

Sacramento City Unified School District

Feb 3, 2020 thru Feb 28, 2020

Base Menu Spreadsheet

K-8 Breakfast 2019-2020

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	S-Fat (g)
Mon - 02/03/2020							
K-8 Breakfast 2019-2020	Total	1					
Breakfast Pizza, Turkey Sausage	1 each	1	210	480	9	26.0	2.00
Cereal, Assorted - Elementary	Bowlpak	1	105	190	3	22.5	0.13
Graham Cracker - Keebler	1 each	1	90	95	5	17.0	0.00
Raisins	Box	1	120	5	27	29.0	0.00
FRUIT, FRESH ASSORTED	1 EACH	1	55	1	*9	14.14	0.03
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	12.39	0.00
Milk, 1% White	carton	1	130	160	15	16.0	1.50
Milk, Non Fat, White	carton	1	90	130	13	13.0	0.00
Milk, Lactaid Fat Free	carton	1	90	125	12	13.0	0.00

Tue - 02/04/2020							
K-8 Breakfast 2019-2020	Total	1					
Pancake Pups - Don Lee	1 each	1	184	421	8	22.0	2.30
Syrup (all menus)	packet	1	79	20	14	20.15	0.02
Graham Cracker - Keebler	1 each	1	90	95	5	17.0	0.00
Raisins	Box	1	120	5	27	29.0	0.00
FRUIT, FRESH ASSORTED	1 EACH	1	55	1	*9	14.14	0.03
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	12.39	0.00
Orange Juice, frozen	1 each	1	56	1	10	13.41	0.01
Milk, 1% White	carton	1	130	160	15	16.0	1.50
Milk, Non Fat, White	carton	1	90	130	13	13.0	0.00
Milk, Lactaid Fat Free	carton	1	90	125	12	13.0	0.00

Wed - 02/05/2020							
K-8 Breakfast 2019-2020	Total	1					
Crispito	1 each	1	270	370	1	23.0	3.00
Salsa	1/4 cup	1	40	620	*N/A*	8.0	0.00
Cereal, Assorted - Elementary	Bowlpak	1	105	190	3	22.5	0.13
Graham Cracker - Keebler	1 each	1	90	95	5	17.0	0.00
Raisins	Box	1	120	5	27	29.0	0.00
FRUIT, FRESH ASSORTED	1 EACH	1	55	1	*9	14.14	0.03
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	12.39	0.00
Milk, 1% White	carton	1	130	160	15	16.0	1.50
Milk, Non Fat, White	carton	1	90	130	13	13.0	0.00
Milk, Lactaid Fat Free	carton	1	90	125	12	13.0	0.00

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

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Base Menu Spreadsheet

K-8 Breakfast 2019-2020

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	S-Fat (g)
Thu - 02/06/2020							
K-8 Breakfast 2019-2020	Total	1					
Yogurt and Granola, Strawberry	1 each	1	245	115	*22	46.45	1.18
Cereal, Assorted - Elementary	Bowlpak	1	105	190	3	22.5	0.13
Graham Cracker - Keebler	1 each	1	90	95	5	17.0	0.00
Raisins	Box	1	120	5	27	29.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	14.14	0.03
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	12.39	0.00
Orange Juice, frozen	1 each	1	56	1	10	13.41	0.01
Milk, 1% White	carton	1	130	160	15	16.0	1.50
Milk, Non Fat, White	carton	1	90	130	13	13.0	0.00
Milk, Lactaid Fat Free	carton	1	90	125	12	13.0	0.00

Fri - 02/07/2020							
K-8 Breakfast 2019-2020	Total	1					
Eggstravaganza	serving	1	150	350	0	1.25	4.38
Chicken Sausage Patty (GldKst)	Patty	1	63	206	0	0.4	0.80
Cereal, Assorted - Elementary	Bowlpak	1	105	190	3	22.5	0.13
Graham Cracker - Keebler	1 each	1	90	95	5	17.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	14.14	0.03
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	12.39	0.00
Raisins	Box	1	120	5	27	29.0	0.00
Milk, 1% White	carton	1	130	160	15	16.0	1.50
Milk, Non Fat, White	carton	1	90	130	13	13.0	0.00
Milk, Lactaid Fat Free	carton	1	90	125	12	13.0	0.00

Tue - 02/11/2020							
K-8 Breakfast 2019-2020	Total	1					
Breakfast Pizza,Turkey Sausage	1 each	1	210	480	9	26.0	2.00
Cereal, Assorted - Elementary	Bowlpak	1	105	190	3	22.5	0.13
Graham Cracker - Keebler	1 each	1	90	95	5	17.0	0.00
Raisins	Box	1	120	5	27	29.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	14.14	0.03
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	12.39	0.00
Milk, 1% White	carton	1	130	160	15	16.0	1.50
Milk, Non Fat, White	carton	1	90	130	13	13.0	0.00
Milk, Lactaid Fat Free	carton	1	90	125	12	13.0	0.00

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	S-Fat (g)
Wed - 02/12/2020							
K-8 Breakfast 2019-2020	Total	1					
Crispito	1 each	1	270	370	1	23.0	3.00
Salsa	1/4 cup	1	40	620	*N/A*	8.0	0.00
Cereal, Assorted - Elementary	Bowlpak	1	105	190	3	22.5	0.13
Graham Cracker - Keebler	1 each	1	90	95	5	17.0	0.00
Raisins	Box	1	120	5	27	29.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	14.14	0.03
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	12.39	0.00
Milk, 1% White	carton	1	130	160	15	16.0	1.50
Milk, Non Fat, White	carton	1	90	130	13	13.0	0.00
Milk, Lactaid Fat Free	carton	1	90	125	12	13.0	0.00

Thu - 02/13/2020							
K-8 Breakfast 2019-2020	Total	1					
Eggstravaganza	serving	1	150	350	0	1.25	4.38
Turkey Bacon	Servings	1	40	200	0	0.0	0.00
Cereal, Assorted - Elementary	Bowlpak	1	105	190	3	22.5	0.13
Graham Cracker - Keebler	1 each	1	90	95	5	17.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	14.14	0.03
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	12.39	0.00
Raisins	Box	1	120	5	27	29.0	0.00
Milk, 1% White	carton	1	130	160	15	16.0	1.50
Milk, Non Fat, White	carton	1	90	130	13	13.0	0.00
Milk, Lactaid Fat Free	carton	1	90	125	12	13.0	0.00

Fri - 02/14/2020							
K-8 Breakfast 2019-2020	Total	1					
Egg & Cheese Croissant	Sandwich	1	380	825	7	33.0	7.50
Cereal, Assorted - Elementary	Bowlpak	1	105	190	3	22.5	0.13
Graham Cracker - Keebler	1 each	1	90	95	5	17.0	0.00
Raisins	Box	1	120	5	27	29.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	14.14	0.03
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	12.39	0.00
Milk, 1% White	carton	1	130	160	15	16.0	1.50
Milk, Non Fat, White	carton	1	90	130	13	13.0	0.00
Milk, Lactaid Fat Free	carton	1	90	125	12	13.0	0.00

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K-8 Breakfast 2019-2020

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	S-Fat (g)
Tue - 02/18/2020							
K-8 Breakfast 2019-2020	Total	1					
Pancake Pups - Don Lee	1 each	1	184	421	8	22.0	2.30
Syrup (all menus)	packet	1	79	20	14	20.15	0.02
Graham Cracker - Keebler	1 each	1	90	95	5	17.0	0.00
Raisins	Box	1	120	5	27	29.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	14.14	0.03
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	12.39	0.00
Orange Juice, frozen	1 each	1	56	1	10	13.41	0.01
Milk, 1% White	carton	1	130	160	15	16.0	1.50
Milk, Non Fat, White	carton	1	90	130	13	13.0	0.00
Milk, Lactaid Fat Free	carton	1	90	125	12	13.0	0.00

Wed - 02/19/2020							
K-8 Breakfast 2019-2020	Total	1					
Crispito	1 each	1	270	370	1	23.0	3.00
Salsa	1/4 cup	1	40	620	*N/A*	8.0	0.00
Cereal, Assorted - Elementary	Bowlpak	1	105	190	3	22.5	0.13
Graham Cracker - Keebler	1 each	1	90	95	5	17.0	0.00
Raisins	Box	1	120	5	27	29.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	14.14	0.03
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	12.39	0.00
Milk, 1% White	carton	1	130	160	15	16.0	1.50
Milk, Non Fat, White	carton	1	90	130	13	13.0	0.00
Milk, Lactaid Fat Free	carton	1	90	125	12	13.0	0.00

Thu - 02/20/2020							
K-8 Breakfast 2019-2020	Total	1					
Yogurt and Granola, Strawberry	1 each	1	245	115	*22	46.45	1.18
Cereal, Assorted - Elementary	Bowlpak	1	105	190	3	22.5	0.13
Graham Cracker - Keebler	1 each	1	90	95	5	17.0	0.00
Raisins	Box	1	120	5	27	29.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	14.14	0.03
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	12.39	0.00
Orange Juice, frozen	1 each	1	56	1	10	13.41	0.01
Milk, 1% White	carton	1	130	160	15	16.0	1.50
Milk, Non Fat, White	carton	1	90	130	13	13.0	0.00
Milk, Lactaid Fat Free	carton	1	90	125	12	13.0	0.00

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Base Menu Spreadsheet

K-8 Breakfast 2019-2020

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	S-Fat (g)
Fri - 02/21/2020							
K-8 Breakfast 2019-2020	Total	1					
Eggstravaganza	serving	1	150	350	0	1.25	4.38
Chicken Sausage Patty (GldKst)	Patty	1	63	206	0	0.4	0.80
Cereal, Assorted - Elementary	Bowlpak	1	105	190	3	22.5	0.13
Graham Cracker - Keebler	1 each	1	90	95	5	17.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	14.14	0.03
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	12.39	0.00
Raisins	Box	1	120	5	27	29.0	0.00
Milk, 1% White	carton	1	130	160	15	16.0	1.50
Milk, Non Fat, White	carton	1	90	130	13	13.0	0.00
Milk, Lactaid Fat Free	carton	1	90	125	12	13.0	0.00

Mon - 02/24/2020							
K-8 Breakfast 2019-2020	Total	1					
Chicken Sausage Brkfst Sndwich	Sandwich	1	143	326	3	15.4	0.80
Cereal, Assorted - Elementary	Bowlpak	1	105	190	3	22.5	0.13
Graham Cracker - Keebler	1 each	1	90	95	5	17.0	0.00
Raisins	Box	1	120	5	27	29.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	14.14	0.03
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	12.39	0.00
Orange Juice, frozen	1 each	1	56	1	10	13.41	0.01
Milk, 1% White	carton	1	130	160	15	16.0	1.50
Milk, Non Fat, White	carton	1	90	130	13	13.0	0.00
Milk, Lactaid Fat Free	carton	1	90	125	12	13.0	0.00

Tue - 02/25/2020							
K-8 Breakfast 2019-2020	Total	1					
Breakfast Pizza,Turkey Sausage	1 each	1	210	480	9	26.0	2.00
Cereal, Assorted - Elementary	Bowlpak	1	105	190	3	22.5	0.13
Graham Cracker - Keebler	1 each	1	90	95	5	17.0	0.00
Raisins	Box	1	120	5	27	29.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	14.14	0.03
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	12.39	0.00
Milk, 1% White	carton	1	130	160	15	16.0	1.50
Milk, Non Fat, White	carton	1	90	130	13	13.0	0.00
Milk, Lactaid Fat Free	carton	1	90	125	12	13.0	0.00

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Base Menu Spreadsheet

K-8 Breakfast 2019-2020

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	S-Fat (g)
Wed - 02/26/2020							
K-8 Breakfast 2019-2020	Total	1					
Crispito	1 each	1	270	370	1	23.0	3.00
Salsa	1/4 cup	1	40	620	*N/A*	8.0	0.00
Cereal, Assorted - Elementary	Bowlpak	1	105	190	3	22.5	0.13
Graham Cracker - Keebler	1 each	1	90	95	5	17.0	0.00
Raisins	Box	1	120	5	27	29.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	14.14	0.03
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	12.39	0.00
Milk, 1% White	carton	1	130	160	15	16.0	1.50
Milk, Non Fat, White	carton	1	90	130	13	13.0	0.00
Milk, Lactaid Fat Free	carton	1	90	125	12	13.0	0.00

Thu - 02/27/2020							
K-8 Breakfast 2019-2020	Total	1					
Eggstravaganza	serving	1	150	350	0	1.25	4.38
Turkey Bacon	Servings	1	40	200	0	0.0	0.00
Cereal, Assorted - Elementary	Bowlpak	1	105	190	3	22.5	0.13
Graham Cracker - Keebler	1 each	1	90	95	5	17.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	14.14	0.03
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	12.39	0.00
Raisins	Box	1	120	5	27	29.0	0.00
Milk, 1% White	carton	1	130	160	15	16.0	1.50
Milk, Non Fat, White	carton	1	90	130	13	13.0	0.00
Milk, Lactaid Fat Free	carton	1	90	125	12	13.0	0.00

Fri - 02/28/2020							
K-8 Breakfast 2019-2020	Total	1					
Egg & Cheese Croissant	Sandwich	1	380	825	7	33.0	7.50
Cereal, Assorted - Elementary	Bowlpak	1	105	190	3	22.5	0.13
Graham Cracker - Keebler	1 each	1	90	95	5	17.0	0.00
Raisins	Box	1	120	5	27	29.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	14.14	0.03
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	12.39	0.00
Milk, 1% White	carton	1	130	160	15	16.0	1.50
Milk, Non Fat, White	carton	1	90	130	13	13.0	0.00
Milk, Lactaid Fat Free	carton	1	90	125	12	13.0	0.00

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