

Sacramento City Unified School District

Feb 3, 2020 thru Feb 28, 2020

Base Menu Spreadsheet

Middle Lunch 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							
Middle Lunch 2019-2020	Total	476					
Orange Chicken w/ Rice	1 wok bowl each	96	287	306	12	48.99	0.52
Cheeseburger	1 each	220	657	1250	7	54.76	11.11
Cheese Pizza	1 each	24	360	510	4	34.0	8.00
Pepperoni Pizza	1 each	96	370	580	4	33.0	9.00
Chicken Caesar Salad	Salad	20	599	1190	4	46.52	5.73
Protein box	1 each	20	450	425	21	61.0	2.50
Condiment Bar	portion	75	203	1088	19	24.14	1.56
House Salad	1 CUP	50	160	336	4	14.04	1.48
Raisins	1/4 cup	25	125	4	*N/A*	29.86	0.02
Carrots, Baby Ind. bags	bag	25	35	65	5	8.0	0.00
Milk, 1% White	carton	250	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

Tue - 02/04/2020							
Middle Lunch 2019-2020	Total	486					
Soup and garlic toast	1 each	120	470	810	6	46.0	8.00
ChickenTenders	Box	160	559	1070	1	44.19	4.76
Cheese Pizza	1 each	72	360	510	4	34.0	8.00
Pepperoni Pizza	1 each	104	370	580	4	33.0	9.00
Chef Salad - 2018	1 each	10	732	1672	*4	56.89	9.27
Protein box	1 each	20	450	425	21	61.0	2.50
Condiment Bar	portion	75	203	1088	19	24.14	1.56
House Salad	1 CUP	50	160	336	4	14.04	1.48
Raisins	1/4 cup	25	125	4	*N/A*	29.86	0.02
Carrots, Baby Ind. bags	bag	25	35	65	5	8.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	486	55	1	*9	14.14	0.03
Milk, 1% White	carton	300	130	160	15	16.0	1.50
Milk, Non Fat, White	carton	160	90	130	13	13.0	0.00
Milk, Lactaid Fat Free	carton	26	90	125	12	13.0	0.00

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Feb 3, 2020 thru Feb 28, 2020

Base Menu Spreadsheet

Middle Lunch 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							
Middle Lunch 2019-2020	Total	488					
Cheese Bites	1 each	120	391	892	5	40.44	5.00
Marinara Dipping Sauce	1/2 cup	1	35	630	*N/A*	6.0	*N/A*
Cheeseburger	1 each	220	657	1250	7	54.76	11.11
Cheese Pizza	1 each	56	360	510	4	34.0	8.00
Pepperoni Pizza	1 each	32	370	580	4	33.0	9.00
Buffalo Chicken Wrap	1 each	40	581	1456	3	52.14	6.13
Protein box	1 each	20	450	425	21	61.0	2.50
Raisins	1/4 cup	25	125	4	*N/A*	29.86	0.02
Condiment Bar	portion	75	203	1088	19	24.14	1.56
House Salad	1 CUP	50	160	336	4	14.04	1.48
Carrots, Baby Ind. bags	bag	25	35	65	5	8.0	0.00
Milk, 1% White	carton	300	130	160	15	16.0	1.50
Milk, Non Fat, White	carton	160	90	130	13	13.0	0.00
Milk, Lactaid Fat Free	carton	28	90	125	12	13.0	0.00

Thu - 02/06/2020							
Middle Lunch 2019-2020	Total	488					
Chicken Alfredo Pasta	servings	170	887	1590	11	84.18	18.94
ChickenTenders	Box	160	559	1070	1	44.19	4.76
Spicy Chicken Sandwich	1 each	1	688	1120	6	65.65	8.07
Cheese Pizza	1 each	32	360	510	4	34.0	8.00
Pepperoni Pizza	1 each	96	370	580	4	33.0	9.00
Chef Salad - 2018	1 each	20	732	1672	*4	56.89	9.27
Protein box	1 each	10	450	425	21	61.0	2.50
House Salad	1 CUP	50	160	336	4	14.04	1.48
Condiment Bar	portion	75	203	1088	19	24.14	1.56
Raisins	1/4 cup	25	125	4	*N/A*	29.86	0.02
Carrots, Baby Ind. bags	bag	25	35	65	5	8.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	488	55	1	*9	14.14	0.03
Milk, 1% White	carton	300	130	160	15	16.0	1.50
Milk, Non Fat, White	carton	160	90	130	13	13.0	0.00
Milk, Lactaid Fat Free	carton	28	90	125	12	13.0	0.00

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Base Menu Spreadsheet

Middle Lunch 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 - 02/07/2020							
Middle Lunch 2019-2020	Total	522					
Popcorn Chicken Bowl	1 bowl	250	551	1204	7	63.6	6.04
Pepperoni Pizza	1 each	112	370	580	4	33.0	9.00
Cheese Pizza	1 each	60	360	510	4	34.0	8.00
Corn Dog	Recipe	1	604	1075	10	75.24	5.95
Chicken Caesar Salad	Salad	20	599	1190	4	46.52	5.73
Protein box	1 each	20	450	425	21	61.0	2.50
Condiment Bar	portion	75	203	1088	19	24.14	1.56
House Salad	1 CUP	50	160	336	4	14.04	1.48
Raisins	1/4 cup	25	125	4	*N/A*	29.86	0.02
Carrots, Baby Ind. bags	bag	25	35	65	5	8.0	0.00
FRUIT, FRESH ASSORTED	1 EACH	522	55	1	*9	14.14	0.03
Milk, 1% White	carton	300	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	22	90	125	12	13.0	0.00
Corn Dog	Recipe	60	604	1075	10	75.24	5.95

Mon - 02/10/2020							
Middle Lunch 2019-2020	Total	476					
Orange Chicken w/ Rice	1 wok bowl each	96	287	306	12	48.99	0.52
Cheeseburger	1 each	220	657	1250	7	54.76	11.11
Cheese Pizza	1 each	24	360	510	4	34.0	8.00
Pepperoni Pizza	1 each	96	370	580	4	33.0	9.00
Chicken Caesar Salad	Salad	20	599	1190	4	46.52	5.73
Protein box	1 each	20	450	425	21	61.0	2.50
Condiment Bar	portion	75	203	1088	19	24.14	1.56
House Salad	1 CUP	50	160	336	4	14.04	1.48
Raisins	1/4 cup	25	125	4	*N/A*	29.86	0.02
Carrots, Baby Ind. bags	bag	25	35	65	5	8.0	0.00
Milk, 1% White	carton	250	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

Middle Lunch 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							
Middle Lunch 2019-2020	Total	486					
Soup and garlic toast	1 each	120	470	810	6	46.0	8.00
ChickenTenders	Box	160	559	1070	1	44.19	4.76
Cheese Pizza	1 each	72	360	510	4	34.0	8.00
Pepperoni Pizza	1 each	104	370	580	4	33.0	9.00
Chef Salad - 2018	1 each	10	732	1672	*4	56.89	9.27
Protein box	1 each	20	450	425	21	61.0	2.50
Condiment Bar	portion	75	203	1088	19	24.14	1.56
House Salad	1 CUP	50	160	336	4	14.04	1.48
Raisins	1/4 cup	25	125	4	*N/A*	29.86	0.02
Carrots, Baby Ind. bags	bag	25	35	65	5	8.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	486	55	1	*9	14.14	0.03
Milk, 1% White	carton	300	130	160	15	16.0	1.50
Milk, Non Fat, White	carton	160	90	130	13	13.0	0.00
Milk, Lactaid Fat Free	carton	26	90	125	12	13.0	0.00

Wed - 02/12/2020							
Middle Lunch 2019-2020	Total	488					
Cheese Bites	1 each	120	391	892	5	40.44	5.00
Marinara Dipping Sauce	1/2 cup	1	35	630	*N/A*	6.0	*N/A*
Cheeseburger	1 each	220	657	1250	7	54.76	11.11
Cheese Pizza	1 each	56	360	510	4	34.0	8.00
Pepperoni Pizza	1 each	32	370	580	4	33.0	9.00
Buffalo Chicken Wrap	1 each	40	581	1456	3	52.14	6.13
Protein box	1 each	20	450	425	21	61.0	2.50
Raisins	1/4 cup	25	125	4	*N/A*	29.86	0.02
Condiment Bar	portion	75	203	1088	19	24.14	1.56
House Salad	1 CUP	50	160	336	4	14.04	1.48
Carrots, Baby Ind. bags	bag	25	35	65	5	8.0	0.00
Milk, 1% White	carton	300	130	160	15	16.0	1.50
Milk, Non Fat, White	carton	160	90	130	13	13.0	0.00
Milk, Lactaid Fat Free	carton	28	90	125	12	13.0	0.00

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Feb 3, 2020 thru Feb 28, 2020

Base Menu Spreadsheet

Middle Lunch 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 - 02/13/2020							
Middle Lunch 2019-2020	Total	488					
Chicken Alfredo Pasta	servings	170	887	1590	11	84.18	18.94
ChickenTenders	Box	160	559	1070	1	44.19	4.76
Spicy Chicken Sandwich	1 each	1	688	1120	6	65.65	8.07
Cheese Pizza	1 each	32	360	510	4	34.0	8.00
Pepperoni Pizza	1 each	96	370	580	4	33.0	9.00
Chef Salad - 2018	1 each	20	732	1672	*4	56.89	9.27
Protein box	1 each	10	450	425	21	61.0	2.50
House Salad	1 CUP	50	160	336	4	14.04	1.48
Condiment Bar	portion	75	203	1088	19	24.14	1.56
Raisins	1/4 cup	25	125	4	*N/A*	29.86	0.02
Carrots, Baby Ind. bags	bag	25	35	65	5	8.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	488	55	1	*9	14.14	0.03
Milk, 1% White	carton	300	130	160	15	16.0	1.50
Milk, Non Fat, White	carton	160	90	130	13	13.0	0.00
Milk, Lactaid Fat Free	carton	28	90	125	12	13.0	0.00

Fri - 02/14/2020							
Middle Lunch 2019-2020	Total	522					
Popcorn Chicken Bowl	1 bowl	250	551	1204	7	63.6	6.04
Pepperoni Pizza	1 each	112	370	580	4	33.0	9.00
Cheese Pizza	1 each	60	360	510	4	34.0	8.00
Corn Dog	Recipe	1	604	1075	10	75.24	5.95
Chicken Caesar Salad	Salad	20	599	1190	4	46.52	5.73
Protein box	1 each	20	450	425	21	61.0	2.50
Condiment Bar	portion	75	203	1088	19	24.14	1.56
House Salad	1 CUP	50	160	336	4	14.04	1.48
Raisins	1/4 cup	25	125	4	*N/A*	29.86	0.02
Carrots, Baby Ind. bags	bag	25	35	65	5	8.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	522	55	1	*9	14.14	0.03
Milk, 1% White	carton	300	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	22	90	125	12	13.0	0.00
Corn Dog	Recipe	60	604	1075	10	75.24	5.95

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Base Menu Spreadsheet

Middle Lunch 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 - 02/17/2020							
Middle Lunch 2019-2020	Total	476					
Orange Chicken w/ Rice	1 wok bowl each	96	287	306	12	48.99	0.52
Cheeseburger	1 each	220	657	1250	7	54.76	11.11
Cheese Pizza	1 each	24	360	510	4	34.0	8.00
Pepperoni Pizza	1 each	96	370	580	4	33.0	9.00
Chicken Caesar Salad	Salad	20	599	1190	4	46.52	5.73
Protein box	1 each	20	450	425	21	61.0	2.50
Condiment Bar	portion	75	203	1088	19	24.14	1.56
House Salad	1 CUP	50	160	336	4	14.04	1.48
Raisins	1/4 cup	25	125	4	*N/A*	29.86	0.02
Carrots, Baby Ind. bags	bag	25	35	65	5	8.0	0.00
Milk, 1% White	carton	250	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

Tue - 02/18/2020							
Middle Lunch 2019-2020	Total	486					
Soup and garlic toast	1 each	120	470	810	6	46.0	8.00
ChickenTenders	Box	160	559	1070	1	44.19	4.76
Cheese Pizza	1 each	72	360	510	4	34.0	8.00
Pepperoni Pizza	1 each	104	370	580	4	33.0	9.00
Chef Salad - 2018	1 each	10	732	1672	*4	56.89	9.27
Protein box	1 each	20	450	425	21	61.0	2.50
Condiment Bar	portion	75	203	1088	19	24.14	1.56
House Salad	1 CUP	50	160	336	4	14.04	1.48
Raisins	1/4 cup	25	125	4	*N/A*	29.86	0.02
Carrots, Baby Ind. bags	bag	25	35	65	5	8.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	486	55	1	*9	14.14	0.03
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Middle Lunch 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 - 02/19/2020							
Middle Lunch 2019-2020	Total	488					
Cheese Bites	1 each	120	391	892	5	40.44	5.00
Marinara Dipping Sauce	1/2 cup	1	35	630	*N/A*	6.0	*N/A*
Cheeseburger	1 each	220	657	1250	7	54.76	11.11
Cheese Pizza	1 each	56	360	510	4	34.0	8.00
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Milk, 1% White	carton	300	130	160	15	16.0	1.50
Milk, Non Fat, White	carton	160	90	130	13	13.0	0.00
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Thu - 02/20/2020							
Middle Lunch 2019-2020	Total	488					
Chicken Alfredo Pasta	servings	170	887	1590	11	84.18	18.94
ChickenTenders	Box	160	559	1070	1	44.19	4.76
Spicy Chicken Sandwich	1 each	1	688	1120	6	65.65	8.07
Cheese Pizza	1 each	32	360	510	4	34.0	8.00
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Fri - 02/21/2020							
Middle Lunch 2019-2020	Total	522					
Popcorn Chicken Bowl	1 bowl	250	551	1204	7	63.6	6.04
Pepperoni Pizza	1 each	112	370	580	4	33.0	9.00
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Corn Dog	Recipe	1	604	1075	10	75.24	5.95
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Corn Dog	Recipe	60	604	1075	10	75.24	5.95

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Middle Lunch 2019-2020	Total	476					
Orange Chicken w/ Rice	1 wok bowl each	96	287	306	12	48.99	0.52
Cheeseburger	1 each	220	657	1250	7	54.76	11.11
Cheese Pizza	1 each	24	360	510	4	34.0	8.00
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Sacramento City Unified School District

Feb 3, 2020 thru Feb 28, 2020

Base Menu Spreadsheet

Middle Lunch 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							
Middle Lunch 2019-2020	Total	486					
Soup and garlic toast	1 each	120	470	810	6	46.0	8.00
ChickenTenders	Box	160	559	1070	1	44.19	4.76
Cheese Pizza	1 each	72	360	510	4	34.0	8.00
Pepperoni Pizza	1 each	104	370	580	4	33.0	9.00
Chef Salad - 2018	1 each	10	732	1672	*4	56.89	9.27
Protein box	1 each	20	450	425	21	61.0	2.50
Condiment Bar	portion	75	203	1088	19	24.14	1.56
House Salad	1 CUP	50	160	336	4	14.04	1.48
Raisins	1/4 cup	25	125	4	*N/A*	29.86	0.02
Carrots, Baby Ind. bags	bag	25	35	65	5	8.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	486	55	1	*9	14.14	0.03
Milk, 1% White	carton	300	130	160	15	16.0	1.50
Milk, Non Fat, White	carton	160	90	130	13	13.0	0.00
Milk, Lactaid Fat Free	carton	26	90	125	12	13.0	0.00

Wed - 02/26/2020							
Middle Lunch 2019-2020	Total	488					
Cheese Bites	1 each	120	391	892	5	40.44	5.00
Marinara Dipping Sauce	1/2 cup	1	35	630	*N/A*	6.0	*N/A*
Cheeseburger	1 each	220	657	1250	7	54.76	11.11
Cheese Pizza	1 each	56	360	510	4	34.0	8.00
Pepperoni Pizza	1 each	32	370	580	4	33.0	9.00
Buffalo Chicken Wrap	1 each	40	581	1456	3	52.14	6.13
Protein box	1 each	20	450	425	21	61.0	2.50
Raisins	1/4 cup	25	125	4	*N/A*	29.86	0.02
Condiment Bar	portion	75	203	1088	19	24.14	1.56
House Salad	1 CUP	50	160	336	4	14.04	1.48
Carrots, Baby Ind. bags	bag	25	35	65	5	8.0	0.00
Milk, 1% White	carton	300	130	160	15	16.0	1.50
Milk, Non Fat, White	carton	160	90	130	13	13.0	0.00
Milk, Lactaid Fat Free	carton	28	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

Middle Lunch 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							
Middle Lunch 2019-2020	Total	488					
Chicken Alfredo Pasta	servings	170	887	1590	11	84.18	18.94
ChickenTenders	Box	160	559	1070	1	44.19	4.76
Spicy Chicken Sandwich	1 each	1	688	1120	6	65.65	8.07
Cheese Pizza	1 each	32	360	510	4	34.0	8.00
Pepperoni Pizza	1 each	96	370	580	4	33.0	9.00
Chef Salad - 2018	1 each	20	732	1672	*4	56.89	9.27
Protein box	1 each	10	450	425	21	61.0	2.50
House Salad	1 CUP	50	160	336	4	14.04	1.48
Condiment Bar	portion	75	203	1088	19	24.14	1.56
Raisins	1/4 cup	25	125	4	*N/A*	29.86	0.02
Carrots, Baby Ind. bags	bag	25	35	65	5	8.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	488	55	1	*9	14.14	0.03
Milk, 1% White	carton	300	130	160	15	16.0	1.50
Milk, Non Fat, White	carton	160	90	130	13	13.0	0.00
Milk, Lactaid Fat Free	carton	28	90	125	12	13.0	0.00

Fri - 02/28/2020							
Middle Lunch 2019-2020	Total	522					
Popcorn Chicken Bowl	1 bowl	250	551	1204	7	63.6	6.04
Pepperoni Pizza	1 each	112	370	580	4	33.0	9.00
Cheese Pizza	1 each	60	360	510	4	34.0	8.00
Corn Dog	Recipe	1	604	1075	10	75.24	5.95
Chicken Caesar Salad	Salad	20	599	1190	4	46.52	5.73
Protein box	1 each	20	450	425	21	61.0	2.50
Condiment Bar	portion	75	203	1088	19	24.14	1.56
House Salad	1 CUP	50	160	336	4	14.04	1.48
Raisins	1/4 cup	25	125	4	*N/A*	29.86	0.02
Carrots, Baby Ind. bags	bag	25	35	65	5	8.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	522	55	1	*9	14.14	0.03
Milk, 1% White	carton	300	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	22	90	125	12	13.0	0.00
Corn Dog	Recipe	60	604	1075	10	75.24	5.95

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