

Sacramento City Unified School District

Feb 3, 2020 thru Feb 28, 2020

Base Menu Spreadsheet

K-8 Lunch 2019-2020

Portion Values - Detailed

Page 1

Generated on: 1/29/2020 2:41:46 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	S-Fat (g)
Mon - 02/03/2020							
K-8 Lunch 2019-2020	Total	1					
Popcorn Chicken	12 pieces	1	250	380	1	16.0	2.50
CheezIt	1 each	1	100	150	0	14.0	1.00
BBQ Sauce	Tablespoon	1	15	70	3	3.5	0.00
Ketchup	1 TBSP	1	13	38	3	3.34	0.00
Sunbutter & Yogurt Meal(M/W/F)	Meal	1	500	545	27	65.0	2.50
Raisins	Box	1	120	5	27	29.0	0.00
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	12.39	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	14.14	0.03
Milk, 1% White	carton	1	130	160	15	16.0	1.50
Milk, 1% White	carton	1	130	160	15	16.0	1.50
Milk, Lactaid Fat Free	carton	1	90	125	12	13.0	0.00

Tue - 02/04/2020							
K-8 Lunch 2019-2020	Total	1					
Sweet & Sour Chicken (Yangs)	1/2 cup	1	141	201	9	18.13	0.50
Rice, Old Style Hawaiian(ELEM)	1/2 cup	1	119	2	1	26.05	0.00
Sunbutter & Cheese Meal (T/Th)	Meal	1	542	746	*13	51.22	7.83
Raisins	Box	1	120	5	27	29.0	0.00
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	12.39	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	14.14	0.03
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 Lunch 2019-2020	Total	1					
Turkey and Gravy (K-8)	#10 scoop	1	120	464	0	1.6	2.00
Mashed Potatoes, Simplot	1/2 cup	1	71	263	*0	13.39	0.00
Sunbutter & Yogurt Meal(M/W/F)	Meal	1	500	545	27	65.0	2.50
Dinner Roll,WW -Shannons	Dinner Roll	1	81	132	2	15.19	0.00
Raisins	Box	1	120	5	27	29.0	0.00
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	12.39	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	14.14	0.03
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, Non Fat, White	carton	1	90	130	13	13.0	0.00

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

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Page 2

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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 Lunch 2019-2020	Total	1					
Cheese Bites - Wild Mikes	5 Each	1	391	893	5	40.44	5.00
Marinara	4 oz	1	87	425	*7	12.76	0.45
Sunbutter & Cheese Meal (T/Th)	Meal	1	542	746	*13	51.22	7.83
Raisins	Box	1	120	5	27	29.0	0.00
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	12.39	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	14.14	0.03
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 Lunch 2019-2020	Total	1					
Hot Dog on a Bun	Hot Dog	1	290	690	5	32.0	4.00
Sunbutter & Yogurt Meal(M/W/F)	Meal	1	500	545	27	65.0	2.50
Sunbutter Sand. Meal (Straw.)	Meal	1	490	690	12	47.0	6.50
Ketchup, Pouch Disp-Heinz	Tablespoon	1	15	45	3	4.0	0.00
Mustard, Pouch Disp-Heinz	1/2 Tablespoon	1	0	98	0	0.0	0.00
BBQ Sauce	Tablespoon	1	15	70	3	3.5	0.00
Tater Tots	8 pieces	1	130	309	0	15.96	1.00
Carrots, Baby Ind. bags	bag	1	35	65	5	8.0	0.00
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	12.39	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	14.14	0.03
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 Lunch 2019-2020	Total	1					
Chicken Teriyaki	1/2 Cup	1	231	823	11	16.13	2.13
Rice, Old Style Hawaiian(ELEM)	1/2 cup	1	119	2	1	26.05	0.00
Sunbutter & Cheese Meal (T/Th)	Meal	1	542	746	*13	51.22	7.83
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	12.39	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	14.14	0.03
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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Page 3

Generated on: 1/29/2020 2:41:46 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	S-Fat (g)
Wed - 02/12/2020							
K-8 Lunch 2019-2020	Total	1					
Crunchy Taco, Beef	1 each	1	247	334	0	14.48	3.89
Sunbutter & Yogurt Meal(M/W/F)	Meal	1	500	545	27	65.0	2.50
Tapatio Sauce	1 packet	1	0	0	0	0.0	0.00
Refried Beans - Casa Solana	servings	1	47	144	1	8.24	0.00
Chips, Tortilla - Snack King	bag	1	270	220	0	31.0	1.50
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
Pico de Gallo	servings	1	14	31	*1	2.46	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 Lunch 2019-2020	Total	1					
Pizza, Cheese (Wild Mike's)	Slice	1	360	510	4	34.0	8.00
Pizza, Pepperoni (Wild Mike's)	Slice	1	370	580	4	33.0	9.00
Sunbutter & Cheese Meal (T/Th)	Meal	1	542	746	*13	51.22	7.83
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

Fri - 02/14/2020							
K-8 Lunch 2019-2020	Total	1					
Rotini Pasta w/ Meatballs	6 oz spoodle	1	792	1455	13	49.08	12.40
Dinner Roll,WW -Shannons	Dinner Roll	1	81	132	2	15.19	0.00
Sunbutter & Yogurt Meal(M/W/F)	Meal	1	500	545	27	65.0	2.50
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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Page 4

Generated on: 1/29/2020 2:41:46 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	S-Fat (g)
Tue - 02/18/2020							
K-8 Lunch 2019-2020	Total	1					
Sweet & Sour Chicken (Yangs)	1/2 cup	1	141	201	9	18.13	0.50
Rice, Old Style Hawaiian(ELEM)	1/2 cup	1	119	2	1	26.05	0.00
Sunbutter & Cheese Meal (T/Th)	Meal	1	542	746	*13	51.22	7.83
Raisins	1/4 cup	1	125	4	*N/A*	29.86	0.02
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	12.39	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	14.14	0.03
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 Lunch 2019-2020	Total	1					
Turkey and Gravy (K-8)	#10 scoop	1	120	464	0	1.6	2.00
Mashed Potatoes, Simplot	1/2 cup	1	71	263	*0	13.39	0.00
Sunbutter & Yogurt Meal(M/W/F)	Meal	1	500	545	27	65.0	2.50
Dinner Roll,WW -Shannons	Dinner Roll	1	81	132	2	15.19	0.00
Raisins	1/4 cup	1	125	4	*N/A*	29.86	0.02
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	12.39	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	14.14	0.03
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, Non Fat, White	carton	1	90	130	13	13.0	0.00

Thu - 02/20/2020							
K-8 Lunch 2019-2020	Total	1					
Cheese Bites - Wild Mikes	5 Each	1	391	893	5	40.44	5.00
Marinara	4 oz	1	87	425	*7	12.76	0.45
Sunbutter & Cheese Meal (T/Th)	Meal	1	542	746	*13	51.22	7.83
Raisins	1/4 cup	1	125	4	*N/A*	29.86	0.02
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	12.39	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	14.14	0.03
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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Page 5

Generated on: 1/29/2020 2:41:46 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	S-Fat (g)
Fri - 02/21/2020							
K-8 Lunch 2019-2020	Total	1					
Hot Dog on a Bun	Hot Dog	1	290	690	5	32.0	4.00
Sunbutter & Yogurt Meal(M/W/F)	Meal	1	500	545	27	65.0	2.50
Sunbutter Sand. Meal (Straw.)	Meal	1	490	690	12	47.0	6.50
Ketchup, Pouch Disp-Heinz	Tablespoon	1	15	45	3	4.0	0.00
Mustard, Pouch Disp-Heinz	1/2 Tablespoon	1	0	98	0	0.0	0.00
BBQ Sauce	Tablespoon	1	15	70	3	3.5	0.00
Tater Tots	8 pieces	1	130	309	0	15.96	1.00
Carrots, Baby Ind. bags	bag	1	35	65	5	8.0	0.00
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	12.39	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	14.14	0.03
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 Lunch 2019-2020	Total	1					
Chicken Strip,Tyson-Elementary	3 strips	1	280	470	1	16.0	2.50
Sunbutter & Yogurt Meal(M/W/F)	Meal	1	500	545	27	65.0	2.50
Mini Flame Roasted Potatoes	1/2 cup serving	1	101	182	0	17.22	0.00
Ketchup, Pouch Disp-Heinz	Tablespoon	1	15	45	3	4.0	0.00
Mustard, Pouch Disp-Heinz	1/2 Tablespoon	1	0	98	0	0.0	0.00
BBQ Sauce	Tablespoon	1	15	70	3	3.5	0.00
Ranch	1 oz	1	1	2	0	0.01	0.01
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 - 02/25/2020							
K-8 Lunch 2019-2020	Total	1					
Chicken Teriyaki	1/2 Cup	1	231	823	11	16.13	2.13
Rice, Old Style Hawaiian(ELEM)	1/2 cup	1	119	2	1	26.05	0.00
Sunbutter & Cheese Meal (T/Th)	Meal	1	542	746	*13	51.22	7.83
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	12.39	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	14.14	0.03
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 Lunch 2019-2020

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Page 6

Generated on: 1/29/2020 2:41:46 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	S-Fat (g)
Wed - 02/26/2020							
K-8 Lunch 2019-2020	Total	1					
Crunchy Taco, Beef	1 each	1	247	334	0	14.48	3.89
Sunbutter & Yogurt Meal(M/W/F)	Meal	1	500	545	27	65.0	2.50
Tapatio Sauce	1 packet	1	0	0	0	0.0	0.00
Refried Beans - Casa Solana	servings	1	47	144	1	8.24	0.00
Chips, Tortilla - Snack King	bag	1	270	220	0	31.0	1.50
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
Pico de Gallo	servings	1	14	31	*1	2.46	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 Lunch 2019-2020	Total	1					
Pizza, Cheese (Wild Mike's)	Slice	1	360	510	4	34.0	8.00
Pizza, Pepperoni (Wild Mike's)	Slice	1	370	580	4	33.0	9.00
Sunbutter & Cheese Meal (T/Th)	Meal	1	542	746	*13	51.22	7.83
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

Fri - 02/28/2020							
K-8 Lunch 2019-2020	Total	1					
Rotini Pasta w/ Meatballs	6 oz spoodle	1	792	1455	13	49.08	12.40
Dinner Roll,WW -Shannons	Dinner Roll	1	81	132	2	15.19	0.00
Sunbutter & Yogurt Meal(M/W/F)	Meal	1	500	545	27	65.0	2.50
Vegetarian Beans, Baked-USDA	1/2 cup	1	5	6	0	0.91	0.00
Ketchup, Pouch Disp-Heinz	Tablespoon	1	15	45	3	4.0	0.00
Mustard, Pouch Disp-Heinz	1/2 Tablespoon	1	0	98	0	0.0	0.00
BBQ Sauce	Tablespoon	1	15	70	3	3.5	0.00
Ranch Dressing	1 each	1	35	181	*N/A*	3.5	0.52
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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