

Sacramento City Unified School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

K-8 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 - 03/02/2020							
K-8 Lunch 2019-2020	Total	1					
Chicken Drumstick, WG Breaded	1 Each	1	190	450	0	5.0	2.50
Sunbutter & Yogurt Meal(M/W/F)	Meal	1	500	545	27	65.0	2.50
Grahams,Bunny(Friends) Annie's	packet	1	160	105	9	24.0	0.50
Carrots, Baby Ind. bags	bag	1	35	65	5	8.0	0.00
Ketchup, Pouch Disp-Heinz	Tablespoon	1	15	45	3	4.0	0.00
BBQ Sauce	Tablespoon	1	15	70	3	3.5	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 - 03/03/2020							
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

Wed - 03/04/2020							
K-8 Lunch 2019-2020	Total	1					
Burrito el eXtremo Chs & Bean	Burrito	1	340	530	2	42.0	7.00
Sunbutter & Yogurt Meal(M/W/F)	Meal	1	500	545	27	65.0	2.50
Taco Sauce , Casa Solana	packet	1	5	94	0	1.0	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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Portion Values - Detailed

K-8 Lunch 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 Lunch 2019-2020	Total	1					
Chicken Patty on a Bun	1 sandwich	1	340	520	4	40.0	1.40
Sunbutter & Cheese Meal (T/Th)	Meal	1	542	746	*13	51.22	7.83
Ketchup	1 TBSP	1	13	38	3	3.34	0.00
Mustard, ind. packet, American	1 each	1	5	50	*N/A*	1.0	0.00
BBQ Sauce	Tablespoon	1	15	70	3	3.5	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, Lactaid Fat Free	carton	1	90	125	12	13.0	0.00
Weighted Daily Average			1451	1851	*110	196.58	10.76
% of Calories					*30.3%	54.2%	6.7%
Nutrient Guideline			600-650	1230			<10.00

Fri - 03/06/2020							
K-8 Lunch 2019-2020	Total	1					
Orange Chicken (Ling's)	1/2 cup	1	151	282	10	19.13	0.50
Sunbutter & Yogurt Meal(M/W/F)	Meal	1	500	545	27	65.0	2.50
Rice, Old Style Hawaiian(Elem)	1/2 cup	1	119	2	1	26.05	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 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
Tater Tots	8 pieces	1	130	309	0	15.96	1.00
Ketchup	1 TBSP	1	13	38	3	3.34	0.00
Mustard, ind. packet, American	1 each	1	5	50	*N/A*	1.0	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

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K-8 Lunch 2019-2020

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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 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

Wed - 03/11/2020							
K-8 Lunch 2019-2020	Total	1					
Carnitas Taco Bowl	Servings	1	459	321	0	38.5	9.57
Sunbutter & Yogurt Meal(M/W/F)	Meal	1	500	545	27	65.0	2.50
Taco Sauce , Casa Solana	packet	1	5	94	0	1.0	0.00
Refried Beans - Casa Solana	servings	1	47	144	1	8.24	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	8 oz	1	90	135	*N/A*	13.0	0.00
Milk, Lactaid Fat Free	carton	1	90	125	12	13.0	0.00

Thu - 03/12/2020							
K-8 Lunch 2019-2020	Total	1					
Cheeseburger	1 each	1	593	1304	6	47.96	10.58
Sunbutter & Cheese Meal (T/Th)	Meal	1	542	746	*13	51.22	7.83
Ketchup	1 TBSP	1	13	38	3	3.34	0.00
Mustard, ind. packet, American	1 each	1	5	50	*N/A*	1.0	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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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	S-Fat (g)
Fri - 03/13/2020							
K-8 Lunch 2019-2020	Total	1					
Corn Dog, Chicken, Foster Farm	1 each	1	240	390	5	30.0	2.50
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 - 03/16/2020							
K-8 Lunch 2019-2020	Total	1					
Chicken Drumstick, WG Breaded	1 Each	1	190	450	0	5.0	2.50
Sunbutter & Yogurt Meal(M/W/F)	Meal	1	500	545	27	65.0	2.50
Grahams,Bunny(Friends) Annie's	packet	1	160	105	9	24.0	0.50
Carrots, Baby Ind. bags	bag	1	35	65	5	8.0	0.00
Ketchup, Pouch Disp-Heinz	Tablespoon	1	15	45	3	4.0	0.00
BBQ Sauce	Tablespoon	1	15	70	3	3.5	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 - 03/17/2020							
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

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K-8 Lunch 2019-2020

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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 Lunch 2019-2020	Total	1					
Burrito el eXtremo Chs & Bean	Burrito	1	340	530	2	42.0	7.00
Sunbutter & Yogurt Meal(M/W/F)	Meal	1	500	545	27	65.0	2.50
Taco Sauce , Casa Solana	packet	1	5	94	0	1.0	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

Thu - 03/19/2020							
K-8 Lunch 2019-2020	Total	1					
Chicken Patty on a Bun	1 sandwich	1	340	520	4	40.0	1.40
Sunbutter & Cheese Meal (T/Th)	Meal	1	542	746	*13	51.22	7.83
Ketchup	1 TBSP	1	13	38	3	3.34	0.00
Mustard, ind. packet, American	1 each	1	5	50	*N/A*	1.0	0.00
BBQ Sauce	Tablespoon	1	15	70	3	3.5	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, Lactaid Fat Free	carton	1	90	125	12	13.0	0.00

Fri - 03/20/2020							
K-8 Lunch 2019-2020	Total	1					
Orange Chicken (Ling's)	1/2 cup	1	151	282	10	19.13	0.50
Sunbutter & Yogurt Meal(M/W/F)	Meal	1	500	545	27	65.0	2.50
Rice, Old Style Hawaiian(Elem)	1/2 cup	1	119	2	1	26.05	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 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 - 03/23/2020							
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
Tater Tots	8 pieces	1	130	309	0	15.96	1.00
Ketchup	1 TBSP	1	13	38	3	3.34	0.00
Mustard, ind. packet, American	1 each	1	5	50	*N/A*	1.0	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 - 03/24/2020							
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

Wed - 03/25/2020							
K-8 Lunch 2019-2020	Total	1					
Carnitas Taco Bowl	Servings	1	459	321	0	38.5	9.57
Sunbutter & Yogurt Meal(M/W/F)	Meal	1	500	545	27	65.0	2.50
Taco Sauce , Casa Solana	packet	1	5	94	0	1.0	0.00
Refried Beans - Casa Solana	servings	1	47	144	1	8.24	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	8 oz	1	90	135	*N/A*	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)
Thu - 03/26/2020							
K-8 Lunch 2019-2020	Total	1					
Cheeseburger	1 each	1	593	1304	6	47.96	10.58
Sunbutter & Cheese Meal (T/Th)	Meal	1	542	746	*13	51.22	7.83
Ketchup	1 TBSP	1	13	38	3	3.34	0.00
Mustard, ind. packet, American	1 each	1	5	50	*N/A*	1.0	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

Fri - 03/27/2020							
K-8 Lunch 2019-2020	Total	1					
Corn Dog, Chicken, Foster Farm	1 each	1	240	390	5	30.0	2.50
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 - 03/30/2020							
K-8 Lunch 2019-2020	Total	1					
Chicken Drumstick, WG Breaded	1 Each	1	190	450	0	5.0	2.50
Sunbutter & Yogurt Meal(M/W/F)	Meal	1	500	545	27	65.0	2.50
Grahams,Bunny(Friends) Annie's	packet	1	160	105	9	24.0	0.50
Carrots, Baby Ind. bags	bag	1	35	65	5	8.0	0.00
Ketchup, Pouch Disp-Heinz	Tablespoon	1	15	45	3	4.0	0.00
BBQ Sauce	Tablespoon	1	15	70	3	3.5	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.

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Sacramento City Unified School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

K-8 Lunch 2019-2020

Portion Values - Detailed

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	Portion	Reimb	Cals	Sodm	Sugars	Carb	S-Fat (g)
Tue - 03/31/2020							
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

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