

Sacramento City Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Jan 6, 2020 thru Jan 31, 2020

K-8 Lunch 2019-2020

Generated on: 12/20/2019 11:38:09 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	S-Fat (g)
Mon - 01/06/2020								
K-8 Lunch 2019-2020	Total	1						
Popcorn Chicken	12 pieces	1	250	380	1	15.0	16.0	2.50
CheeziT	1 each	1	100	150	0	2.0	14.0	1.00
BBQ Sauce	Tablespoon	1	15	70	3	0.0	3.5	0.00
Ketchup	1 TBSP	1	13	38	3	0.0	3.34	0.00
Sunbutter & Yogurt Meal(M/W/F)	Meal	1	500	545	27	14.0	65.0	2.50
Raisins	1/4 cup	1	125	4	*N/A*	1.16	29.86	0.02
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.03
Milk, 1% White	carton	1	130	160	15	10.0	16.0	1.50
Milk, 1% White	carton	1	130	160	15	10.0	16.0	1.50
Milk, Lactaid Fat Free	carton	1	90	125	12	8.0	13.0	0.00

Tue - 01/07/2020								
K-8 Lunch 2019-2020	Total	1						
Sweet & Sour Chicken (Yangs)	1/2 cup	1	141	201	9	11.08	18.13	0.50
Rice, Old Style Hawaiian(ELEM)	1/2 cup	1	60	2	0	1.12	13.02	0.00
Sunbutter & Cheese Meal (T/Th)	Meal	1	542	746	*13	18.42	51.22	7.83
Raisins	1/4 cup	1	125	4	*N/A*	1.16	29.86	0.02
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.03
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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Jan 6, 2020 thru Jan 31, 2020

K-8 Lunch 2019-2020

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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 Lunch 2019-2020	Total	1						
Turkey and Gravy (K-8)	#10 scoop	1	120	464	0	16.0	1.6	2.00
Mashed Potatoes, Simplot	1/2 cup	1	71	263	*0	1.89	13.39	0.00
Sunbutter & Yogurt Meal(M/W/F)	Meal	1	500	545	27	14.0	65.0	2.50
Dinner Roll	1 each	1	90	163	*N/A*	3.26	17.09	0.00
Raisins	1/4 cup	1	125	4	*N/A*	1.16	29.86	0.02
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.03
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, Non Fat, White	carton	1	90	130	13	9.0	13.0	0.00

Thu - 01/09/2020								
K-8 Lunch 2019-2020	Total	1						
Cheese Bites - Wild Mikes	5 Each	1	391	893	5	20.91	40.44	5.00
Marinara Dipping Sauce	1/2 cup	1	35	630	*N/A*	1.0	6.0	*N/A*
Sunbutter & Cheese Meal (T/Th)	Meal	1	542	746	*13	18.42	51.22	7.83
Raisins	1/4 cup	1	125	4	*N/A*	1.16	29.86	0.02
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.03
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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Jan 6, 2020 thru Jan 31, 2020

K-8 Lunch 2019-2020

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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 Lunch 2019-2020	Total	1						
Hot Dog on a Bun	Hot Dog	1	290	690	5	14.0	32.0	4.00
Sunbutter & Yogurt Meal(M/W/F)	Meal	1	500	545	27	14.0	65.0	2.50
Sunbutter Sand. Meal (Straw.)	Meal	1	490	690	12	17.0	47.0	6.50
Ketchup, Pouch Disp-Heinz	Tablespoon	1	15	45	3	0.0	4.0	0.00
Mustard, Pouch Disp-Heinz	1/2 Tablespoon	1	0	98	0	0.0	0.0	0.00
BBQ Sauce	Tablespoon	1	15	70	3	0.0	3.5	0.00
Tater Tots	8 pieces	1	130	309	0	1.99	15.96	1.00
Carrots, Baby Ind. bags	bag	1	35	65	5	1.0	8.0	0.00
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.03
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 Lunch 2019-2020	Total	1						
Chicken Strip,Tyson-Elementary	3 strips	1	280	470	1	25.0	16.0	2.50
Sunbutter & Yogurt Meal(M/W/F)	Meal	1	500	545	27	14.0	65.0	2.50
Mini Flame Roasted Potatoes	1/2 cup serving	1	101	182	0	3.04	17.22	0.00
Ketchup, Pouch Disp-Heinz	Tablespoon	1	15	45	3	0.0	4.0	0.00
Mustard, Pouch Disp-Heinz	1/2 Tablespoon	1	0	98	0	0.0	0.0	0.00
BBQ Sauce	Tablespoon	1	15	70	3	0.0	3.5	0.00
Ranch Dressing	1 each	1	35	181	*N/A*	1.05	3.5	0.52
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 Lunch 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 Lunch 2019-2020	Total	1						
Chicken Teriyaki	1/2 Cup	1	231	823	11	22.4	16.13	2.13
Rice, Old Style Hawaiian(ELEM)	1/2 cup	1	60	2	0	1.12	13.02	0.00
Sunbutter & Cheese Meal (T/Th)	Meal	1	542	746	*13	18.42	51.22	7.83
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.03
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 Lunch 2019-2020	Total	1						
Crunchy Taco, Beef	1 each	1	247	334	0	17.18	14.48	3.89
Sunbutter & Yogurt Meal(M/W/F)	Meal	1	500	545	27	14.0	65.0	2.50
Tapatio Sauce	1 packet	1	0	0	0	0.0	0.0	0.00
Refried Beans - Casa Solana	servings	1	47	144	1	2.18	8.24	0.00
Chips, Tortilla - Snack King	bag	1	270	220	0	3.0	31.0	1.50
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
Pico de Gallo	servings	1	14	31	*1	0.48	2.46	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 Lunch 2019-2020

Portion Values - Detailed

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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 Lunch 2019-2020	Total	1						
Pizza, Cheese (Wild Mike's)	Slice	1	360	510	4	20.0	34.0	8.00
Pizza, Pepperoni (Wild Mike's)	Slice	1	370	580	4	20.0	33.0	9.00
Sunbutter & Cheese Meal (T/Th)	Meal	1	542	746	*13	18.42	51.22	7.83
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

Fri - 01/17/2020								
K-8 Lunch 2019-2020	Total	1						
Penne Pasta & Meatballs	servings	1	562	811	*16	26.56	70.63	6.42
Dinner Roll,WW -Shannons	Dinner Roll	1	81	132	2	2.03	15.19	0.00
Sunbutter & Yogurt Meal(M/W/F)	Meal	1	500	545	27	14.0	65.0	2.50
Vegetarian Beans, Baked-USDA	1/2 cup	1	5	6	0	0.32	0.91	0.00
Ketchup, Pouch Disp-Heinz	Tablespoon	1	15	45	3	0.0	4.0	0.00
Mustard, Pouch Disp-Heinz	1/2 Tablespoon	1	0	98	0	0.0	0.0	0.00
BBQ Sauce	Tablespoon	1	15	70	3	0.0	3.5	0.00
Ranch Dressing	1 each	1	35	181	*N/A*	1.05	3.5	0.52
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 Lunch 2019-2020	Total	1						
Sweet & Sour Chicken (Yangs)	1/2 cup	1	141	201	9	11.08	18.13	0.50
Rice, Old Style Hawaiian(ELEM)	1/2 cup	1	60	2	0	1.12	13.02	0.00
Sunbutter & Cheese Meal (T/Th)	Meal	1	542	746	*13	18.42	51.22	7.83
Raisins	1/4 cup	1	125	4	*N/A*	1.16	29.86	0.02
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.03
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 Lunch 2019-2020	Total	1						
Turkey and Gravy (K-8)	#10 scoop	1	120	464	0	16.0	1.6	2.00
Mashed Potatoes, Simplot	1/2 cup	1	71	263	*0	1.89	13.39	0.00
Sunbutter & Yogurt Meal(M/W/F)	Meal	1	500	545	27	14.0	65.0	2.50
Dinner Roll	1 each	1	90	163	*N/A*	3.26	17.09	0.00
Raisins	1/4 cup	1	125	4	*N/A*	1.16	29.86	0.02
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.03
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, Non Fat, White	carton	1	90	130	13	9.0	13.0	0.00

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K-8 Lunch 2019-2020

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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 Lunch 2019-2020	Total	1						
Cheese Bites - Wild Mikes	5 Each	1	391	893	5	20.91	40.44	5.00
Marinara Dipping Sauce	1/2 cup	1	35	630	*N/A*	1.0	6.0	*N/A*
Sunbutter & Cheese Meal (T/Th)	Meal	1	542	746	*13	18.42	51.22	7.83
Raisins	1/4 cup	1	125	4	*N/A*	1.16	29.86	0.02
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.03
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 Lunch 2019-2020	Total	1						
Hot Dog on a Bun	Hot Dog	1	290	690	5	14.0	32.0	4.00
Sunbutter & Yogurt Meal(M/W/F)	Meal	1	500	545	27	14.0	65.0	2.50
Sunbutter Sand. Meal (Straw.)	Meal	1	490	690	12	17.0	47.0	6.50
Ketchup, Pouch Disp-Heinz	Tablespoon	1	15	45	3	0.0	4.0	0.00
Mustard, Pouch Disp-Heinz	1/2 Tablespoon	1	0	98	0	0.0	0.0	0.00
BBQ Sauce	Tablespoon	1	15	70	3	0.0	3.5	0.00
Tater Tots	8 pieces	1	130	309	0	1.99	15.96	1.00
Carrots, Baby Ind. bags	bag	1	35	65	5	1.0	8.0	0.00
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.03
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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Mon - 01/27/2020								
K-8 Lunch 2019-2020	Total	1						
Chicken Strip, Tyson-Elementary	3 strips	1	280	470	1	25.0	16.0	2.50
Sunbutter & Yogurt Meal(M/W/F)	Meal	1	500	545	27	14.0	65.0	2.50
Mini Flame Roasted Potatoes	1/2 cup serving	1	101	182	0	3.04	17.22	0.00
Ketchup, Pouch Disp-Heinz	Tablespoon	1	15	45	3	0.0	4.0	0.00
Mustard, Pouch Disp-Heinz	1/2 Tablespoon	1	0	98	0	0.0	0.0	0.00
BBQ Sauce	Tablespoon	1	15	70	3	0.0	3.5	0.00
Ranch Dressing	1 each	1	35	181	*N/A*	1.05	3.5	0.52
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 Lunch 2019-2020	Total	1						
Chicken Teriyaki	1/2 Cup	1	231	823	11	22.4	16.13	2.13
Rice, Old Style Hawaiian(ELEM)	1/2 cup	1	60	2	0	1.12	13.02	0.00
Sunbutter & Cheese Meal (T/Th)	Meal	1	542	746	*13	18.42	51.22	7.83
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.03
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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Wed - 01/29/2020								
K-8 Lunch 2019-2020	Total	1						
Crunchy Taco, Beef	1 each	1	247	334	0	17.18	14.48	3.89
Sunbutter & Yogurt Meal(M/W/F)	Meal	1	500	545	27	14.0	65.0	2.50
Tapatio Sauce	1 packet	1	0	0	0	0.0	0.0	0.00
Refried Beans - Casa Solana	servings	1	47	144	1	2.18	8.24	0.00
Chips, Tortilla - Snack King	bag	1	270	220	0	3.0	31.0	1.50
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
Pico de Gallo	servings	1	14	31	*1	0.48	2.46	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 Lunch 2019-2020	Total	1						
Pizza, Cheese (Wild Mike's)	Slice	1	360	510	4	20.0	34.0	8.00
Pizza, Pepperoni (Wild Mike's)	Slice	1	370	580	4	20.0	33.0	9.00
Sunbutter & Cheese Meal (T/Th)	Meal	1	542	746	*13	18.42	51.22	7.83
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

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 Lunch 2019-2020

Generated on: 12/20/2019 11:38:09 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	S-Fat (g)
Fri - 01/31/2020								
K-8 Lunch 2019-2020	Total	1						
Penne Pasta & Meatballs	servings	1	562	811	*16	26.56	70.63	6.42
Dinner Roll,WW -Shannons	Dinner Roll	1	81	132	2	2.03	15.19	0.00
Sunbutter & Yogurt Meal(M/W/F)	Meal	1	500	545	27	14.0	65.0	2.50
Vegetarian Beans, Baked-USDA	1/2 cup	1	5	6	0	0.32	0.91	0.00
Ketchup, Pouch Disp-Heinz	Tablespoon	1	15	45	3	0.0	4.0	0.00
Mustard, Pouch Disp-Heinz	1/2 Tablespoon	1	0	98	0	0.0	0.0	0.00
BBQ Sauce	Tablespoon	1	15	70	3	0.0	3.5	0.00
Ranch Dressing	1 each	1	35	181	*N/A*	1.05	3.5	0.52
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

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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