

Sacramento City Unified School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

K-8 Breakfast 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 - 03/02/2020							
K-8 Breakfast 2019-2020	Total	1					
Pancake Pups - Don Lee	1 each	1	184	421	8	22.0	2.30
Syrup (all menus)	packet	1	79	20	14	20.15	0.02
Graham Cracker - Keebler	1 each	1	90	95	5	17.0	0.00
Raisins	Box	1	120	5	27	29.0	0.00
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
Orange Juice, frozen	1 each	1	56	1	10	13.41	0.01
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 - 03/03/2020							
K-8 Breakfast 2019-2020	Total	1					
Breakfast Pizza,Turkey Sausage	1 each	1	210	480	9	26.0	2.00
Cereal, Assorted - Elementary	Bowlpak	1	105	190	3	22.5	0.13
Graham Cracker - Keebler	1 each	1	90	95	5	17.0	0.00
Raisins	Box	1	120	5	27	29.0	0.00
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

Wed - 03/04/2020							
K-8 Breakfast 2019-2020	Total	1					
Crispito	1 each	1	270	370	1	23.0	3.00
Salsa	1/4 cup	1	40	620	*N/A*	8.0	0.00
Cereal, Assorted - Elementary	Bowlpak	1	105	190	3	22.5	0.13
Graham Cracker - Keebler	1 each	1	90	95	5	17.0	0.00
Raisins	Box	1	120	5	27	29.0	0.00
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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K-8 Breakfast 2019-2020

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	S-Fat (g)
Thu - 03/05/2020							
K-8 Breakfast 2019-2020	Total	1					
Yogurt and Granola, Strawberry	1 each	1	245	115	*22	46.45	1.18
Cereal, Assorted - Elementary	Bowlpak	1	105	190	3	22.5	0.13
Graham Cracker - Keebler	1 each	1	90	95	5	17.0	0.00
Raisins	Box	1	120	5	27	29.0	0.00
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
Orange Juice, frozen	1 each	1	56	1	10	13.41	0.01
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 - 03/06/2020							
K-8 Breakfast 2019-2020	Total	1					
Egg & Cheese Croissant	Sandwich	1	380	825	7	33.0	7.50
Cereal, Assorted - Elementary	Bowlpak	1	105	190	3	22.5	0.13
Graham Cracker - Keebler	1 each	1	90	95	5	17.0	0.00
Raisins	Box	1	120	5	27	29.0	0.00
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

Mon - 03/09/2020							
K-8 Breakfast 2019-2020	Total	1					
Breakfast Pizza,Turkey Sausage	1 each	1	210	480	9	26.0	2.00
Cereal, Assorted - Elementary	Bowlpak	1	105	190	3	22.5	0.13
Graham Cracker - Keebler	1 each	1	90	95	5	17.0	0.00
Raisins	Box	1	120	5	27	29.0	0.00
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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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	S-Fat (g)
Tue - 03/10/2020							
K-8 Breakfast 2019-2020	Total	1					
Chicken Sausage Brkfst Sndwich	Sandwich	1	143	326	3	15.4	0.80
Graham Cracker - Keebler	1 each	1	90	95	5	17.0	0.00
Raisins	Box	1	120	5	27	29.0	0.00
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
Orange Juice, frozen	1 each	1	56	1	10	13.41	0.01
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 - 03/11/2020							
K-8 Breakfast 2019-2020	Total	1					
Crispito	1 each	1	270	370	1	23.0	3.00
Salsa	1/4 cup	1	40	620	*N/A*	8.0	0.00
Cereal, Assorted - Elementary	Bowlpak	1	105	190	3	22.5	0.13
Graham Cracker - Keebler	1 each	1	90	95	5	17.0	0.00
Raisins	Box	1	120	5	27	29.0	0.00
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

Thu - 03/12/2020							
K-8 Breakfast 2019-2020	Total	1					
Eggstravaganza	serving	1	150	350	0	1.25	4.38
Turkey Bacon	Servings	1	40	200	0	0.0	0.00
Cereal, Assorted - Elementary	Bowlpak	1	105	190	3	22.5	0.13
Graham Cracker - Keebler	1 each	1	90	95	5	17.0	0.00
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
Raisins	Box	1	120	5	27	29.0	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

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	S-Fat (g)
Fri - 03/13/2020							
K-8 Breakfast 2019-2020	Total	1					
Yogurt and Granola, Strawberry	1 each	1	245	115	*22	46.45	1.18
Cereal, Assorted - Elementary	Bowlpak	1	105	190	3	22.5	0.13
Graham Cracker - Keebler	1 each	1	90	95	5	17.0	0.00
Raisins	Box	1	120	5	27	29.0	0.00
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
Orange Juice, frozen	1 each	1	56	1	10	13.41	0.01
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 - 03/16/2020							
K-8 Breakfast 2019-2020	Total	1					
Pancake Pups - Don Lee	1 each	1	184	421	8	22.0	2.30
Syrup (all menus)	packet	1	79	20	14	20.15	0.02
Graham Cracker - Keebler	1 each	1	90	95	5	17.0	0.00
Raisins	Box	1	120	5	27	29.0	0.00
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
Orange Juice, frozen	1 each	1	56	1	10	13.41	0.01
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 - 03/17/2020							
K-8 Breakfast 2019-2020	Total	1					
Breakfast Pizza, Turkey Sausage	1 each	1	210	480	9	26.0	2.00
Cereal, Assorted - Elementary	Bowlpak	1	105	190	3	22.5	0.13
Graham Cracker - Keebler	1 each	1	90	95	5	17.0	0.00
Raisins	Box	1	120	5	27	29.0	0.00
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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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	S-Fat (g)
Wed - 03/18/2020							
K-8 Breakfast 2019-2020	Total	1					
Crispito	1 each	1	270	370	1	23.0	3.00
Salsa	1/4 cup	1	40	620	*N/A*	8.0	0.00
Cereal, Assorted - Elementary	Bowlpak	1	105	190	3	22.5	0.13
Graham Cracker - Keebler	1 each	1	90	95	5	17.0	0.00
Raisins	Box	1	120	5	27	29.0	0.00
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

Thu - 03/19/2020							
K-8 Breakfast 2019-2020	Total	1					
Cereal Bar, Golden Graham	Bar	1	160	115	9	30.0	0.00
Cereal, Assorted - Elementary	Bowlpak	1	105	190	3	22.5	0.13
Mighty Mango Juice (Naked)	8 oz Cups	1	150	10	30	36.0	0.00
Graham Cracker - Keebler	1 each	1	90	95	5	17.0	0.00
Raisins	Box	1	120	5	27	29.0	0.00
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
Orange Juice, frozen	1 each	1	56	1	10	13.41	0.01
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 - 03/20/2020							
K-8 Breakfast 2019-2020	Total	1					
Egg & Cheese Croissant	Sandwich	1	380	825	7	33.0	7.50
Cereal, Assorted - Elementary	Bowlpak	1	105	190	3	22.5	0.13
Graham Cracker - Keebler	1 each	1	90	95	5	17.0	0.00
Raisins	Box	1	120	5	27	29.0	0.00
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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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	S-Fat (g)
Mon - 03/23/2020							
K-8 Breakfast 2019-2020	Total	1					
Breakfast Pizza, Turkey Sausage	1 each	1	210	480	9	26.0	2.00
Cereal, Assorted - Elementary	Bowlpak	1	105	190	3	22.5	0.13
Graham Cracker - Keebler	1 each	1	90	95	5	17.0	0.00
Raisins	Box	1	120	5	27	29.0	0.00
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 - 03/24/2020							
K-8 Breakfast 2019-2020	Total	1					
Chicken Sausage Brkfst Sndwich	Sandwich	1	143	326	3	15.4	0.80
Graham Cracker - Keebler	1 each	1	90	95	5	17.0	0.00
Raisins	Box	1	120	5	27	29.0	0.00
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
Orange Juice, frozen	1 each	1	56	1	10	13.41	0.01
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 - 03/25/2020							
K-8 Breakfast 2019-2020	Total	1					
Crispito	1 each	1	270	370	1	23.0	3.00
Salsa	1/4 cup	1	40	620	*N/A*	8.0	0.00
Cereal, Assorted - Elementary	Bowlpak	1	105	190	3	22.5	0.13
Graham Cracker - Keebler	1 each	1	90	95	5	17.0	0.00
Raisins	Box	1	120	5	27	29.0	0.00
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
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Thu - 03/26/2020							
K-8 Breakfast 2019-2020	Total	1					
Eggstravaganza	serving	1	150	350	0	1.25	4.38
Turkey Bacon	Servings	1	40	200	0	0.0	0.00
Cereal, Assorted - Elementary	Bowlpak	1	105	190	3	22.5	0.13
Graham Cracker - Keebler	1 each	1	90	95	5	17.0	0.00
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
Raisins	Box	1	120	5	27	29.0	0.00
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Milk, Non Fat, White	carton	1	90	130	13	13.0	0.00
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Fri - 03/27/2020							
K-8 Breakfast 2019-2020	Total	1					
Yogurt and Granola, Strawberry	1 each	1	245	115	*22	46.45	1.18
Cereal, Assorted - Elementary	Bowlpak	1	105	190	3	22.5	0.13
Graham Cracker - Keebler	1 each	1	90	95	5	17.0	0.00
Raisins	Box	1	120	5	27	29.0	0.00
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
Orange Juice, frozen	1 each	1	56	1	10	13.41	0.01
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 - 03/30/2020							
K-8 Breakfast 2019-2020	Total	1					
Pancake Pups - Don Lee	1 each	1	184	421	8	22.0	2.30
Syrup (all menus)	packet	1	79	20	14	20.15	0.02
Graham Cracker - Keebler	1 each	1	90	95	5	17.0	0.00
Raisins	Box	1	120	5	27	29.0	0.00
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
Orange Juice, frozen	1 each	1	56	1	10	13.41	0.01
Milk, 1% White	carton	1	130	160	15	16.0	1.50
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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	S-Fat (g)
Tue - 03/31/2020							
K-8 Breakfast 2019-2020	Total	1					
Breakfast Pizza, Turkey Sausage	1 each	1	210	480	9	26.0	2.00
Cereal, Assorted - Elementary	Bowlpak	1	105	190	3	22.5	0.13
Graham Cracker - Keebler	1 each	1	90	95	5	17.0	0.00
Raisins	Box	1	120	5	27	29.0	0.00
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

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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.