

Sacramento City Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Jan 6, 2020 thru Jan 31, 2020

Middle Breakfast 2019-2020

Generated on: 12/20/2019 11:39:01 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	S-Fat (g)
Mon - 01/06/2020								
Middle Breakfast 2019-2020	Total	1						
English Muffin Egg & Sausage	Sandwich	1	293	681	1	16.1	29.4	2.30
Muffin (Fresh Baked) Fat Cat	muffin	1	347	188	31	4.51	57.37	1.66
Crispito (Secondary Breakfast)	1 each	1	276	571	3	11.4	25.85	2.85
Cereal, Assorted - Secondary	1 each	1	223	293	13	3.0	45.33	0.33
Orange Juice, frozen	1 each	1	56	1	10	0.85	13.41	0.01
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
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								
Middle Breakfast 2019-2020	Total	1						
Breakfast Pizza, Sausage	1 each	1	210	480	9	9.0	26.0	2.00
Cinnamon Roll	1 each	1	271	136	30	5.48	58.98	1.11
Crispito (Secondary Breakfast)	1 each	1	276	571	3	11.4	25.85	2.85
Cereal, Assorted - Secondary	1 each	1	223	293	13	3.0	45.33	0.33
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
Milk, 1% White	carton	1	130	160	15	10.0	16.0	1.50
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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								
Middle Breakfast 2019-2020	Total	1						
Ham and Egg Sandwich	Sandwich	1	290	1165	2	19.0	29.0	1.50
Muffin (Fresh Baked) Fat Cat	muffin	1	347	188	31	4.51	57.37	1.66
Crispito (Secondary Breakfast)	1 each	1	276	571	3	11.4	25.85	2.85
Cereal, Assorted - Secondary	1 each	1	223	293	13	3.0	45.33	0.33
Orange Juice, frozen	1 each	1	56	1	10	0.85	13.41	0.01
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

Thu - 01/09/2020								
Middle Breakfast 2019-2020	Total	1						
Breakfast Chicken Slider	2 each	1	356	1092	6	25.2	32.8	4.10
Cinnamon Roll	1 each	1	271	136	30	5.48	58.98	1.11
Crispito (Secondary Breakfast)	1 each	1	276	571	3	11.4	25.85	2.85
Cereal, Assorted - Secondary	1 each	1	223	293	13	3.0	45.33	0.33
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								
Middle Breakfast 2019-2020	Total	1						
Breakfast Bowl	1 bowl	1	417	886	1	17.54	31.25	8.79
Muffin (Fresh Baked) Fat Cat	muffin	1	347	188	31	4.51	57.37	1.66
Crispito (Secondary Breakfast)	1 each	1	276	571	3	11.4	25.85	2.85
Cereal, Assorted - Secondary	1 each	1	223	293	13	3.0	45.33	0.33
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

Mon - 01/13/2020								
Middle Breakfast 2019-2020	Total	1						
English Muffin Egg & Sausage	Sandwich	1	293	681	1	16.1	29.4	2.30
Muffin (Fresh Baked) Fat Cat	muffin	1	347	188	31	4.51	57.37	1.66
Crispito (Secondary Breakfast)	1 each	1	276	571	3	11.4	25.85	2.85
Cereal, Assorted - Secondary	1 each	1	223	293	13	3.0	45.33	0.33
Orange Juice, frozen	1 each	1	56	1	10	0.85	13.41	0.01
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
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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								
Middle Breakfast 2019-2020	Total	1						
Breakfast Pizza, Sausage	1 each	1	210	480	9	9.0	26.0	2.00
Cinnamon Roll	1 each	1	271	136	30	5.48	58.98	1.11
Crispito (Secondary Breakfast)	1 each	1	276	571	3	11.4	25.85	2.85
Cereal, Assorted - Secondary	1 each	1	223	293	13	3.0	45.33	0.33
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
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								
Middle Breakfast 2019-2020	Total	1						
Ham and Egg Sandwich	Sandwich	1	290	1165	2	19.0	29.0	1.50
Muffin (Fresh Baked) Fat Cat	muffin	1	347	188	31	4.51	57.37	1.66
Crispito (Secondary Breakfast)	1 each	1	276	571	3	11.4	25.85	2.85
Cereal, Assorted - Secondary	1 each	1	223	293	13	3.0	45.33	0.33
Orange Juice, frozen	1 each	1	56	1	10	0.85	13.41	0.01
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								
Middle Breakfast 2019-2020	Total	1						
Breakfast Chicken Slider	2 each	1	356	1092	6	25.2	32.8	4.10
Cinnamon Roll	1 each	1	271	136	30	5.48	58.98	1.11
Crispito (Secondary Breakfast)	1 each	1	276	571	3	11.4	25.85	2.85
Cereal, Assorted - Secondary	1 each	1	223	293	13	3.0	45.33	0.33
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 - 01/17/2020								
Middle Breakfast 2019-2020	Total	1						
Breakfast Bowl	1 bowl	1	417	886	1	17.54	31.25	8.79
Muffin (Fresh Baked) Fat Cat	muffin	1	347	188	31	4.51	57.37	1.66
Crispito (Secondary Breakfast)	1 each	1	276	571	3	11.4	25.85	2.85
Cereal, Assorted - Secondary	1 each	1	223	293	13	3.0	45.33	0.33
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
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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	S-Fat (g)
Mon - 01/20/2020								
Middle Breakfast 2019-2020	Total	1						
English Muffin Egg & Sausage	Sandwich	1	293	681	1	16.1	29.4	2.30
Muffin (Fresh Baked) Fat Cat	muffin	1	347	188	31	4.51	57.37	1.66
Crispito (Secondary Breakfast)	1 each	1	276	571	3	11.4	25.85	2.85
Cereal, Assorted - Secondary	1 each	1	223	293	13	3.0	45.33	0.33
Orange Juice, frozen	1 each	1	56	1	10	0.85	13.41	0.01
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
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 - 01/21/2020								
Middle Breakfast 2019-2020	Total	1						
Breakfast Bowl	1 bowl	1	417	886	1	17.54	31.25	8.79
Muffin (Fresh Baked) Fat Cat	muffin	1	347	188	31	4.51	57.37	1.66
Crispito (Secondary Breakfast)	1 each	1	276	571	3	11.4	25.85	2.85
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Wed - 01/22/2020								
Middle Breakfast 2019-2020	Total	1						
Ham and Egg Sandwich	Sandwich	1	290	1165	2	19.0	29.0	1.50
Muffin (Fresh Baked) Fat Cat	muffin	1	347	188	31	4.51	57.37	1.66
Crispito (Secondary Breakfast)	1 each	1	276	571	3	11.4	25.85	2.85
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Milk, Lactaid Fat Free	carton	1	90	125	12	8.0	13.0	0.00

Thu - 01/23/2020								
Middle Breakfast 2019-2020	Total	1						
Breakfast Chicken Slider	2 each	1	356	1092	6	25.2	32.8	4.10
Cinnamon Roll	1 each	1	271	136	30	5.48	58.98	1.11
Crispito (Secondary Breakfast)	1 each	1	276	571	3	11.4	25.85	2.85
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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								
Middle Breakfast 2019-2020	Total	1						
Breakfast Bowl	1 bowl	1	417	886	1	17.54	31.25	8.79
Muffin (Fresh Baked) Fat Cat	1 muffin	1	347	188	31	4.51	57.37	1.66
Crispito (Secondary Breakfast)	1 each	1	276	571	3	11.4	25.85	2.85
Cereal, Assorted - Secondary	1 each	1	223	293	13	3.0	45.33	0.33
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