

Sacramento City Unified School District

Feb 3, 2020 thru Feb 28, 2020

Base Menu Spreadsheet

Sm. High School Lun 2019-2020

Portion Values - Detailed

Page 1

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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 Lun 2019-2	Total	150					
Orange Chicken w/ Rice	1 wok bowl each	95	287	306	12	48.99	0.52
Cheese Pizza	1 each	16	360	510	4	34.0	8.00
Pepperoni Pizza	1 each	24	370	580	4	33.0	9.00
Chicken Caesar Salad	Salad	7	599	1190	4	46.52	5.73
Protein box	1 each	8	450	425	21	61.0	2.50
Salad Bar	1/2 cup	150	347	392	*34	68.45	2.83
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	115	130	160	15	16.0	1.50
Milk, Non Fat, White	carton	20	90	130	13	13.0	0.00
Milk, Lactaid Fat Free	carton	15	90	125	12	13.0	0.00

Tue - 02/04/2020							
Sm. High School Lun 2019-2	Total	1					
Corn Dog	Recipe	1	604	1075	10	75.24	5.95
Soup and garlic toast	1 each	1	470	810	6	46.0	8.00
Chef Salad - 2018	1 each	1	732	1672	*4	56.89	9.27
Mediterranean Wrap	1 each	1	504	896	5	62.58	3.03
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	14.14	0.03
Raisins	1/4 cup	1	125	4	*N/A*	29.86	0.02
Carrots, Baby Ind. bags	bag	1	35	65	5	8.0	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

Wed - 02/05/2020							
Sm. High School Lun 2019-2	Total	1					
Buffalo Chicken Wrap	1 each	1	581	1456	3	52.14	6.13
Cheeseburger	1 each	1	657	1250	7	54.76	11.11
Pepperoni Pizza	1 each	1	370	580	4	33.0	9.00
Cheese Pizza	1 each	1	360	510	4	34.0	8.00
Protein box	1 each	1	450	425	21	61.0	2.50
Ketchup, Pouch Disp-Heinz	Tablespoon	1	15	45	3	4.0	0.00
Mustard	Packet	1	4	94	0	0.46	0.01
Salad Bar	1/2 cup	1	347	392	*34	68.45	2.83
Raisins	1/4 cup	1	125	4	*N/A*	29.86	0.02
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

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Sacramento City Unified School District

Base Menu Spreadsheet
Portion Values - Detailed

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Feb 3, 2020 thru Feb 28, 2020

Sm. High School Lun 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 Lun 2019-2	Total	1					
Chicken Alfredo Pasta	servings	1	887	1590	11	84.18	18.94
Soup and garlic toast	1 each	1	470	810	6	46.0	8.00
Chef Salad - 2018	1 each	1	732	1672	*4	56.89	9.27
Mediterranean Wrap	1 each	1	504	896	5	62.58	3.03
Salad Bar	1/2 cup	1	347	392	*34	68.45	2.83
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
Raisins	1/4 cup	1	125	4	*N/A*	29.86	0.02
Carrots, Baby Ind. bags	bag	1	35	65	5	8.0	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 - 02/07/2020							
Sm. High School Lun 2019-2	Total	1					
Hot Wings - foster farms	5 wings	1	850	2433	19	45.34	11.88
Corn Bread	1 square	1	286	190	18	45.0	1.30
Pepperoni Pizza	1 each	1	370	580	4	33.0	9.00
Cheese Pizza	1 each	1	360	510	4	34.0	8.00
Chicken Caesar Salad	Salad	1	599	1190	4	46.52	5.73
Protein box	1 each	1	450	425	21	61.0	2.50
Ketchup, Pouch Disp-Heinz	Tablespoon	1	15	45	3	4.0	0.00
Mustard	Packet	1	4	94	0	0.46	0.01
Salad Bar	1/2 cup	1	347	392	*34	68.45	2.83
Carrots, Baby Ind. bags	bag	1	35	65	5	8.0	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, 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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Sacramento City Unified School District

Feb 3, 2020 thru Feb 28, 2020

Base Menu Spreadsheet

Sm. 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 - 02/10/2020							
Sm. High School Lun 2019-2	Total	150					
Orange Chicken w/ Rice	1 wok bowl each	95	287	306	12	48.99	0.52
Cheese Pizza	1 each	16	360	510	4	34.0	8.00
Pepperoni Pizza	1 each	24	370	580	4	33.0	9.00
Chicken Caesar Salad	Salad	7	599	1190	4	46.52	5.73
Protein box	1 each	8	450	425	21	61.0	2.50
Salad Bar	1/2 cup	150	347	392	*34	68.45	2.83
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	115	130	160	15	16.0	1.50
Milk, Non Fat, White	carton	20	90	130	13	13.0	0.00
Milk, Lactaid Fat Free	carton	15	90	125	12	13.0	0.00

Tue - 02/11/2020							
Sm. High School Lun 2019-2	Total	1					
Corn Dog	Recipe	1	604	1075	10	75.24	5.95
Soup and garlic toast	1 each	1	470	810	6	46.0	8.00
Chef Salad - 2018	1 each	1	732	1672	*4	56.89	9.27
Mediterranean Wrap	1 each	1	504	896	5	62.58	3.03
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	14.14	0.03
Raisins	1/4 cup	1	125	4	*N/A*	29.86	0.02
Carrots, Baby Ind. bags	bag	1	35	65	5	8.0	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

Wed - 02/12/2020							
Sm. High School Lun 2019-2	Total	1					
Buffalo Chicken Wrap	1 each	1	581	1456	3	52.14	6.13
Cheeseburger	1 each	1	657	1250	7	54.76	11.11
Pepperoni Pizza	1 each	1	370	580	4	33.0	9.00
Cheese Pizza	1 each	1	360	510	4	34.0	8.00
Protein box	1 each	1	450	425	21	61.0	2.50
Ketchup, Pouch Disp-Heinz	Tablespoon	1	15	45	3	4.0	0.00
Mustard	Packet	1	4	94	0	0.46	0.01
Salad Bar	1/2 cup	1	347	392	*34	68.45	2.83
Raisins	1/4 cup	1	125	4	*N/A*	29.86	0.02
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

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Base Menu Spreadsheet
Portion Values - Detailed

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Feb 3, 2020 thru Feb 28, 2020

Sm. High School Lun 2019-2020

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	S-Fat (g)
Thu - 02/13/2020							
Sm. High School Lun 2019-2	Total	1					
Chicken Alfredo Pasta	servings	1	887	1590	11	84.18	18.94
Soup and garlic toast	1 each	1	470	810	6	46.0	8.00
Chef Salad - 2018	1 each	1	732	1672	*4	56.89	9.27
Mediterranean Wrap	1 each	1	504	896	5	62.58	3.03
Salad Bar	1/2 cup	1	347	392	*34	68.45	2.83
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
Raisins	1/4 cup	1	125	4	*N/A*	29.86	0.02
Carrots, Baby Ind. bags	bag	1	35	65	5	8.0	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							
Sm. High School Lun 2019-2	Total	1					
Popcorn Chicken Bowl	1 bowl	1	551	1204	7	63.6	6.04
Pepperoni Pizza	1 each	1	370	580	4	33.0	9.00
Cheese Pizza	1 each	1	360	510	4	34.0	8.00
Chicken Caesar Salad	Salad	1	599	1190	4	46.52	5.73
Protein box	1 each	1	450	425	21	61.0	2.50
Ketchup, Pouch Disp-Heinz	Tablespoon	1	15	45	3	4.0	0.00
Mustard	Packet	1	4	94	0	0.46	0.01
Salad Bar	1/2 cup	1	347	392	*34	68.45	2.83
Carrots, Baby Ind. bags	bag	1	35	65	5	8.0	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, Lactaid Fat Free	carton	1	90	125	12	13.0	0.00

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Feb 3, 2020 thru Feb 28, 2020

Base Menu Spreadsheet

Sm. 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 - 02/17/2020							
Sm. High School Lun 2019-2	Total	150					
Orange Chicken w/ Rice	1 wok bowl each	95	287	306	12	48.99	0.52
Cheese Pizza	1 each	16	360	510	4	34.0	8.00
Pepperoni Pizza	1 each	24	370	580	4	33.0	9.00
Chicken Caesar Salad	Salad	7	599	1190	4	46.52	5.73
Protein box	1 each	8	450	425	21	61.0	2.50
Salad Bar	1/2 cup	150	347	392	*34	68.45	2.83
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	115	130	160	15	16.0	1.50
Milk, Non Fat, White	carton	20	90	130	13	13.0	0.00
Milk, Lactaid Fat Free	carton	15	90	125	12	13.0	0.00

Tue - 02/18/2020							
Sm. High School Lun 2019-2	Total	1					
Corn Dog	Recipe	1	604	1075	10	75.24	5.95
Soup and garlic toast	1 each	1	470	810	6	46.0	8.00
Chef Salad - 2018	1 each	1	732	1672	*4	56.89	9.27
Mediterranean Wrap	1 each	1	504	896	5	62.58	3.03
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	14.14	0.03
Raisins	1/4 cup	1	125	4	*N/A*	29.86	0.02
Carrots, Baby Ind. bags	bag	1	35	65	5	8.0	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

Wed - 02/19/2020							
Sm. High School Lun 2019-2	Total	1					
Buffalo Chicken Wrap	1 each	1	581	1456	3	52.14	6.13
Cheeseburger	1 each	1	657	1250	7	54.76	11.11
Pepperoni Pizza	1 each	1	370	580	4	33.0	9.00
Cheese Pizza	1 each	1	360	510	4	34.0	8.00
Protein box	1 each	1	450	425	21	61.0	2.50
Ketchup, Pouch Disp-Heinz	Tablespoon	1	15	45	3	4.0	0.00
Mustard	Packet	1	4	94	0	0.46	0.01
Salad Bar	1/2 cup	1	347	392	*34	68.45	2.83
Raisins	1/4 cup	1	125	4	*N/A*	29.86	0.02
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
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Feb 3, 2020 thru Feb 28, 2020

Base Menu Spreadsheet

Sm. 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 - 02/20/2020							
Sm. High School Lun 2019-2	Total	1					
Chicken Alfredo Pasta	servings	1	887	1590	11	84.18	18.94
Soup and garlic toast	1 each	1	470	810	6	46.0	8.00
Chef Salad - 2018	1 each	1	732	1672	*4	56.89	9.27
Mediterranean Wrap	1 each	1	504	896	5	62.58	3.03
Salad Bar	1/2 cup	1	347	392	*34	68.45	2.83
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
Raisins	1/4 cup	1	125	4	*N/A*	29.86	0.02
Carrots, Baby Ind. bags	bag	1	35	65	5	8.0	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
Weighted Daily Average			3517	5852	*126	424.47	43.63
% of Calories					*14.3%	48.3%	11.2%
Nutrient Guideline			750-850	1420			<10.00

Fri - 02/21/2020							
Sm. High School Lun 2019-2	Total	1					
Hot Wings - foster farms	5 wings	1	850	2433	19	45.34	11.88
Corn Bread	1 square	1	286	190	18	45.0	1.30
Pepperoni Pizza	1 each	1	370	580	4	33.0	9.00
Cheese Pizza	1 each	1	360	510	4	34.0	8.00
Chicken Caesar Salad	Salad	1	599	1190	4	46.52	5.73
Protein box	1 each	1	450	425	21	61.0	2.50
Ketchup, Pouch Disp-Heinz	Tablespoon	1	15	45	3	4.0	0.00
Mustard	Packet	1	4	94	0	0.46	0.01
Salad Bar	1/2 cup	1	347	392	*34	68.45	2.83
Carrots, Baby Ind. bags	bag	1	35	65	5	8.0	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
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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 Lun 2019-2	Total	150					
Orange Chicken w/ Rice	1 wok bowl each	95	287	306	12	48.99	0.52
Cheese Pizza	1 each	16	360	510	4	34.0	8.00
Pepperoni Pizza	1 each	24	370	580	4	33.0	9.00
Chicken Caesar Salad	Salad	7	599	1190	4	46.52	5.73
Protein box	1 each	8	450	425	21	61.0	2.50
Salad Bar	1/2 cup	150	347	392	*34	68.45	2.83
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	115	130	160	15	16.0	1.50
Milk, Non Fat, White	carton	20	90	130	13	13.0	0.00
Milk, Lactaid Fat Free	carton	15	90	125	12	13.0	0.00

Tue - 02/25/2020							
Sm. High School Lun 2019-2	Total	1					
Corn Dog	Recipe	1	604	1075	10	75.24	5.95
Soup and garlic toast	1 each	1	470	810	6	46.0	8.00
Chef Salad - 2018	1 each	1	732	1672	*4	56.89	9.27
Mediterranean Wrap	1 each	1	504	896	5	62.58	3.03
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	14.14	0.03
Raisins	1/4 cup	1	125	4	*N/A*	29.86	0.02
Carrots, Baby Ind. bags	bag	1	35	65	5	8.0	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

Wed - 02/26/2020							
Sm. High School Lun 2019-2	Total	1					
Buffalo Chicken Wrap	1 each	1	581	1456	3	52.14	6.13
Cheeseburger	1 each	1	657	1250	7	54.76	11.11
Pepperoni Pizza	1 each	1	370	580	4	33.0	9.00
Cheese Pizza	1 each	1	360	510	4	34.0	8.00
Protein box	1 each	1	450	425	21	61.0	2.50
Ketchup, Pouch Disp-Heinz	Tablespoon	1	15	45	3	4.0	0.00
Mustard	Packet	1	4	94	0	0.46	0.01
Salad Bar	1/2 cup	1	347	392	*34	68.45	2.83
Raisins	1/4 cup	1	125	4	*N/A*	29.86	0.02
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

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

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Sacramento City Unified School District

Base Menu Spreadsheet
Portion Values - Detailed

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Feb 3, 2020 thru Feb 28, 2020

Sm. High School Lun 2019-2020

Generated on: 1/31/2020 2:10:40 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	S-Fat (g)
Thu - 02/27/2020							
Sm. High School Lun 2019-2	Total	1					
Chicken Alfredo Pasta	servings	1	887	1590	11	84.18	18.94
Soup and garlic toast	1 each	1	470	810	6	46.0	8.00
Chef Salad - 2018	1 each	1	732	1672	*4	56.89	9.27
Mediterranean Wrap	1 each	1	504	896	5	62.58	3.03
Salad Bar	1/2 cup	1	347	392	*34	68.45	2.83
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
Raisins	1/4 cup	1	125	4	*N/A*	29.86	0.02
Carrots, Baby Ind. bags	bag	1	35	65	5	8.0	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
Weighted Daily Average			3517	5852	*126	424.47	43.63
% of Calories					*14.3%	48.3%	11.2%
Nutrient Guideline			750-850	1420			<10.00

Fri - 02/28/2020							
Sm. High School Lun 2019-2	Total	1					
Popcorn Chicken Bowl	1 bowl	1	551	1204	7	63.6	6.04
Pepperoni Pizza	1 each	1	370	580	4	33.0	9.00
Cheese Pizza	1 each	1	360	510	4	34.0	8.00
Chicken Caesar Salad	Salad	1	599	1190	4	46.52	5.73
Protein box	1 each	1	450	425	21	61.0	2.50
Ketchup, Pouch Disp-Heinz	Tablespoon	1	15	45	3	4.0	0.00
Mustard	Packet	1	4	94	0	0.46	0.01
Salad Bar	1/2 cup	1	347	392	*34	68.45	2.83
Carrots, Baby Ind. bags	bag	1	35	65	5	8.0	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
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