

Sacramento City Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Jan 6, 2020 thru Jan 31, 2020

K-8 Breakfast 2019-2020

Generated on: 12/20/2019 11:36:51 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	S-Fat (g)
Mon - 01/06/2020								
K-8 Breakfast 2019-2020	Total	1						
Breakfast Pizza, Turkey Sausage	1 each	1	210	480	9	9.0	26.0	2.00
Cereal, Assorted - Elementary	Bowlpak	1	105	190	3	2.0	22.5	0.13
Graham Cracker - Keebler	1 each	1	90	95	5	2.0	17.0	0.00
Raisins	Box	1	120	5	27	1.0	29.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.03
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.00
Milk, 1% White	carton	1	130	160	15	10.0	16.0	1.50
Milk, Non Fat, White	carton	1	90	130	13	9.0	13.0	0.00
Milk, Lactaid Fat Free	carton	1	90	125	12	8.0	13.0	0.00

Tue - 01/07/2020								
K-8 Breakfast 2019-2020	Total	1						
Pancake Pups - Don Lee	1 each	1	184	421	8	7.8	22.0	2.30
Syrup (all menues)	packet	1	79	20	14	0.01	20.15	0.02
Graham Cracker - Keebler	1 each	1	90	95	5	2.0	17.0	0.00
Raisins	Box	1	120	5	27	1.0	29.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.03
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.00
Orange Juice, frozen	1 each	1	56	1	10	0.85	13.41	0.01
Milk, 1% White	carton	1	130	160	15	10.0	16.0	1.50
Milk, Non Fat, White	carton	1	90	130	13	9.0	13.0	0.00
Milk, Lactaid Fat Free	carton	1	90	125	12	8.0	13.0	0.00

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	S-Fat (g)
Wed - 01/08/2020								
K-8 Breakfast 2019-2020	Total	1						
Crispito	1 each	1	270	370	1	12.0	23.0	3.00
Salsa	1/4 cup	1	40	620	*N/A*	2.0	8.0	0.00
Cereal, Assorted - Elementary	Bowlpak	1	105	190	3	2.0	22.5	0.13
Graham Cracker - Keebler	1 each	1	90	95	5	2.0	17.0	0.00
Raisins	Box	1	120	5	27	1.0	29.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.03
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.00
Milk, 1% White	carton	1	130	160	15	10.0	16.0	1.50
Milk, Non Fat, White	carton	1	90	130	13	9.0	13.0	0.00
Milk, Lactaid Fat Free	carton	1	90	125	12	8.0	13.0	0.00

Thu - 01/09/2020								
K-8 Breakfast 2019-2020	Total	1						
Yogurt and Granola, Strawberry	1 each	1	245	115	*22	7.85	46.45	1.18
Cereal, Assorted - Elementary	Bowlpak	1	105	190	3	2.0	22.5	0.13
Graham Cracker - Keebler	1 each	1	90	95	5	2.0	17.0	0.00
Raisins	Box	1	120	5	27	1.0	29.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.03
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.00
Orange Juice, frozen	1 each	1	56	1	10	0.85	13.41	0.01
Milk, 1% White	carton	1	130	160	15	10.0	16.0	1.50
Milk, Non Fat, White	carton	1	90	130	13	9.0	13.0	0.00
Milk, Lactaid Fat Free	carton	1	90	125	12	8.0	13.0	0.00

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	S-Fat (g)
Fri - 01/10/2020								
K-8 Breakfast 2019-2020	Total	1						
Eggstravaganza	serving	1	150	350	0	10.0	1.25	4.38
Chicken Sausage Patty (GldKst)	Patty	1	63	206	0	7.1	0.4	0.80
Cereal, Assorted - Elementary	Bowlpak	1	105	190	3	2.0	22.5	0.13
Graham Cracker - Keebler	1 each	1	90	95	5	2.0	17.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.03
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.00
Raisins	Box	1	120	5	27	1.0	29.0	0.00
Milk, 1% White	carton	1	130	160	15	10.0	16.0	1.50
Milk, Non Fat, White	carton	1	90	130	13	9.0	13.0	0.00
Milk, Lactaid Fat Free	carton	1	90	125	12	8.0	13.0	0.00

Mon - 01/13/2020								
K-8 Breakfast 2019-2020	Total	1						
Chicken Sausage Brkfst Sndwich	Sandwich	1	143	326	3	9.1	15.4	0.80
Cereal, Assorted - Elementary	Bowlpak	1	105	190	3	2.0	22.5	0.13
Graham Cracker - Keebler	1 each	1	90	95	5	2.0	17.0	0.00
Raisins	Box	1	120	5	27	1.0	29.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.03
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.00
Milk, 1% White	carton	1	130	160	15	10.0	16.0	1.50
Milk, Non Fat, White	carton	1	90	130	13	9.0	13.0	0.00
Milk, Lactaid Fat Free	carton	1	90	125	12	8.0	13.0	0.00

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K-8 Breakfast 2019-2020

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	S-Fat (g)
Tue - 01/14/2020								
K-8 Breakfast 2019-2020	Total	1						
Breakfast Pizza, Turkey Sausage	1 each	1	210	480	9	9.0	26.0	2.00
Cereal, Assorted - Elementary	Bowlpak	1	105	190	3	2.0	22.5	0.13
Graham Cracker - Keebler	1 each	1	90	95	5	2.0	17.0	0.00
Raisins	Box	1	120	5	27	1.0	29.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.03
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.00
Orange Juice, frozen	1 each	1	56	1	10	0.85	13.41	0.01
Milk, 1% White	carton	1	130	160	15	10.0	16.0	1.50
Milk, Non Fat, White	carton	1	90	130	13	9.0	13.0	0.00
Milk, Lactaid Fat Free	carton	1	90	125	12	8.0	13.0	0.00

Wed - 01/15/2020								
K-8 Breakfast 2019-2020	Total	1						
Crispito	1 each	1	270	370	1	12.0	23.0	3.00
Salsa	1/4 cup	1	40	620	*N/A*	2.0	8.0	0.00
Cereal, Assorted - Elementary	Bowlpak	1	105	190	3	2.0	22.5	0.13
Graham Cracker - Keebler	1 each	1	90	95	5	2.0	17.0	0.00
Raisins	Box	1	120	5	27	1.0	29.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.03
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.00
Milk, 1% White	carton	1	130	160	15	10.0	16.0	1.50
Milk, Non Fat, White	carton	1	90	130	13	9.0	13.0	0.00
Milk, Lactaid Fat Free	carton	1	90	125	12	8.0	13.0	0.00

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	S-Fat (g)
Thu - 01/16/2020								
K-8 Breakfast 2019-2020	Total	1						
Eggstravaganza	serving	1	150	350	0	10.0	1.25	4.38
Turkey Bacon	Servings	1	40	200	0	4.0	0.0	0.00
Cereal, Assorted - Elementary	Bowlpak	1	105	190	3	2.0	22.5	0.13
Graham Cracker - Keebler	1 each	1	90	95	5	2.0	17.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.03
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.00
Raisins	Box	1	120	5	27	1.0	29.0	0.00
Orange Juice, frozen	1 each	1	56	1	10	0.85	13.41	0.01
Milk, 1% White	carton	1	130	160	15	10.0	16.0	1.50
Milk, Non Fat, White	carton	1	90	130	13	9.0	13.0	0.00
Milk, Lactaid Fat Free	carton	1	90	125	12	8.0	13.0	0.00

Fri - 01/17/2020								
K-8 Breakfast 2019-2020	Total	1						
Egg & Cheese Croissant	Sandwich	1	309	403	5	10.97	30.83	4.98
Cereal, Assorted - Elementary	Bowlpak	1	105	190	3	2.0	22.5	0.13
Graham Cracker - Keebler	1 each	1	90	95	5	2.0	17.0	0.00
Raisins	Box	1	120	5	27	1.0	29.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.03
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.00
Milk, 1% White	carton	1	130	160	15	10.0	16.0	1.50
Milk, Non Fat, White	carton	1	90	130	13	9.0	13.0	0.00
Milk, Lactaid Fat Free	carton	1	90	125	12	8.0	13.0	0.00

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	S-Fat (g)
Tue - 01/21/2020								
K-8 Breakfast 2019-2020	Total	1						
Pancake Pups - Don Lee	1 each	1	184	421	8	7.8	22.0	2.30
Syrup (all menues)	packet	1	79	20	14	0.01	20.15	0.02
Graham Cracker - Keebler	1 each	1	90	95	5	2.0	17.0	0.00
Raisins	Box	1	120	5	27	1.0	29.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.03
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.00
Orange Juice, frozen	1 each	1	56	1	10	0.85	13.41	0.01
Milk, 1% White	carton	1	130	160	15	10.0	16.0	1.50
Milk, Non Fat, White	carton	1	90	130	13	9.0	13.0	0.00
Milk, Lactaid Fat Free	carton	1	90	125	12	8.0	13.0	0.00

Wed - 01/22/2020								
K-8 Breakfast 2019-2020	Total	1						
Crispito	1 each	1	270	370	1	12.0	23.0	3.00
Salsa	1/4 cup	1	40	620	*N/A*	2.0	8.0	0.00
Cereal, Assorted - Elementary	Bowlpak	1	105	190	3	2.0	22.5	0.13
Graham Cracker - Keebler	1 each	1	90	95	5	2.0	17.0	0.00
Raisins	Box	1	120	5	27	1.0	29.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.03
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.00
Milk, 1% White	carton	1	130	160	15	10.0	16.0	1.50
Milk, Non Fat, White	carton	1	90	130	13	9.0	13.0	0.00
Milk, Lactaid Fat Free	carton	1	90	125	12	8.0	13.0	0.00

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	S-Fat (g)
Thu - 01/23/2020								
K-8 Breakfast 2019-2020	Total	1						
Yogurt and Granola, Strawberry	1 each	1	245	115	*22	7.85	46.45	1.18
Cereal, Assorted - Elementary	Bowlpak	1	105	190	3	2.0	22.5	0.13
Graham Cracker - Keebler	1 each	1	90	95	5	2.0	17.0	0.00
Raisins	Box	1	120	5	27	1.0	29.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.03
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.00
Orange Juice, frozen	1 each	1	56	1	10	0.85	13.41	0.01
Milk, 1% White	carton	1	130	160	15	10.0	16.0	1.50
Milk, Non Fat, White	carton	1	90	130	13	9.0	13.0	0.00
Milk, Lactaid Fat Free	carton	1	90	125	12	8.0	13.0	0.00

Fri - 01/24/2020								
K-8 Breakfast 2019-2020	Total	1						
Eggstravaganza	serving	1	150	350	0	10.0	1.25	4.38
Turkey Bacon	Servings	1	40	200	0	4.0	0.0	0.00
Cereal, Assorted - Elementary	Bowlpak	1	105	190	3	2.0	22.5	0.13
Graham Cracker - Keebler	1 each	1	90	95	5	2.0	17.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.03
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.00
Raisins	Box	1	120	5	27	1.0	29.0	0.00
Milk, 1% White	carton	1	130	160	15	10.0	16.0	1.50
Milk, Non Fat, White	carton	1	90	130	13	9.0	13.0	0.00
Milk, Lactaid Fat Free	carton	1	90	125	12	8.0	13.0	0.00

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	S-Fat (g)
Mon - 01/27/2020								
K-8 Breakfast 2019-2020	Total	1						
Chicken Sausage Brkfst Sndwich	Sandwich	1	143	326	3	9.1	15.4	0.80
Cereal, Assorted - Elementary	Bowlpak	1	105	190	3	2.0	22.5	0.13
Graham Cracker - Keebler	1 each	1	90	95	5	2.0	17.0	0.00
Raisins	Box	1	120	5	27	1.0	29.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.03
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.00
Milk, 1% White	carton	1	130	160	15	10.0	16.0	1.50
Milk, Non Fat, White	carton	1	90	130	13	9.0	13.0	0.00
Milk, Lactaid Fat Free	carton	1	90	125	12	8.0	13.0	0.00

Tue - 01/28/2020								
K-8 Breakfast 2019-2020	Total	1						
Breakfast Pizza,Turkey Sausage	1 each	1	210	480	9	9.0	26.0	2.00
Cereal, Assorted - Elementary	Bowlpak	1	105	190	3	2.0	22.5	0.13
Graham Cracker - Keebler	1 each	1	90	95	5	2.0	17.0	0.00
Raisins	Box	1	120	5	27	1.0	29.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.03
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.00
Orange Juice, frozen	1 each	1	56	1	10	0.85	13.41	0.01
Milk, 1% White	carton	1	130	160	15	10.0	16.0	1.50
Milk, Non Fat, White	carton	1	90	130	13	9.0	13.0	0.00
Milk, Lactaid Fat Free	carton	1	90	125	12	8.0	13.0	0.00

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	S-Fat (g)
Wed - 01/29/2020								
K-8 Breakfast 2019-2020	Total	1						
Crispito	1 each	1	270	370	1	12.0	23.0	3.00
Salsa	1/4 cup	1	40	620	*N/A*	2.0	8.0	0.00
Cereal, Assorted - Elementary	Bowlpak	1	105	190	3	2.0	22.5	0.13
Graham Cracker - Keebler	1 each	1	90	95	5	2.0	17.0	0.00
Raisins	Box	1	120	5	27	1.0	29.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.03
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.00
Milk, 1% White	carton	1	130	160	15	10.0	16.0	1.50
Milk, Non Fat, White	carton	1	90	130	13	9.0	13.0	0.00
Milk, Lactaid Fat Free	carton	1	90	125	12	8.0	13.0	0.00

Thu - 01/30/2020								
K-8 Breakfast 2019-2020	Total	1						
Eggstravaganza	serving	1	150	350	0	10.0	1.25	4.38
Turkey Bacon	Servings	1	40	200	0	4.0	0.0	0.00
Cereal, Assorted - Elementary	Bowlpak	1	105	190	3	2.0	22.5	0.13
Graham Cracker - Keebler	1 each	1	90	95	5	2.0	17.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.03
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.00
Raisins	Box	1	120	5	27	1.0	29.0	0.00
Orange Juice, frozen	1 each	1	56	1	10	0.85	13.41	0.01
Milk, 1% White	carton	1	130	160	15	10.0	16.0	1.50
Milk, Non Fat, White	carton	1	90	130	13	9.0	13.0	0.00
Milk, Lactaid Fat Free	carton	1	90	125	12	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.

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Sacramento City Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 6, 2020 thru Jan 31, 2020

K-8 Breakfast 2019-2020

Generated on: 12/20/2019 11:36:51 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	S-Fat (g)
Fri - 01/31/2020								
K-8 Breakfast 2019-2020	Total	1						
Egg & Cheese Croissant	Sandwich	1	309	403	5	10.97	30.83	4.98
Cereal, Assorted - Elementary	Bowlpak	1	105	190	3	2.0	22.5	0.13
Graham Cracker - Keebler	1 each	1	90	95	5	2.0	17.0	0.00
Raisins	Box	1	120	5	27	1.0	29.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.03
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.00
Orange Juice, frozen	1 each	1	56	1	10	0.85	13.41	0.01
Milk, 1% White	carton	1	130	160	15	10.0	16.0	1.50
Milk, Non Fat, White	carton	1	90	130	13	9.0	13.0	0.00
Milk, Lactaid Fat Free	carton	1	90	125	12	8.0	13.0	0.00

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