

Sacramento City Unified School District

Feb 3, 2020 thru Feb 28, 2020

Base Menu Spreadsheet

High School Lun 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							
High School Lun 2019-2020	Total	770					
Bacon Cheeseburger - BTO	1 each	300	764	1846	8	52.25	13.59
Pepperoni Pizza	1 each	30	370	580	4	33.0	9.00
Cheese Pizza	1 each	34	360	510	4	34.0	8.00
Chicken Caesar Salad	Salad	40	599	1190	4	46.52	5.73
Protein box	1 each	20	450	425	21	61.0	2.50
Orange Chicken w/ Rice	1 wok bowl each	96	287	306	12	48.99	0.52
Chili Cheese Nachos	1 each	150	646	1055	2	66.49	11.16
Grilled Chicken Sandwich	3 oz portions	100	457	713	4	46.0	1.88
House Salad	1 CUP	100	160	336	4	14.04	1.48
Condiment Bar	portion	100	203	1088	19	24.14	1.56
Carrots, Baby Ind. bags	bag	50	35	65	5	8.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	770	55	1	*9	14.14	0.03
Milk, 1% White	carton	500	130	160	15	16.0	1.50
Milk, Non Fat, White	carton	250	90	130	13	13.0	0.00
Milk, Lactaid Fat Free	carton	20	90	125	12	13.0	0.00
Raisins	1/4 cup	50	125	4	*N/A*	29.86	0.02

Tue - 02/04/2020							
High School Lun 2019-2020	Total	826					
Spicy Chicken Sandwich BTO	1 each	250	700	1322	7	67.95	8.07
Soup and garlic toast	1 each	100	470	810	6	46.0	8.00
Chef Salad - 2018	1 each	20	732	1672	*4	56.89	9.27
Protein box	1 each	20	450	425	21	61.0	2.50
Sweet & Sour Chicken Rice	servings	96	277	225	11	47.99	0.52
Chicken Alfredo Pasta	servings	240	887	1590	11	84.18	18.94
Beef, Bean & Cheese Burrito	1 each	100	702	1043	*3	85.81	10.05
Condiment Bar	portion	100	203	1088	19	24.14	1.56
House Salad	1 CUP	100	160	336	4	14.04	1.48
FRUIT,FRESH ASSORTED	1 EACH	826	55	1	*9	14.14	0.03
Raisins	1/4 cup	50	125	4	*N/A*	29.86	0.02
Carrots, Baby Ind. bags	bag	50	35	65	5	8.0	0.00
Milk, 1% White	carton	600	130	160	15	16.0	1.50
Milk, Non Fat, White	carton	200	90	130	13	13.0	0.00
Milk, Lactaid Fat Free	carton	26	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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Feb 3, 2020 thru Feb 28, 2020

Base Menu Spreadsheet

High School Lun 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 - 02/05/2020							
High School Lun 2019-2020	Total	810					
Cheeseburger	1 each	250	657	1250	7	54.76	11.11
Pepperoni Pizza	1 each	30	370	580	4	33.0	9.00
Cheese Pizza	1 each	34	360	510	4	34.0	8.00
Buffalo Chicken Wrap	1 each	30	581	1456	3	52.14	6.13
Mediterranean Wrap	1 each	20	504	896	5	62.58	3.03
Orange Chicken w/ Rice	1 wok bowl each	96	287	306	12	48.99	0.52
Spicy Penne with Meatballs	1 cup	250	488	1064	13	41.94	6.82
Grilled Chicken Sandwich	3 oz portions	100	457	713	4	46.0	1.88
Condiment Bar	portion	100	203	1088	19	24.14	1.56
House Salad	1 CUP	100	160	336	4	14.04	1.48
Raisins	1/4 cup	100	125	4	*N/A*	29.86	0.02
Carrots, Baby Ind. bags	bag	50	35	65	5	8.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	810	55	1	*9	14.14	0.03
Milk, 1% White	carton	600	130	160	15	16.0	1.50
Milk, Non Fat, White	carton	180	90	130	13	13.0	0.00
Milk, Lactaid Fat Free	carton	30	90	125	12	13.0	0.00
							8.32

Thu - 02/06/2020							
High School Lun 2019-2020	Total	826					
Spicy Chicken Sandwich BTO	1 each	250	700	1322	7	67.95	8.07
Soup and garlic toast	1 each	100	470	810	6	46.0	8.00
Chef Salad - 2018	1 each	20	732	1672	*4	56.89	9.27
Protein box	1 each	20	450	425	21	61.0	2.50
Sweet & Sour Chicken Rice	servings	96	277	225	11	47.99	0.52
Chicken Alfredo Pasta	servings	240	887	1590	11	84.18	18.94
Beef, Bean & Cheese Burrito	1 each	100	702	1043	*3	85.81	10.05
Condiment Bar	portion	100	203	1088	19	24.14	1.56
House Salad	1 CUP	100	160	336	4	14.04	1.48
Raisins	1/4 cup	50	125	4	*N/A*	29.86	0.02
FRUIT,FRESH ASSORTED	1 EACH	826	55	1	*9	14.14	0.03
Milk, 1% White	carton	600	130	160	15	16.0	1.50
Milk, Non Fat, White	carton	200	90	130	13	13.0	0.00
Milk, Lactaid Fat Free	carton	26	90	125	12	13.0	0.00

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Base Menu Spreadsheet

Portion Values - Detailed

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Feb 3, 2020 thru Feb 28, 2020

High School Lun 2019-2020

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	S-Fat (g)
Fri - 02/07/2020							
High School Lun 2019-2020	Total	802					
Cheeseburger	1 each	150	657	1250	7	54.76	11.11
Pepperoni Pizza	1 each	24	370	580	4	33.0	9.00
Cheese Pizza	1 each	24	360	510	4	34.0	8.00
Chicken Caesar Salad	Salad	20	599	1190	4	46.52	5.73
Mediterranean Wrap	1 each	10	504	896	5	62.58	3.03
Orange Chicken w/ Rice	1 wok bowl each	64	287	306	12	48.99	0.52
Hot Wings	5 wings	450	850	2433	19	45.34	11.88
Grilled Chicken Sandwich	3 oz portions	60	457	713	4	46.0	1.88
Condiment Bar	portion	100	203	1088	19	24.14	1.56
House Salad	1 CUP	100	160	336	4	14.04	1.48
FRUIT,FRESH ASSORTED	1 EACH	802	55	1	*9	14.14	0.03
Raisins	1/4 cup	50	125	4	*N/A*	29.86	0.02
Carrots, Baby Ind. bags	bag	50	35	65	5	8.0	0.00
Milk, 1% White	carton	600	130	160	15	16.0	1.50
Milk, Non Fat, White	carton	180	90	130	13	13.0	0.00
Milk, Lactaid Fat Free	carton	22	90	125	12	13.0	0.00

Mon - 02/10/2020							
High School Lun 2019-2020	Total	770					
Bacon Cheeseburger - BTO	1 each	300	764	1846	8	52.25	13.59
Pepperoni Pizza	1 each	30	370	580	4	33.0	9.00
Cheese Pizza	1 each	34	360	510	4	34.0	8.00
Chicken Caesar Salad	Salad	40	599	1190	4	46.52	5.73
Protein box	1 each	20	450	425	21	61.0	2.50
Orange Chicken w/ Rice	1 wok bowl each	96	287	306	12	48.99	0.52
Chili Cheese Nachos	1 each	150	646	1055	2	66.49	11.16
Grilled Chicken Sandwich	3 oz portions	100	457	713	4	46.0	1.88
House Salad	1 CUP	100	160	336	4	14.04	1.48
Condiment Bar	portion	100	203	1088	19	24.14	1.56
Carrots, Baby Ind. bags	bag	50	35	65	5	8.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	770	55	1	*9	14.14	0.03
Milk, 1% White	carton	500	130	160	15	16.0	1.50
Milk, Non Fat, White	carton	250	90	130	13	13.0	0.00
Milk, Lactaid Fat Free	carton	20	90	125	12	13.0	0.00
Raisins	1/4 cup	50	125	4	*N/A*	29.86	0.02

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Base Menu Spreadsheet

High School Lun 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 - 02/11/2020							
High School Lun 2019-2020	Total	826					
Spicy Chicken Sandwich BTO	1 each	250	700	1322	7	67.95	8.07
Soup and garlic toast	1 each	100	470	810	6	46.0	8.00
Chef Salad - 2018	1 each	20	732	1672	*4	56.89	9.27
Protein box	1 each	20	450	425	21	61.0	2.50
Sweet & Sour Chicken Rice	servings	96	277	225	11	47.99	0.52
Chicken Alfredo Pasta	servings	240	887	1590	11	84.18	18.94
Beef, Bean & Cheese Burrito	1 each	100	702	1043	*3	85.81	10.05
Condiment Bar	portion	100	203	1088	19	24.14	1.56
House Salad	1 CUP	100	160	336	4	14.04	1.48
FRUIT,FRESH ASSORTED	1 EACH	826	55	1	*9	14.14	0.03
Raisins	1/4 cup	50	125	4	*N/A*	29.86	0.02
Carrots, Baby Ind. bags	bag	50	35	65	5	8.0	0.00
Milk, 1% White	carton	600	130	160	15	16.0	1.50
Milk, Non Fat, White	carton	200	90	130	13	13.0	0.00
Milk, Lactaid Fat Free	carton	26	90	125	12	13.0	0.00

Wed - 02/12/2020							
High School Lun 2019-2020	Total	810					
Cheeseburger	1 each	250	657	1250	7	54.76	11.11
Pepperoni Pizza	1 each	30	370	580	4	33.0	9.00
Cheese Pizza	1 each	34	360	510	4	34.0	8.00
Buffalo Chicken Wrap	1 each	30	581	1456	3	52.14	6.13
Mediterranean Wrap	1 each	20	504	896	5	62.58	3.03
Orange Chicken w/ Rice	1 wok bowl each	96	287	306	12	48.99	0.52
Spicy Penne with Meatballs	1 cup	250	488	1064	13	41.94	6.82
Grilled Chicken Sandwich	3 oz portions	100	457	713	4	46.0	1.88
Condiment Bar	portion	100	203	1088	19	24.14	1.56
House Salad	1 CUP	100	160	336	4	14.04	1.48
Raisins	1/4 cup	100	125	4	*N/A*	29.86	0.02
Carrots, Baby Ind. bags	bag	50	35	65	5	8.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	810	55	1	*9	14.14	0.03
Milk, 1% White	carton	600	130	160	15	16.0	1.50
Milk, Non Fat, White	carton	180	90	130	13	13.0	0.00
Milk, Lactaid Fat Free	carton	30	90	125	12	13.0	0.00

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	S-Fat (g)
Thu - 02/13/2020							
High School Lun 2019-2020	Total	826					
Spicy Chicken Sandwich BTO	1 each	250	700	1322	7	67.95	8.07
Soup and garlic toast	1 each	100	470	810	6	46.0	8.00
Chef Salad - 2018	1 each	20	732	1672	*4	56.89	9.27
Protein box	1 each	20	450	425	21	61.0	2.50
Sweet & Sour Chicken Rice	servings	96	277	225	11	47.99	0.52
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House Salad	1 CUP	100	160	336	4	14.04	1.48
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Milk, 1% White	carton	600	130	160	15	16.0	1.50
Milk, Non Fat, White	carton	200	90	130	13	13.0	0.00
Milk, Lactaid Fat Free	carton	26	90	125	12	13.0	0.00

Fri - 02/14/2020							
High School Lun 2019-2020	Total	802					
Cheeseburger	1 each	150	657	1250	7	54.76	11.11
Pepperoni Pizza	1 each	24	370	580	4	33.0	9.00
Cheese Pizza	1 each	24	360	510	4	34.0	8.00
Chicken Caesar Salad	Salad	20	599	1190	4	46.52	5.73
Mediterranean Wrap	1 each	10	504	896	5	62.58	3.03
Orange Chicken w/ Rice	1 wok bowl each	64	287	306	12	48.99	0.52
Hot Wings	5 wings	450	850	2433	19	45.34	11.88
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Portion Values - Detailed

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Mon - 02/17/2020							
High School Lun 2019-2020	Total	770					
Bacon Cheeseburger - BTO	1 each	300	764	1846	8	52.25	13.59
Pepperoni Pizza	1 each	30	370	580	4	33.0	9.00
Cheese Pizza	1 each	34	360	510	4	34.0	8.00
Chicken Caesar Salad	Salad	40	599	1190	4	46.52	5.73
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Raisins	1/4 cup	50	125	4	*N/A*	29.86	0.02

Tue - 02/18/2020							
High School Lun 2019-2020	Total	826					
Spicy Chicken Sandwich BTO	1 each	250	700	1322	7	67.95	8.07
Soup and garlic toast	1 each	100	470	810	6	46.0	8.00
Chef Salad - 2018	1 each	20	732	1672	*4	56.89	9.27
Protein box	1 each	20	450	425	21	61.0	2.50
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Thu - 02/20/2020							
High School Lun 2019-2020	Total	826					
Spicy Chicken Sandwich BTO	1 each	250	700	1322	7	67.95	8.07
Soup and garlic toast	1 each	100	470	810	6	46.0	8.00
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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	S-Fat (g)
Fri - 02/21/2020							
High School Lun 2019-2020	Total	802					
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Pepperoni Pizza	1 each	24	370	580	4	33.0	9.00
Cheese Pizza	1 each	24	360	510	4	34.0	8.00
Chicken Caesar Salad	Salad	20	599	1190	4	46.52	5.73
Mediterranean Wrap	1 each	10	504	896	5	62.58	3.03
Orange Chicken w/ Rice	1 wok bowl each	64	287	306	12	48.99	0.52
Hot Wings	5 wings	450	850	2433	19	45.34	11.88
Grilled Chicken Sandwich	3 oz portions	60	457	713	4	46.0	1.88
Condiment Bar	portion	100	203	1088	19	24.14	1.56
House Salad	1 CUP	100	160	336	4	14.04	1.48
FRUIT,FRESH ASSORTED	1 EACH	802	55	1	*9	14.14	0.03
Raisins	1/4 cup	50	125	4	*N/A*	29.86	0.02
Carrots, Baby Ind. bags	bag	50	35	65	5	8.0	0.00
Milk, 1% White	carton	600	130	160	15	16.0	1.50
Milk, Non Fat, White	carton	180	90	130	13	13.0	0.00
Milk, Lactaid Fat Free	carton	22	90	125	12	13.0	0.00

Mon - 02/24/2020							
High School Lun 2019-2020	Total	770					
Bacon Cheeseburger - BTO	1 each	300	764	1846	8	52.25	13.59
Pepperoni Pizza	1 each	30	370	580	4	33.0	9.00
Cheese Pizza	1 each	34	360	510	4	34.0	8.00
Chicken Caesar Salad	Salad	40	599	1190	4	46.52	5.73
Protein box	1 each	20	450	425	21	61.0	2.50
Orange Chicken w/ Rice	1 wok bowl each	96	287	306	12	48.99	0.52
Chili Cheese Nachos	1 each	150	646	1055	2	66.49	11.16
Grilled Chicken Sandwich	3 oz portions	100	457	713	4	46.0	1.88
House Salad	1 CUP	100	160	336	4	14.04	1.48
Condiment Bar	portion	100	203	1088	19	24.14	1.56
Carrots, Baby Ind. bags	bag	50	35	65	5	8.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	770	55	1	*9	14.14	0.03
Milk, 1% White	carton	500	130	160	15	16.0	1.50
Milk, Non Fat, White	carton	250	90	130	13	13.0	0.00
Milk, Lactaid Fat Free	carton	20	90	125	12	13.0	0.00
Raisins	1/4 cup	50	125	4	*N/A*	29.86	0.02

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Sacramento City Unified School District

Feb 3, 2020 thru Feb 28, 2020

Base Menu Spreadsheet

High School Lun 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 - 02/25/2020							
High School Lun 2019-2020	Total	826					
Spicy Chicken Sandwich BTO	1 each	250	700	1322	7	67.95	8.07
Soup and garlic toast	1 each	100	470	810	6	46.0	8.00
Chef Salad - 2018	1 each	20	732	1672	*4	56.89	9.27
Protein box	1 each	20	450	425	21	61.0	2.50
Sweet & Sour Chicken Rice	servings	96	277	225	11	47.99	0.52
Chicken Alfredo Pasta	servings	240	887	1590	11	84.18	18.94
Beef, Bean & Cheese Burrito	1 each	100	702	1043	*3	85.81	10.05
Condiment Bar	portion	100	203	1088	19	24.14	1.56
House Salad	1 CUP	100	160	336	4	14.04	1.48
FRUIT,FRESH ASSORTED	1 EACH	826	55	1	*9	14.14	0.03
Raisins	1/4 cup	50	125	4	*N/A*	29.86	0.02
Carrots, Baby Ind. bags	bag	50	35	65	5	8.0	0.00
Milk, 1% White	carton	600	130	160	15	16.0	1.50
Milk, Non Fat, White	carton	200	90	130	13	13.0	0.00
Milk, Lactaid Fat Free	carton	26	90	125	12	13.0	0.00

Wed - 02/26/2020							
High School Lun 2019-2020	Total	810					
Cheeseburger	1 each	250	657	1250	7	54.76	11.11
Pepperoni Pizza	1 each	30	370	580	4	33.0	9.00
Cheese Pizza	1 each	34	360	510	4	34.0	8.00
Buffalo Chicken Wrap	1 each	30	581	1456	3	52.14	6.13
Mediterranean Wrap	1 each	20	504	896	5	62.58	3.03
Orange Chicken w/ Rice	1 wok bowl each	96	287	306	12	48.99	0.52
Spicy Penne with Meatballs	1 cup	250	488	1064	13	41.94	6.82
Grilled Chicken Sandwich	3 oz portions	100	457	713	4	46.0	1.88
Condiment Bar	portion	100	203	1088	19	24.14	1.56
House Salad	1 CUP	100	160	336	4	14.04	1.48
Raisins	1/4 cup	100	125	4	*N/A*	29.86	0.02
Carrots, Baby Ind. bags	bag	50	35	65	5	8.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	810	55	1	*9	14.14	0.03
Milk, 1% White	carton	600	130	160	15	16.0	1.50
Milk, Non Fat, White	carton	180	90	130	13	13.0	0.00
Milk, Lactaid Fat Free	carton	30	90	125	12	13.0	0.00

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Sacramento City Unified School District

Feb 3, 2020 thru Feb 28, 2020

Base Menu Spreadsheet

High School Lun 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 - 02/27/2020							
High School Lun 2019-2020	Total	826					
Spicy Chicken Sandwich BTO	1 each	250	700	1322	7	67.95	8.07
Soup and garlic toast	1 each	100	470	810	6	46.0	8.00
Chef Salad - 2018	1 each	20	732	1672	*4	56.89	9.27
Protein box	1 each	20	450	425	21	61.0	2.50
Sweet & Sour Chicken Rice	servings	96	277	225	11	47.99	0.52
Chicken Alfredo Pasta	servings	240	887	1590	11	84.18	18.94
Beef, Bean & Cheese Burrito	1 each	100	702	1043	*3	85.81	10.05
Condiment Bar	portion	100	203	1088	19	24.14	1.56
House Salad	1 CUP	100	160	336	4	14.04	1.48
Raisins	1/4 cup	50	125	4	*N/A*	29.86	0.02
FRUIT,FRESH ASSORTED	1 EACH	826	55	1	*9	14.14	0.03
Milk, 1% White	carton	600	130	160	15	16.0	1.50
Milk, Non Fat, White	carton	200	90	130	13	13.0	0.00
Milk, Lactaid Fat Free	carton	26	90	125	12	13.0	0.00

Fri - 02/28/2020							
High School Lun 2019-2020	Total	802					
Cheeseburger	1 each	150	657	1250	7	54.76	11.11
Pepperoni Pizza	1 each	24	370	580	4	33.0	9.00
Cheese Pizza	1 each	24	360	510	4	34.0	8.00
Chicken Caesar Salad	Salad	20	599	1190	4	46.52	5.73
Mediterranean Wrap	1 each	10	504	896	5	62.58	3.03
Orange Chicken w/ Rice	1 wok bowl each	64	287	306	12	48.99	0.52
Hot Wings	5 wings	450	850	2433	19	45.34	11.88
Grilled Chicken Sandwich	3 oz portions	60	457	713	4	46.0	1.88
Condiment Bar	portion	100	203	1088	19	24.14	1.56
House Salad	1 CUP	100	160	336	4	14.04	1.48
FRUIT,FRESH ASSORTED	1 EACH	802	55	1	*9	14.14	0.03
Raisins	1/4 cup	50	125	4	*N/A*	29.86	0.02
Carrots, Baby Ind. bags	bag	50	35	65	5	8.0	0.00
Milk, 1% White	carton	600	130	160	15	16.0	1.50
Milk, Non Fat, White	carton	180	90	130	13	13.0	0.00
Milk, Lactaid Fat Free	carton	22	90	125	12	13.0	0.00

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