

Sacramento City Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Jan 6, 2020 thru Jan 31, 2020

High School Lun 2019-2020

Generated on: 12/20/2019 11:31:28 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	S-Fat (g)
Mon - 01/06/2020								
High School Lun 2019-2020	Total	1						
Cheeseburger - BTO	1 each	1	669	1452	8	32.68	57.06	11.11
Potato Wedges	1/2 cup	1	125	145	0	2.08	20.76	0.52
Pepperoni Pizza	1 each	1	370	580	4	20.0	33.0	9.00
Cheese Pizza	1 each	1	360	510	4	20.0	34.0	8.00
Chicken Caesar Salad	Salad	1	535	1072	3	27.02	41.12	5.50
Protein box	1 each	1	450	425	21	11.95	61.0	2.50
Orange Chicken w/ Rice	1 wok bowl eac	1	287	306	12	14.12	48.99	0.52
Vegetables for Wok - 2018	1/2 cup	1	17	22	1	0.81	3.82	0.02
Chili Cheese Nachos	1 each	1	646	1055	2	22.25	66.49	11.16
Grilled Chicken Sandwich	3 oz portions	1	457	713	4	42.63	46.0	1.88
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
Mustard	Packet	1	4	94	0	0.23	0.46	0.01
House Salad	1 CUP	1	160	336	4	2.71	14.04	1.48
Condiment Bar	portion	1	203	1088	19	0.48	24.14	1.56
Raisins	1/4 cup	1	125	4	*N/A*	1.16	29.86	0.02
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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High School Lun 2019-2020

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	S-Fat (g)
Tue - 01/07/2020								
High School Lun 2019-2020	Total	1						
Spicy Chicken Sandwich BTO	1 each	1	700	1322	7	27.6	67.95	8.07
Tater Tots	8 pieces	1	130	309	0	1.99	15.96	1.00
Soup and garlic toast	1 each	1	470	810	6	30.0	46.0	8.00
Chef Salad - 2018	1 each	1	732	1672	*4	39.03	56.89	9.27
Protein box	1 each	1	450	425	21	11.95	61.0	2.50
Sweet & Sour Chicken Rice	servings	1	218	225	11	13.0	34.96	0.52
Chow Mein	1 cup	1	230	474	8	7.84	44.6	0.65
Vegetables for Wok - 2018	1/2 cup	1	17	22	1	0.81	3.82	0.02
Chicken Alfredo Pasta	servings	1	728	1366	8	38.1	56.55	18.60
Chicken Caesar Salad	Salad	1	535	1072	3	27.02	41.12	5.50
Beef, Bean & Cheese Burrito	1 each	1	702	1043	*3	32.04	85.81	10.05
Condiment Bar	portion	1	203	1088	19	0.48	24.14	1.56
House Salad	1 CUP	1	160	336	4	2.71	14.04	1.48
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
Raisins	1/4 cup	1	125	4	*N/A*	1.16	29.86	0.02
Carrots, Baby Ind. bags	bag	1	35	65	5	1.0	8.0	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)
Wed - 01/08/2020								
High School Lun 2019-2020	Total	1						
Cheeseburger - BTO	1 each	1	669	1452	8	32.68	57.06	11.11
Potato Wedges	1/2 cup	1	125	145	0	2.08	20.76	0.52
Pepperoni Pizza	1 each	1	370	580	4	20.0	33.0	9.00
Cheese Pizza	1 each	1	360	510	4	20.0	34.0	8.00
Buffalo Chicken Wrap	1 each	1	581	1456	3	37.04	52.14	6.13
Mediterranean Wrap	1 each	1	504	896	5	22.23	62.58	3.03
Orange Chicken w/ Rice	1 wok bowl eac	1	287	306	12	14.12	48.99	0.52
Vegetables for Wok - 2018	1/2 cup	1	17	22	1	0.81	3.82	0.02
Spicy Penne with Meatballs	1 cup	1	485	1124	12	23.44	38.14	8.29
Grilled Chicken Sandwich	3 oz portions	1	457	713	4	42.63	46.0	1.88
Potato Wedges	1/2 cup	1	125	145	0	2.08	20.76	0.52
Condiment Bar	portion	1	203	1088	19	0.48	24.14	1.56
House Salad	1 CUP	1	160	336	4	2.71	14.04	1.48
Raisins	1/4 cup	1	125	4	*N/A*	1.16	29.86	0.02
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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High School Lun 2019-2020

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	S-Fat (g)
Thu - 01/09/2020								
High School Lun 2019-2020	Total	1						
Spicy Chicken Sandwich BTO	1 each	1	700	1322	7	27.6	67.95	8.07
Soup and garlic toast	1 each	1	470	810	6	30.0	46.0	8.00
Chef Salad - 2018	1 each	1	732	1672	*4	39.03	56.89	9.27
Protein box	1 each	1	450	425	21	11.95	61.0	2.50
Sweet & Sour Chicken Rice	servings	1	218	225	11	13.0	34.96	0.52
Chow Mein	1 cup	1	230	474	8	7.84	44.6	0.65
Vegetables for Wok - 2018	1/2 cup	1	17	22	1	0.81	3.82	0.02
Chicken Alfredo Pasta	servings	1	728	1366	8	38.1	56.55	18.60
Beef, Bean & Cheese Burrito	1 each	1	702	1043	*3	32.04	85.81	10.05
Condiment Bar	portion	1	203	1088	19	0.48	24.14	1.56
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
Mustard	Packet	1	4	94	0	0.23	0.46	0.01
House Salad	1 CUP	1	160	336	4	2.71	14.04	1.48
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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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	S-Fat (g)
Fri - 01/10/2020								
High School Lun 2019-2020	Total	1						
Cheeseburger - BTO	1 each	1	669	1452	8	32.68	57.06	11.11
Pepperoni Pizza	1 each	1	370	580	4	20.0	33.0	9.00
Cheese Pizza	1 each	1	360	510	4	20.0	34.0	8.00
Chicken Caesar Salad	Salad	1	535	1072	3	27.02	41.12	5.50
Mediterranean Wrap	1 each	1	504	896	5	22.23	62.58	3.03
Orange Chicken w/ Rice	1 wok bowl eac	1	287	306	12	14.12	48.99	0.52
Vegetables for Wok - 2018	1/2 cup	1	17	22	1	0.81	3.82	0.02
Chili Cheese Nachos	1 each	1	646	1055	2	22.25	66.49	11.16
Hot Wings	5 wings	1	769	1525	24	19.63	60.98	8.15
Corn Bread	1 square	1	286	190	18	4.2	45.0	1.30
Grilled Chicken Sandwich	3 oz portions	1	457	713	4	42.63	46.0	1.88
Potato Wedges	1/2 cup	1	125	145	0	2.08	20.76	0.52
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
Mustard	Packet	1	4	94	0	0.23	0.46	0.01
Condiment Bar	portion	1	203	1088	19	0.48	24.14	1.56
House Salad	1 CUP	1	160	336	4	2.71	14.04	1.48
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
Raisins	1/4 cup	1	125	4	*N/A*	1.16	29.86	0.02
Carrots, Baby Ind. bags	bag	1	35	65	5	1.0	8.0	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 - 01/13/2020								
High School Lun 2019-2020	Total	1						
Cheeseburger - BTO	1 each	1	669	1452	8	32.68	57.06	11.11
Potato Wedges	1/2 cup	1	125	145	0	2.08	20.76	0.52
Pepperoni Pizza	1 each	1	370	580	4	20.0	33.0	9.00
Cheese Pizza	1 each	1	360	510	4	20.0	34.0	8.00
Chicken Caesar Salad	Salad	1	535	1072	3	27.02	41.12	5.50
Protein box	1 each	1	450	425	21	11.95	61.0	2.50
Orange Chicken w/ Rice	1 wok bowl eac	1	287	306	12	14.12	48.99	0.52
Vegetables for Wok - 2018	1/2 cup	1	17	22	1	0.81	3.82	0.02
Chili Cheese Nachos	1 each	1	646	1055	2	22.25	66.49	11.16
Grilled Chicken Sandwich	3 oz portions	1	457	713	4	42.63	46.0	1.88
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
Mustard	Packet	1	4	94	0	0.23	0.46	0.01
House Salad	1 CUP	1	160	336	4	2.71	14.04	1.48
Condiment Bar	portion	1	203	1088	19	0.48	24.14	1.56
Raisins	1/4 cup	1	125	4	*N/A*	1.16	29.86	0.02
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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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	S-Fat (g)
Tue - 01/14/2020								
High School Lun 2019-2020	Total	1						
Spicy Chicken Sandwich BTO	1 each	1	700	1322	7	27.6	67.95	8.07
Tater Tots	8 pieces	1	130	309	0	1.99	15.96	1.00
Soup and garlic toast	1 each	1	470	810	6	30.0	46.0	8.00
Chef Salad - 2018	1 each	1	732	1672	*4	39.03	56.89	9.27
Protein box	1 each	1	450	425	21	11.95	61.0	2.50
Sweet & Sour Chicken Rice	servings	1	218	225	11	13.0	34.96	0.52
Chow Mein	1 cup	1	230	474	8	7.84	44.6	0.65
Vegetables for Wok - 2018	1/2 cup	1	17	22	1	0.81	3.82	0.02
Chicken Alfredo Pasta	servings	1	728	1366	8	38.1	56.55	18.60
Chicken Caesar Salad	Salad	1	535	1072	3	27.02	41.12	5.50
Beef, Bean & Cheese Burrito	1 each	1	702	1043	*3	32.04	85.81	10.05
Condiment Bar	portion	1	203	1088	19	0.48	24.14	1.56
House Salad	1 CUP	1	160	336	4	2.71	14.04	1.48
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
Raisins	1/4 cup	1	125	4	*N/A*	1.16	29.86	0.02
Carrots, Baby Ind. bags	bag	1	35	65	5	1.0	8.0	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)
Wed - 01/15/2020								
High School Lun 2019-2020	Total	1						
Cheeseburger - BTO	1 each	1	669	1452	8	32.68	57.06	11.11
Potato Wedges	1/2 cup	1	125	145	0	2.08	20.76	0.52
Pepperoni Pizza	1 each	1	370	580	4	20.0	33.0	9.00
Cheese Pizza	1 each	1	360	510	4	20.0	34.0	8.00
Buffalo Chicken Wrap	1 each	1	581	1456	3	37.04	52.14	6.13
Mediterranean Wrap	1 each	1	504	896	5	22.23	62.58	3.03
Orange Chicken w/ Rice	1 wok bowl eac	1	287	306	12	14.12	48.99	0.52
Vegetables for Wok - 2018	1/2 cup	1	17	22	1	0.81	3.82	0.02
Spicy Penne with Meatballs	1 cup	1	485	1124	12	23.44	38.14	8.29
Grilled Chicken Sandwich	3 oz portions	1	457	713	4	42.63	46.0	1.88
Potato Wedges	1/2 cup	1	125	145	0	2.08	20.76	0.52
Condiment Bar	portion	1	203	1088	19	0.48	24.14	1.56
House Salad	1 CUP	1	160	336	4	2.71	14.04	1.48
Raisins	1/4 cup	1	125	4	*N/A*	1.16	29.86	0.02
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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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	S-Fat (g)
Thu - 01/16/2020								
High School Lun 2019-2020	Total	1						
Spicy Chicken Sandwich BTO	1 each	1	700	1322	7	27.6	67.95	8.07
Soup and garlic toast	1 each	1	470	810	6	30.0	46.0	8.00
Chef Salad - 2018	1 each	1	732	1672	*4	39.03	56.89	9.27
Protein box	1 each	1	450	425	21	11.95	61.0	2.50
Sweet & Sour Chicken Rice	servings	1	218	225	11	13.0	34.96	0.52
Chow Mein	1 cup	1	230	474	8	7.84	44.6	0.65
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Chicken Alfredo Pasta	servings	1	728	1366	8	38.1	56.55	18.60
Beef, Bean & Cheese Burrito	1 each	1	702	1043	*3	32.04	85.81	10.05
Condiment Bar	portion	1	203	1088	19	0.48	24.14	1.56
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
Mustard	Packet	1	4	94	0	0.23	0.46	0.01
House Salad	1 CUP	1	160	336	4	2.71	14.04	1.48
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
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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

High School Lun 2019-2020

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	S-Fat (g)
Fri - 01/17/2020								
High School Lun 2019-2020	Total	1						
Cheeseburger - BTO	1 each	1	669	1452	8	32.68	57.06	11.11
Pepperoni Pizza	1 each	1	370	580	4	20.0	33.0	9.00
Cheese Pizza	1 each	1	360	510	4	20.0	34.0	8.00
Chicken Caesar Salad	Salad	1	535	1072	3	27.02	41.12	5.50
Mediterranean Wrap	1 each	1	504	896	5	22.23	62.58	3.03
Orange Chicken w/ Rice	1 wok bowl eac	1	287	306	12	14.12	48.99	0.52
Vegetables for Wok - 2018	1/2 cup	1	17	22	1	0.81	3.82	0.02
Chili Cheese Nachos	1 each	1	646	1055	2	22.25	66.49	11.16
Hot Wings	5 wings	1	769	1525	24	19.63	60.98	8.15
Corn Bread	1 square	1	286	190	18	4.2	45.0	1.30
Grilled Chicken Sandwich	3 oz portions	1	457	713	4	42.63	46.0	1.88
Potato Wedges	1/2 cup	1	125	145	0	2.08	20.76	0.52
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
Mustard	Packet	1	4	94	0	0.23	0.46	0.01
Condiment Bar	portion	1	203	1088	19	0.48	24.14	1.56
House Salad	1 CUP	1	160	336	4	2.71	14.04	1.48
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
Raisins	1/4 cup	1	125	4	*N/A*	1.16	29.86	0.02
Carrots, Baby Ind. bags	bag	1	35	65	5	1.0	8.0	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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Sacramento City Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 6, 2020 thru Jan 31, 2020

High School Lun 2019-2020

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	S-Fat (g)
Tue - 01/21/2020								
High School Lun 2019-2020	Total	1						
Spicy Chicken Sandwich BTO	1 each	1	700	1322	7	27.6	67.95	8.07
Tater Tots	8 pieces	1	130	309	0	1.99	15.96	1.00
Soup and garlic toast	1 each	1	470	810	6	30.0	46.0	8.00
Chef Salad - 2018	1 each	1	732	1672	*4	39.03	56.89	9.27
Protein box	1 each	1	450	425	21	11.95	61.0	2.50
Sweet & Sour Chicken Rice	servings	1	218	225	11	13.0	34.96	0.52
Chow Mein	1 cup	1	230	474	8	7.84	44.6	0.65
Vegetables for Wok - 2018	1/2 cup	1	17	22	1	0.81	3.82	0.02
Chicken Alfredo Pasta	servings	1	728	1366	8	38.1	56.55	18.60
Chicken Caesar Salad	Salad	1	535	1072	3	27.02	41.12	5.50
Beef, Bean & Cheese Burrito	1 each	1	702	1043	*3	32.04	85.81	10.05
Condiment Bar	portion	1	203	1088	19	0.48	24.14	1.56
House Salad	1 CUP	1	160	336	4	2.71	14.04	1.48
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
Raisins	1/4 cup	1	125	4	*N/A*	1.16	29.86	0.02
Carrots, Baby Ind. bags	bag	1	35	65	5	1.0	8.0	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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Sacramento City Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 6, 2020 thru Jan 31, 2020

High School Lun 2019-2020

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	S-Fat (g)
Wed - 01/22/2020								
High School Lun 2019-2020	Total	1						
Cheeseburger - BTO	1 each	1	669	1452	8	32.68	57.06	11.11
Potato Wedges	1/2 cup	1	125	145	0	2.08	20.76	0.52
Pepperoni Pizza	1 each	1	370	580	4	20.0	33.0	9.00
Cheese Pizza	1 each	1	360	510	4	20.0	34.0	8.00
Buffalo Chicken Wrap	1 each	1	581	1456	3	37.04	52.14	6.13
Mediterranean Wrap	1 each	1	504	896	5	22.23	62.58	3.03
Orange Chicken w/ Rice	1 wok bowl eac	1	287	306	12	14.12	48.99	0.52
Vegetables for Wok - 2018	1/2 cup	1	17	22	1	0.81	3.82	0.02
Spicy Penne with Meatballs	1 cup	1	485	1124	12	23.44	38.14	8.29
Grilled Chicken Sandwich	3 oz portions	1	457	713	4	42.63	46.0	1.88
Potato Wedges	1/2 cup	1	125	145	0	2.08	20.76	0.52
Condiment Bar	portion	1	203	1088	19	0.48	24.14	1.56
House Salad	1 CUP	1	160	336	4	2.71	14.04	1.48
Raisins	1/4 cup	1	125	4	*N/A*	1.16	29.86	0.02
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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Sacramento City Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 6, 2020 thru Jan 31, 2020

High School Lun 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								
High School Lun 2019-2020	Total	1						
Spicy Chicken Sandwich BTO	1 each	1	700	1322	7	27.6	67.95	8.07
Soup and garlic toast	1 each	1	470	810	6	30.0	46.0	8.00
Chef Salad - 2018	1 each	1	732	1672	*4	39.03	56.89	9.27
Protein box	1 each	1	450	425	21	11.95	61.0	2.50
Sweet & Sour Chicken Rice	servings	1	218	225	11	13.0	34.96	0.52
Chow Mein	1 cup	1	230	474	8	7.84	44.6	0.65
Vegetables for Wok - 2018	1/2 cup	1	17	22	1	0.81	3.82	0.02
Chicken Alfredo Pasta	servings	1	728	1366	8	38.1	56.55	18.60
Beef, Bean & Cheese Burrito	1 each	1	702	1043	*3	32.04	85.81	10.05
Condiment Bar	portion	1	203	1088	19	0.48	24.14	1.56
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
Mustard	Packet	1	4	94	0	0.23	0.46	0.01
House Salad	1 CUP	1	160	336	4	2.71	14.04	1.48
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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Sacramento City Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 6, 2020 thru Jan 31, 2020

High School Lun 2019-2020

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	S-Fat (g)
Fri - 01/24/2020								
High School Lun 2019-2020	Total	1						
Cheeseburger - BTO	1 each	1	669	1452	8	32.68	57.06	11.11
Pepperoni Pizza	1 each	1	370	580	4	20.0	33.0	9.00
Cheese Pizza	1 each	1	360	510	4	20.0	34.0	8.00
Chicken Caesar Salad	Salad	1	535	1072	3	27.02	41.12	5.50
Mediterranean Wrap	1 each	1	504	896	5	22.23	62.58	3.03
Orange Chicken w/ Rice	1 wok bowl eac	1	287	306	12	14.12	48.99	0.52
Vegetables for Wok - 2018	1/2 cup	1	17	22	1	0.81	3.82	0.02
Chili Cheese Nachos	1 each	1	646	1055	2	22.25	66.49	11.16
Hot Wings	5 wings	1	769	1525	24	19.63	60.98	8.15
Corn Bread	1 square	1	286	190	18	4.2	45.0	1.30
Grilled Chicken Sandwich	3 oz portions	1	457	713	4	42.63	46.0	1.88
Potato Wedges	1/2 cup	1	125	145	0	2.08	20.76	0.52
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
Mustard	Packet	1	4	94	0	0.23	0.46	0.01
Condiment Bar	portion	1	203	1088	19	0.48	24.14	1.56
House Salad	1 CUP	1	160	336	4	2.71	14.04	1.48
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
Raisins	1/4 cup	1	125	4	*N/A*	1.16	29.86	0.02
Carrots, Baby Ind. bags	bag	1	35	65	5	1.0	8.0	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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Sacramento City Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 6, 2020 thru Jan 31, 2020

High School Lun 2019-2020

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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								
High School Lun 2019-2020	Total	1						
Cheeseburger - BTO	1 each	1	669	1452	8	32.68	57.06	11.11
Potato Wedges	1/2 cup	1	125	145	0	2.08	20.76	0.52
Pepperoni Pizza	1 each	1	370	580	4	20.0	33.0	9.00
Cheese Pizza	1 each	1	360	510	4	20.0	34.0	8.00
Chicken Caesar Salad	Salad	1	535	1072	3	27.02	41.12	5.50
Protein box	1 each	1	450	425	21	11.95	61.0	2.50
Orange Chicken w/ Rice	1 wok bowl eac	1	287	306	12	14.12	48.99	0.52
Vegetables for Wok - 2018	1/2 cup	1	17	22	1	0.81	3.82	0.02
Chili Cheese Nachos	1 each	1	646	1055	2	22.25	66.49	11.16
Grilled Chicken Sandwich	3 oz portions	1	457	713	4	42.63	46.0	1.88
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
Mustard	Packet	1	4	94	0	0.23	0.46	0.01
House Salad	1 CUP	1	160	336	4	2.71	14.04	1.48
Condiment Bar	portion	1	203	1088	19	0.48	24.14	1.56
Raisins	1/4 cup	1	125	4	*N/A*	1.16	29.86	0.02
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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Sacramento City Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 6, 2020 thru Jan 31, 2020

High School Lun 2019-2020

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	S-Fat (g)
Tue - 01/28/2020								
High School Lun 2019-2020	Total	1						
Spicy Chicken Sandwich BTO	1 each	1	700	1322	7	27.6	67.95	8.07
Tater Tots	8 pieces	1	130	309	0	1.99	15.96	1.00
Soup and garlic toast	1 each	1	470	810	6	30.0	46.0	8.00
Chef Salad - 2018	1 each	1	732	1672	*4	39.03	56.89	9.27
Protein box	1 each	1	450	425	21	11.95	61.0	2.50
Sweet & Sour Chicken Rice	servings	1	218	225	11	13.0	34.96	0.52
Chow Mein	1 cup	1	230	474	8	7.84	44.6	0.65
Vegetables for Wok - 2018	1/2 cup	1	17	22	1	0.81	3.82	0.02
Chicken Alfredo Pasta	servings	1	728	1366	8	38.1	56.55	18.60
Chicken Caesar Salad	Salad	1	535	1072	3	27.02	41.12	5.50
Beef, Bean & Cheese Burrito	1 each	1	702	1043	*3	32.04	85.81	10.05
Condiment Bar	portion	1	203	1088	19	0.48	24.14	1.56
House Salad	1 CUP	1	160	336	4	2.71	14.04	1.48
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
Raisins	1/4 cup	1	125	4	*N/A*	1.16	29.86	0.02
Carrots, Baby Ind. bags	bag	1	35	65	5	1.0	8.0	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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Base Menu Spreadsheet

Portion Values - Detailed

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Jan 6, 2020 thru Jan 31, 2020

High School Lun 2019-2020

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	S-Fat (g)
Wed - 01/29/2020								
High School Lun 2019-2020	Total	1						
Cheeseburger - BTO	1 each	1	669	1452	8	32.68	57.06	11.11
Potato Wedges	1/2 cup	1	125	145	0	2.08	20.76	0.52
Pepperoni Pizza	1 each	1	370	580	4	20.0	33.0	9.00
Cheese Pizza	1 each	1	360	510	4	20.0	34.0	8.00
Buffalo Chicken Wrap	1 each	1	581	1456	3	37.04	52.14	6.13
Mediterranean Wrap	1 each	1	504	896	5	22.23	62.58	3.03
Orange Chicken w/ Rice	1 wok bowl eac	1	287	306	12	14.12	48.99	0.52
Vegetables for Wok - 2018	1/2 cup	1	17	22	1	0.81	3.82	0.02
Spicy Penne with Meatballs	1 cup	1	485	1124	12	23.44	38.14	8.29
Grilled Chicken Sandwich	3 oz portions	1	457	713	4	42.63	46.0	1.88
Potato Wedges	1/2 cup	1	125	145	0	2.08	20.76	0.52
Condiment Bar	portion	1	203	1088	19	0.48	24.14	1.56
House Salad	1 CUP	1	160	336	4	2.71	14.04	1.48
Raisins	1/4 cup	1	125	4	*N/A*	1.16	29.86	0.02
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
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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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Sacramento City Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 6, 2020 thru Jan 31, 2020

High School Lun 2019-2020

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	S-Fat (g)
Thu - 01/30/2020								
High School Lun 2019-2020	Total	1						
Spicy Chicken Sandwich BTO	1 each	1	700	1322	7	27.6	67.95	8.07
Soup and garlic toast	1 each	1	470	810	6	30.0	46.0	8.00
Chef Salad - 2018	1 each	1	732	1672	*4	39.03	56.89	9.27
Protein box	1 each	1	450	425	21	11.95	61.0	2.50
Sweet & Sour Chicken Rice	servings	1	218	225	11	13.0	34.96	0.52
Chow Mein	1 cup	1	230	474	8	7.84	44.6	0.65
Vegetables for Wok - 2018	1/2 cup	1	17	22	1	0.81	3.82	0.02
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Beef, Bean & Cheese Burrito	1 each	1	702	1043	*3	32.04	85.81	10.05
Condiment Bar	portion	1	203	1088	19	0.48	24.14	1.56
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
Mustard	Packet	1	4	94	0	0.23	0.46	0.01
House Salad	1 CUP	1	160	336	4	2.71	14.04	1.48
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

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

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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

High School Lun 2019-2020

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	S-Fat (g)
Fri - 01/31/2020								
High School Lun 2019-2020	Total	1						
Cheeseburger - BTO	1 each	1	669	1452	8	32.68	57.06	11.11
Pepperoni Pizza	1 each	1	370	580	4	20.0	33.0	9.00
Cheese Pizza	1 each	1	360	510	4	20.0	34.0	8.00
Chicken Caesar Salad	Salad	1	535	1072	3	27.02	41.12	5.50
Mediterranean Wrap	1 each	1	504	896	5	22.23	62.58	3.03
Orange Chicken w/ Rice	1 wok bowl eac	1	287	306	12	14.12	48.99	0.52
Vegetables for Wok - 2018	1/2 cup	1	17	22	1	0.81	3.82	0.02
Chili Cheese Nachos	1 each	1	646	1055	2	22.25	66.49	11.16
Hot Wings	5 wings	1	769	1525	24	19.63	60.98	8.15
Corn Bread	1 square	1	286	190	18	4.2	45.0	1.30
Grilled Chicken Sandwich	3 oz portions	1	457	713	4	42.63	46.0	1.88
Potato Wedges	1/2 cup	1	125	145	0	2.08	20.76	0.52
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
Mustard	Packet	1	4	94	0	0.23	0.46	0.01
Condiment Bar	portion	1	203	1088	19	0.48	24.14	1.56
House Salad	1 CUP	1	160	336	4	2.71	14.04	1.48
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
Raisins	1/4 cup	1	125	4	*N/A*	1.16	29.86	0.02
Carrots, Baby Ind. bags	bag	1	35	65	5	1.0	8.0	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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Sacramento City Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 6, 2020 thru Jan 31, 2020

High School Lun 2019-2020

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