589	1069	4	26.67	62.0	26.29
Hot Wings	5 wings	1	769	1525	24	19.63	60.98	50.54
Corn Bread	1 square	1	286	190	18	4.2	45.0	11.0
Pepperoni Pizza	1 each	1	370	580	4	20.0	33.0	17.0
Cheese Pizza	1 each	1	360	510	4	20.0	34.0	17.0
Chicken Caesar Salad	Salad	1	535	1072	3	27.02	41.12	30.03
Protein box	1 each	1	450	425	21	11.95	61.0	17.5
Grilled Chicken Sandwich	3 oz portions	1	492	749	4	42.7	50.76	13.2
Potato Wedges	1/2 cup	1	125	145	0	2.08	20.76	4.15
BBQ Sauce	Tablespoon	1	15	70	3	0.0	3.5	0.0
Ketchup	1105 TBSP	1	13820	41461	2764	0.0	3685.3	0.0
Mustard	Packet	1	4	94	0	0.23	0.46	0.18
Salad Bar	1/2 cup	1	347	392	*34	7.0	68.45	7.73
Carrots, Baby Ind. bags	bag	1	35	65	5	1.0	8.0	0.0
Raisins	1/4 cup	1	125	4	*N/A*	1.16	29.86	0.17
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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Sm. High School Lun 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 - 12/09/2019								
Sm. High School Lun 2019-2	Total	1						
Orange Chicken w/ Rice	1 wok bowl eac	1	287	306	12	14.12	48.99	3.88
Cheese Pizza	1 each	1	360	510	4	20.0	34.0	17.0
Pepperoni Pizza	1 each	1	370	580	4	20.0	33.0	17.0
Chicken Caesar Salad	Salad	1	535	1072	3	27.02	41.12	30.03
Protein box	1 each	1	450	425	21	11.95	61.0	17.5
Grilled Chicken Sandwich	3 oz portions	1	492	749	4	42.7	50.76	13.2
Potato Wedges	1/2 cup	1	125	145	0	2.08	20.76	4.15
Salad Bar	1/2 cup	1	347	392	*34	7.0	68.45	7.73
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
Raisins	1/4 cup	1	125	4	*N/A*	1.16	29.86	0.17
Carrots, Baby Ind. bags	bag	1	35	65	5	1.0	8.0	0.0
BBQ Sauce	Tablespoon	1	15	70	3	0.0	3.5	0.0
Ketchup	1 TBSP	1	13	38	3	0.0	3.34	0.0
Mustard	Packet	1	4	94	0	0.23	0.46	0.18
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Sm. High School Lun 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 Lun 2019-2	Total	1						
Corn Dog	Recipe	1	604	1075	10	19.91	75.24	21.72
Tater Tots	8 pieces	1	130	309	0	1.99	15.96	5.98
Popcorn Chicken Bowl	1 bowl	1	590	1407	6	26.19	71.81	23.9
Chef Salad - 2018	1 each	1	717	1694	*4	42.24	56.59	37.42
Mediterranean Wrap	1 each	1	504	896	5	22.23	62.58	18.71
Beef, Bean & Cheese Burrito	1 each	1	702	1043	*3	32.04	85.81	27.18
BBQ Sauce	Tablespoon	1	15	70	3	0.0	3.5	0.0
Ketchup	1105 TBSP	1	13820	41461	2764	0.0	3685.3	0.0
Mustard	Packet	1	4	94	0	0.23	0.46	0.18
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Raisins	1/4 cup	1	125	4	*N/A*	1.16	29.86	0.17
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Milk, 1% White	carton	1	130	160	15	10.0	16.0	2.5
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Sm. High School Lun 2019-2020

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Wed - 12/11/2019								
Sm. High School Lun 2019-2	Total	1						
Buffalo Chicken Wrap	1 each	1	581	1456	3	37.04	52.14	25.66
Cheeseburger	1 each	1	657	1250	7	32.28	54.76	34.36
Pepperoni Pizza	1 each	1	370	580	4	20.0	33.0	17.0
Cheese Pizza	1 each	1	360	510	4	20.0	34.0	17.0
Protein box	1 each	1	450	425	21	11.95	61.0	17.5
Grilled Chicken Sandwich	3 oz portions	1	492	749	4	42.7	50.76	13.2
Potato Wedges	1/2 cup	1	125	145	0	2.08	20.76	4.15
BBQ Sauce	Tablespoon	1	15	70	3	0.0	3.5	0.0
Ketchup	1 TBSP	1	13	38	3	0.0	3.34	0.0
Salad Bar	1/2 cup	1	347	392	*34	7.0	68.45	7.73
Raisins	1/4 cup	1	125	4	*N/A*	1.16	29.86	0.17
Carrots, Baby Ind. bags	bag	1	35	65	5	1.0	8.0	0.0
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.0
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Thu - 12/12/2019								
Sm. High School Lun 2019-2	Total	1						
Chicken Alfredo Pasta	servings	1	728	1366	8	38.1	56.55	38.99
Popcorn Chicken Bowl	1 bowl	1	590	1407	6	26.19	71.81	23.9
Chef Salad - 2018	1 each	1	717	1694	*4	42.24	56.59	37.42
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Fri - 12/13/2019								
Sm. High School Lun 2019-2	Total	1						
Bean and Cheese Burrito	1 each	1	589	1069	4	26.67	62.0	26.29
Hot Wings	5 wings	1	769	1525	24	19.63	60.98	50.54
Corn Bread	1 square	1	286	190	18	4.2	45.0	11.0
Pepperoni Pizza	1 each	1	370	580	4	20.0	33.0	17.0
Cheese Pizza	1 each	1	360	510	4	20.0	34.0	17.0
Chicken Caesar Salad	Salad	1	535	1072	3	27.02	41.12	30.03
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Potato Wedges	1/2 cup	1	125	145	0	2.08	20.76	4.15
BBQ Sauce	Tablespoon	1	15	70	3	0.0	3.5	0.0
Ketchup	1105 TBSP	1	13820	41461	2764	0.0	3685.3	0.0
Mustard	Packet	1	4	94	0	0.23	0.46	0.18
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Raisins	1/4 cup	1	125	4	*N/A*	1.16	29.86	0.17
Carrots, Baby Ind. bags	bag	1	35	65	5	1.0	8.0	0.0
BBQ Sauce	Tablespoon	1	15	70	3	0.0	3.5	0.0
Ketchup	1 TBSP	1	13	38	3	0.0	3.34	0.0
Mustard	Packet	1	4	94	0	0.23	0.46	0.18
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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Sacramento City Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Dec 2, 2019 thru Dec 20, 2019

Sm. High School Lun 2019-2020

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 12/17/2019								
Sm. High School Lun 2019-2	Total	1						
Corn Dog	Recipe	1	604	1075	10	19.91	75.24	21.72
Tater Tots	8 pieces	1	130	309	0	1.99	15.96	5.98
Popcorn Chicken Bowl	1 bowl	1	590	1407	6	26.19	71.81	23.9
Chef Salad - 2018	1 each	1	717	1694	*4	42.24	56.59	37.42
Mediterranean Wrap	1 each	1	504	896	5	22.23	62.58	18.71
Beef, Bean & Cheese Burrito	1 each	1	702	1043	*3	32.04	85.81	27.18
BBQ Sauce	Tablespoon	1	15	70	3	0.0	3.5	0.0
Ketchup	1105 TBSP	1	13820	41461	2764	0.0	3685.3	0.0
Mustard	Packet	1	4	94	0	0.23	0.46	0.18
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
Raisins	1/4 cup	1	125	4	*N/A*	1.16	29.86	0.17
Carrots, Baby Ind. bags	bag	1	35	65	5	1.0	8.0	0.0
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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Sacramento City Unified School District

Dec 2, 2019 thru Dec 20, 2019

Base Menu Spreadsheet

Sm. High School Lun 2019-2020

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 12/18/2019								
Sm. High School Lun 2019-2	Total	1						
Buffalo Chicken Wrap	1 each	1	581	1456	3	37.04	52.14	25.66
Cheeseburger	1 each	1	657	1250	7	32.28	54.76	34.36
Pepperoni Pizza	1 each	1	370	580	4	20.0	33.0	17.0
Cheese Pizza	1 each	1	360	510	4	20.0	34.0	17.0
Protein box	1 each	1	450	425	21	11.95	61.0	17.5
Grilled Chicken Sandwich	3 oz portions	1	492	749	4	42.7	50.76	13.2
Potato Wedges	1/2 cup	1	125	145	0	2.08	20.76	4.15
BBQ Sauce	Tablespoon	1	15	70	3	0.0	3.5	0.0
Ketchup	1 TBSP	1	13	38	3	0.0	3.34	0.0
Salad Bar	1/2 cup	1	347	392	*34	7.0	68.45	7.73
Raisins	1/4 cup	1	125	4	*N/A*	1.16	29.86	0.17
Carrots, Baby Ind. bags	bag	1	35	65	5	1.0	8.0	0.0
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 - 12/19/2019								
Sm. High School Lun 2019-2	Total	1						
Chicken Alfredo Pasta	servings	1	728	1366	8	38.1	56.55	38.99
Popcorn Chicken Bowl	1 bowl	1	590	1407	6	26.19	71.81	23.9
Chef Salad - 2018	1 each	1	717	1694	*4	42.24	56.59	37.42
Mediterranean Wrap	1 each	1	504	896	5	22.23	62.58	18.71
Beef, Bean & Cheese Burrito	1 each	1	702	1043	*3	32.04	85.81	27.18
Salad Bar	1/2 cup	1	347	392	*34	7.0	68.45	7.73
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
Raisins	1/4 cup	1	125	4	*N/A*	1.16	29.86	0.17
Carrots, Baby Ind. bags	bag	1	35	65	5	1.0	8.0	0.0
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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Sacramento City Unified School District

Dec 2, 2019 thru Dec 20, 2019

Base Menu Spreadsheet

Sm. High School Lun 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)

Fri - 12/20/2019								
Sm. High School Lun 2019-2	Total	1						
Bean and Cheese Burrito	1 each	1	589	1069	4	26.67	62.0	26.29
Hot Wings	5 wings	1	769	1525	24	19.63	60.98	50.54
Corn Bread	1 square	1	286	190	18	4.2	45.0	11.0
Pepperoni Pizza	1 each	1	370	580	4	20.0	33.0	17.0
Cheese Pizza	1 each	1	360	510	4	20.0	34.0	17.0
Chicken Caesar Salad	Salad	1	535	1072	3	27.02	41.12	30.03
Protein box	1 each	1	450	425	21	11.95	61.0	17.5
Grilled Chicken Sandwich	3 oz portions	1	492	749	4	42.7	50.76	13.2
Potato Wedges	1/2 cup	1	125	145	0	2.08	20.76	4.15
BBQ Sauce	Tablespoon	1	15	70	3	0.0	3.5	0.0
Ketchup	1105 TBSP	1	13820	41461	2764	0.0	3685.3	0.0
Mustard	Packet	1	4	94	0	0.23	0.46	0.18
Salad Bar	1/2 cup	1	347	392	*34	7.0	68.45	7.73
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Base Menu Spreadsheet

Portion Values - Detailed

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Dec 2, 2019 thru Dec 20, 2019

Sm. High School Lun 2019-2020

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