

Sacramento City Unified School District

Feb 3, 2020 thru Feb 28, 2020

Base Menu Spreadsheet
Portion Values - Detailed

Sm. High School Brk 2019-2020

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	S-Fat (g)
Mon - 02/03/2020							
Sm. High School Brk 2019-2	Total	1					
English Muffin Egg & Sausage	Sandwich	1	293	681	1	29.4	2.30
Crispito (Secondary Breakfast)	1 each	1	276	571	3	25.85	2.85
Cereal, Assorted - Secondary	1 each	1	223	293	13	45.33	0.33
Orange Juice, frozen	1 each	1	56	1	10	13.41	0.01
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 - 02/04/2020							
Sm. High School Brk 2019-2	Total	1					
Breakfast Pizza, Sausage	1 each	1	210	480	9	26.0	2.00
Cinnamon Roll	1 each	1	271	136	30	58.98	1.11
Cereal, Assorted - Secondary	1 each	1	223	293	13	45.33	0.33
Orange Juice, frozen	1 each	1	56	1	10	13.41	0.01
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							
Sm. High School Brk 2019-2	Total	1					
Ham and Egg Sandwich	Sandwich	1	290	1165	2	29.0	1.50
Crispito (Secondary Breakfast)	1 each	1	276	571	3	25.85	2.85
Cereal, Assorted - Secondary	1 each	1	223	293	13	45.33	0.33
Orange Juice, frozen	1 each	1	56	1	10	13.41	0.01
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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Sm. High School Brk 2019-2020

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	S-Fat (g)
Thu - 02/06/2020							
Sm. High School Brk 2019-2	Total	1					
Breakfast Chicken Slider	2 each	1	356	1092	6	32.8	4.10
Cinnamon Roll	1 each	1	271	136	30	58.98	1.11
Cereal, Assorted - Secondary	1 each	1	223	293	13	45.33	0.33
Orange Juice, frozen	1 each	1	56	1	10	13.41	0.01
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
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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							
Sm. High School Brk 2019-2	Total	1					
Breakfast Bowl	1 bowl	1	417	886	1	31.25	8.79
Muffin (Fresh Baked) Fat Cat	muffin	1	350	187	83	56.72	1.61
Cereal, Assorted - Secondary	1 each	1	223	293	13	45.33	0.33
Orange Juice, frozen	1 each	1	56	1	10	13.41	0.01
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 - 02/10/2020							
Sm. High School Brk 2019-2	Total	1					
English Muffin Egg & Sausage	Sandwich	1	293	681	1	29.4	2.30
Crispito (Secondary Breakfast)	1 each	1	276	571	3	25.85	2.85
Cereal, Assorted - Secondary	1 each	1	223	293	13	45.33	0.33
Orange Juice, frozen	1 each	1	56	1	10	13.41	0.01
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
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Sm. High School Brk 2019-2020

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	S-Fat (g)
Tue - 02/11/2020							
Sm. High School Brk 2019-2	Total	1					
Breakfast Pizza, Sausage	1 each	1	210	480	9	26.0	2.00
Cinnamon Roll	1 each	1	271	136	30	58.98	1.11
Cereal, Assorted - Secondary	1 each	1	223	293	13	45.33	0.33
Orange Juice, frozen	1 each	1	56	1	10	13.41	0.01
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 - 02/12/2020							
Sm. High School Brk 2019-2	Total	1					
Ham and Egg Sandwich	Sandwich	1	290	1165	2	29.0	1.50
Crispito (Secondary Breakfast)	1 each	1	276	571	3	25.85	2.85
Cereal, Assorted - Secondary	1 each	1	223	293	13	45.33	0.33
Orange Juice, frozen	1 each	1	56	1	10	13.41	0.01
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

Thu - 02/13/2020							
Sm. High School Brk 2019-2	Total	1					
Breakfast Chicken Slider	2 each	1	356	1092	6	32.8	4.10
Cinnamon Roll	1 each	1	271	136	30	58.98	1.11
Cereal, Assorted - Secondary	1 each	1	223	293	13	45.33	0.33
Orange Juice, frozen	1 each	1	56	1	10	13.41	0.01
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
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Sm. High School Brk 2019-2020

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	S-Fat (g)
Fri - 02/14/2020							
Sm. High School Brk 2019-2	Total	1					
Breakfast Bowl	1 bowl	1	417	886	1	31.25	8.79
Muffin (Fresh Baked) Fat Cat	muffin	1	350	187	83	56.72	1.61
Cereal, Assorted - Secondary	1 each	1	223	293	13	45.33	0.33
Orange Juice, frozen	1 each	1	56	1	10	13.41	0.01
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 - 02/17/2020							
Sm. High School Brk 2019-2	Total	1					
English Muffin Egg & Sausage	Sandwich	1	293	681	1	29.4	2.30
Crispito (Secondary Breakfast)	1 each	1	276	571	3	25.85	2.85
Cereal, Assorted - Secondary	1 each	1	223	293	13	45.33	0.33
Orange Juice, frozen	1 each	1	56	1	10	13.41	0.01
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 - 02/18/2020							
Sm. High School Brk 2019-2	Total	1					
Breakfast Pizza, Sausage	1 each	1	210	480	9	26.0	2.00
Cinnamon Roll	1 each	1	271	136	30	58.98	1.11
Cereal, Assorted - Secondary	1 each	1	223	293	13	45.33	0.33
Orange Juice, frozen	1 each	1	56	1	10	13.41	0.01
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
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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	S-Fat (g)
Wed - 02/19/2020							
Sm. High School Brk 2019-2	Total	1					
Ham and Egg Sandwich	Sandwich	1	290	1165	2	29.0	1.50
Crispito (Secondary Breakfast)	1 each	1	276	571	3	25.85	2.85
Cereal, Assorted - Secondary	1 each	1	223	293	13	45.33	0.33
Orange Juice, frozen	1 each	1	56	1	10	13.41	0.01
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	12.39	0.00
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Milk, Lactaid Fat Free	carton	1	90	125	12	13.0	0.00

Thu - 02/20/2020							
Sm. High School Brk 2019-2	Total	1					
Breakfast Chicken Slider	2 each	1	356	1092	6	32.8	4.10
Cinnamon Roll	1 each	1	271	136	30	58.98	1.11
Cereal, Assorted - Secondary	1 each	1	223	293	13	45.33	0.33
Orange Juice, frozen	1 each	1	56	1	10	13.41	0.01
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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 - 02/21/2020							
Sm. High School Brk 2019-2	Total	1					
Breakfast Bowl	1 bowl	1	417	886	1	31.25	8.79
Muffin (Fresh Baked) Fat Cat	muffin	1	350	187	83	56.72	1.61
Cereal, Assorted - Secondary	1 each	1	223	293	13	45.33	0.33
Orange Juice, frozen	1 each	1	56	1	10	13.41	0.01
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	12.39	0.00
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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	S-Fat (g)
Mon - 02/24/2020							
Sm. High School Brk 2019-2	Total	1					
English Muffin Egg & Sausage	Sandwich	1	293	681	1	29.4	2.30
Crispito (Secondary Breakfast)	1 each	1	276	571	3	25.85	2.85
Cereal, Assorted - Secondary	1 each	1	223	293	13	45.33	0.33
Orange Juice, frozen	1 each	1	56	1	10	13.41	0.01
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Milk, Lactaid Fat Free	carton	1	90	125	12	13.0	0.00

Tue - 02/25/2020							
Sm. High School Brk 2019-2	Total	1					
Breakfast Pizza, Sausage	1 each	1	210	480	9	26.0	2.00
Cinnamon Roll	1 each	1	271	136	30	58.98	1.11
Cereal, Assorted - Secondary	1 each	1	223	293	13	45.33	0.33
Orange Juice, frozen	1 each	1	56	1	10	13.41	0.01
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Milk, Lactaid Fat Free	carton	1	90	125	12	13.0	0.00

Wed - 02/26/2020							
Sm. High School Brk 2019-2	Total	1					
Ham and Egg Sandwich	Sandwich	1	290	1165	2	29.0	1.50
Crispito (Secondary Breakfast)	1 each	1	276	571	3	25.85	2.85
Cereal, Assorted - Secondary	1 each	1	223	293	13	45.33	0.33
Orange Juice, frozen	1 each	1	56	1	10	13.41	0.01
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Thu - 02/27/2020							
Sm. High School Brk 2019-2	Total	1					
Breakfast Chicken Slider	2 each	1	356	1092	6	32.8	4.10
Cinnamon Roll	1 each	1	271	136	30	58.98	1.11
Cereal, Assorted - Secondary	1 each	1	223	293	13	45.33	0.33
Orange Juice, frozen	1 each	1	56	1	10	13.41	0.01
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Milk, Lactaid Fat Free	carton	1	90	125	12	13.0	0.00

Fri - 02/28/2020							
Sm. High School Brk 2019-2	Total	1					
Breakfast Bowl	1 bowl	1	417	886	1	31.25	8.79
Muffin (Fresh Baked) Fat Cat	muffin	1	350	187	83	56.72	1.61
Cereal, Assorted - Secondary	1 each	1	223	293	13	45.33	0.33
Orange Juice, frozen	1 each	1	56	1	10	13.41	0.01
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