

Sacramento City Unified School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet
Portion Values - Detailed

High School Brk 2019-2020

Page 1

Generated on: 2/28/2020 12:28:42 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	S-Fat (g)
Mon - 03/02/2020							
High School Brk 2019-2020	Total	1					
English Muffin Egg & Sausage	Sandwich	1	293	681	1	29.4	2.30
Muffin (Fresh Baked) Fat Cat	muffin	1	350	187	83	56.72	1.61
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
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
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
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							
High School Brk 2019-2020	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
Yogurt Parfait	Parfait	1	295	86	32	56.18	1.17
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
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, Lactaid Fat Free	carton	1	90	125	12	13.0	0.00
Milk, Non Fat, White	carton	1	90	130	13	13.0	0.00

Wed - 03/04/2020							
High School Brk 2019-2020	Total	1					
Ham and Egg Sandwich	Sandwich	1	290	1165	2	29.0	1.50
Muffin (Fresh Baked) Fat Cat	muffin	1	350	187	83	56.72	1.61
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
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
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
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.

Sacramento City Unified School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet
Portion Values - Detailed

High School Brk 2019-2020

Page 2

Generated on: 2/28/2020 12:28:42 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	S-Fat (g)
Thu - 03/05/2020							
High School Brk 2019-2020	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
Yogurt Parfait	Parfait	1	295	86	32	56.18	1.17
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
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

Fri - 03/06/2020							
High School Brk 2019-2020	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
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
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
Orange Juice, frozen	1 each	1	56	1	10	13.41	0.01
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

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.

Sacramento City Unified School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet
Portion Values - Detailed

High School Brk 2019-2020

Page 3

Generated on: 2/28/2020 12:28:43 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	S-Fat (g)
Mon - 03/09/2020							
High School Brk 2019-2020	Total	1					
English Muffin Egg & Sausage	Sandwich	1	293	681	1	29.4	2.30
Muffin (Fresh Baked) Fat Cat	muffin	1	350	187	83	56.72	1.61
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
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
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
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 - 03/10/2020							
High School Brk 2019-2020	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
Yogurt Parfait	Parfait	1	295	86	32	56.18	1.17
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
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, Lactaid Fat Free	carton	1	90	125	12	13.0	0.00
Milk, Non Fat, White	carton	1	90	130	13	13.0	0.00

Wed - 03/11/2020							
High School Brk 2019-2020	Total	1					
Ham and Egg Sandwich	Sandwich	1	290	1165	2	29.0	1.50
Muffin (Fresh Baked) Fat Cat	muffin	1	350	187	83	56.72	1.61
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
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
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
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.

Sacramento City Unified School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet
Portion Values - Detailed

High School Brk 2019-2020

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	S-Fat (g)
Thu - 03/12/2020							
High School Brk 2019-2020	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
Yogurt Parfait	Parfait	1	295	86	32	56.18	1.17
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
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

Fri - 03/13/2020							
High School Brk 2019-2020	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
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
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
Orange Juice, frozen	1 each	1	56	1	10	13.41	0.01
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

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.

Sacramento City Unified School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet
Portion Values - Detailed

High School Brk 2019-2020

Page 5

Generated on: 2/28/2020 12:28:43 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	S-Fat (g)
Mon - 03/16/2020							
High School Brk 2019-2020	Total	1					
English Muffin Egg & Sausage	Sandwich	1	293	681	1	29.4	2.30
Muffin (Fresh Baked) Fat Cat	muffin	1	350	187	83	56.72	1.61
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
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
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
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							
High School Brk 2019-2020	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
Yogurt Parfait	Parfait	1	295	86	32	56.18	1.17
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
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, Lactaid Fat Free	carton	1	90	125	12	13.0	0.00
Milk, Non Fat, White	carton	1	90	130	13	13.0	0.00

Wed - 03/18/2020							
High School Brk 2019-2020	Total	1					
Ham and Egg Sandwich	Sandwich	1	290	1165	2	29.0	1.50
Muffin (Fresh Baked) Fat Cat	muffin	1	350	187	83	56.72	1.61
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
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
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
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.

Sacramento City Unified School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet
Portion Values - Detailed

High School Brk 2019-2020

Page 6

Generated on: 2/28/2020 12:28:43 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	S-Fat (g)
Weighted Daily Average			1738	2645	*171	268.70	7.85
% of Calories					*39.3%	61.9%	4.1%
Nutrient Guideline			450-600	640			<10.00

Thu - 03/19/2020							
High School Brk 2019-2020	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
Yogurt Parfait	Parfait	1	295	86	32	56.18	1.17
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
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

Fri - 03/20/2020							
High School Brk 2019-2020	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
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
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
Orange Juice, frozen	1 each	1	56	1	10	13.41	0.01
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

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.

Sacramento City Unified School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet
Portion Values - Detailed

High School Brk 2019-2020

Page 7

Generated on: 2/28/2020 12:28:43 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	S-Fat (g)
Mon - 03/23/2020							
High School Brk 2019-2020	Total	1					
English Muffin Egg & Sausage	Sandwich	1	293	681	1	29.4	2.30
Muffin (Fresh Baked) Fat Cat	muffin	1	350	187	83	56.72	1.61
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
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
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
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							
High School Brk 2019-2020	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
Yogurt Parfait	Parfait	1	295	86	32	56.18	1.17
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
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, Lactaid Fat Free	carton	1	90	125	12	13.0	0.00
Milk, Non Fat, White	carton	1	90	130	13	13.0	0.00

Wed - 03/25/2020							
High School Brk 2019-2020	Total	1					
Ham and Egg Sandwich	Sandwich	1	290	1165	2	29.0	1.50
Muffin (Fresh Baked) Fat Cat	muffin	1	350	187	83	56.72	1.61
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
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
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
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.

Sacramento City Unified School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

High School Brk 2019-2020

Portion Values - Detailed

Page 8

Generated on: 2/28/2020 12:28:43 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	S-Fat (g)
Thu - 03/26/2020							
High School Brk 2019-2020	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
Yogurt Parfait	Parfait	1	295	86	32	56.18	1.17
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
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

Fri - 03/27/2020							
High School Brk 2019-2020	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
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
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
Orange Juice, frozen	1 each	1	56	1	10	13.41	0.01
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

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.

Sacramento City Unified School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet
Portion Values - Detailed

High School Brk 2019-2020

Page 9

Generated on: 2/28/2020 12:28:43 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	S-Fat (g)
Mon - 03/30/2020							
High School Brk 2019-2020	Total	1					
English Muffin Egg & Sausage	Sandwich	1	293	681	1	29.4	2.30
Muffin (Fresh Baked) Fat Cat	muffin	1	350	187	83	56.72	1.61
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
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
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
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

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	S-Fat (g)
Tue - 03/31/2020							
High School Brk 2019-2020	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
Yogurt Parfait	Parfait	1	295	86	32	56.18	1.17
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
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, Lactaid Fat Free	carton	1	90	125	12	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

* - 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.