

Sacramento City Unified School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet
Portion Values - Detailed

High School Lun 2019-2020

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	S-Fat (g)
Mon - 03/02/2020						
High School Lun 2019-2020	Total					
Spicy Chicken Sandwich BTO	1 each	700	1322	7	67.95	8.07
Chili Cheese Nachos	1 each	646	1055	2	66.49	11.16
Chicken Caesar Salad	Salad	599	1190	4	46.52	5.73
Cheese Pizza	1 each	360	510	4	34.0	8.00
Pepperoni Pizza	1 each	370	580	4	33.0	9.00
Spicy Teriyaki Rice Bowl	1 each	592	1216	22	82.68	1.79
Grilled Chicken Sandwich	3 oz portions	478	706	5	46.08	2.89
BBQ grill burger - BTO	1 each	551	982	5	47.76	8.75
House Salad	1 CUP	160	336	4	14.04	1.48
FRUIT,FRESH ASSORTED	1 EACH	55	1	*9	14.14	0.03
Raisins	1/4 cup	125	4	*N/A*	29.86	0.02
Carrots, Baby Ind. bags	bag	35	65	5	8.0	0.00
Milk, 1% White	carton	130	160	15	16.0	1.50
Milk, Non Fat, White	carton	90	130	13	13.0	0.00
Milk, Lactaid Fat Free	carton	90	125	12	13.0	0.00

Tue - 03/03/2020						
High School Lun 2019-2020	Total					
Bacon Cheeseburger - BTO	1 each	764	1846	8	52.25	13.59
Pizza, BBQ Chicken	slices	432	725	7	38.15	9.73
Cheese Pizza	1 each	360	510	4	34.0	8.00
Protein box	1 each	450	425	21	61.0	2.50
Orange Chicken w/ Chow Mein	1 wok bowl each	399	778	20	67.55	1.17
Chicken Alfredo Pasta	servings	887	1590	11	84.18	18.94
Grilled Beef & Bean Burrito	1 each	672	949	4	89.65	7.10
Taco's Ground Beef	2 tacos each	367	449	1	28.46	5.32
South West Chicken Salad	1 each salad	748	1058	5	57.76	7.87
House Salad	1 CUP	160	336	4	14.04	1.48
Carrots, Baby Ind. bags	bag	35	65	5	8.0	0.00
Raisins	1/4 cup	125	4	*N/A*	29.86	0.02
FRUIT,FRESH ASSORTED	1 EACH	55	1	*9	14.14	0.03
Milk, 1% White	carton	130	160	15	16.0	1.50
Milk, Non Fat, White	carton	90	130	13	13.0	0.00
Milk, Lactaid Fat Free	carton	90	125	12	13.0	0.00

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Portion Values - Detailed

High School Lun 2019-2020

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	Portion Size		Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	S-Fat (g)
Wed - 03/04/2020							
High School Lun 2019-2020	Total						
Spicy Chicken Sandwich BTO	1 each		700	1322	7	67.95	8.07
Cheese Pizza	1 each		360	510	4	34.0	8.00
Pepperoni Pizza	1 each		370	580	4	33.0	9.00
Chicken Caesar Salad	Salad		599	1190	4	46.52	5.73
Spicy Teriyaki Rice Bowl	1 each		592	1216	22	82.68	1.79
Chili Cheese Nachos	1 each		646	1055	2	66.49	11.16
BBQ grill burger - BTO	1 each		551	982	5	47.76	8.75
Grilled Chicken Sandwich	3 oz portions		478	706	5	46.08	2.89
Condiment Bar	portion		203	1088	19	24.14	1.56
Mediterranean Wrap	1 each		504	896	5	62.58	3.03
House Salad	1 CUP		160	336	4	14.04	1.48
Raisins	1/4 cup		125	4	*N/A*	29.86	0.02
Carrots, Baby Ind. bags	bag		35	65	5	8.0	0.00
FRUIT,FRESH ASSORTED	1 EACH		55	1	*9	14.14	0.03
Milk, 1% White	carton		130	160	15	16.0	1.50
Milk, Non Fat, White	carton		90	130	13	13.0	0.00
Milk, Lactaid Fat Free	carton		90	125	12	13.0	0.00

Thu - 03/05/2020							
High School Lun 2019-2020	Total	826					
Bacon Cheeseburger - BTO	1 each	250	764	1846	8	52.25	13.59
Pizza, BBQ Chicken	slices	100	432	725	7	38.15	9.73
Cheese Pizza	1 each	20	360	510	4	34.0	8.00
Protein box	1 each	20	450	425	21	61.0	2.50
Orange Chicken w/ Chow Mein	1 wok bowl each	96	399	778	20	67.55	1.17
Chicken Alfredo Pasta	servings	240	887	1590	11	84.18	18.94
Grilled Beef & Bean Burrito	1 each	100	672	949	4	89.65	7.10
Taco's Ground Beef	2 tacos each	100	367	449	1	28.46	5.32
South West Chicken Salad	1 each salad	100	748	1058	5	57.76	7.87
House Salad	1 CUP	1	160	336	4	14.04	1.48
Carrots, Baby Ind. bags	bag	1	35	65	5	8.0	0.00
Raisins	1/4 cup	50	125	4	*N/A*	29.86	0.02
FRUIT,FRESH ASSORTED	1 EACH	826	55	1	*9	14.14	0.03
Milk, 1% White	carton	250	130	160	15	16.0	1.50
Milk, Non Fat, White	carton	50	90	130	13	13.0	0.00
Milk, Lactaid Fat Free	carton	30	90	125	12	13.0	0.00

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	S-Fat (g)
Fri - 03/06/2020						
High School Lun 2019-2020	Total					
Spicy Chicken Sandwich BTO	1 each	700	1322	7	67.95	8.07
Cheese Pizza	1 each	360	510	4	34.0	8.00
Pepperoni Pizza	1 each	370	580	4	33.0	9.00
Chicken Caesar Salad	Salad	599	1190	4	46.52	5.73
Spicy Teriyaki Rice Bowl	1 each	592	1216	22	82.68	1.79
Chili Cheese Nachos	1 each	646	1055	2	66.49	11.16
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Condiment Bar	portion	203	1088	19	24.14	1.56
Mediterranean Wrap	1 each	504	896	5	62.58	3.03
House Salad	1 CUP	160	336	4	14.04	1.48
Raisins	1/4 cup	125	4	*N/A*	29.86	0.02
Carrots, Baby Ind. bags	bag	35	65	5	8.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	55	1	*9	14.14	0.03
Milk, 1% White	carton	130	160	15	16.0	1.50
Milk, Non Fat, White	carton	90	130	13	13.0	0.00
Milk, Lactaid Fat Free	carton	90	125	12	13.0	0.00

Mon - 03/09/2020						
High School Lun 2019-2020	Total					
Spicy Chicken Sandwich BTO	1 each	700	1322	7	67.95	8.07
Chili Cheese Nachos	1 each	646	1055	2	66.49	11.16
Chicken Caesar Salad	Salad	599	1190	4	46.52	5.73
Cheese Pizza	1 each	360	510	4	34.0	8.00
Pepperoni Pizza	1 each	370	580	4	33.0	9.00
Spicy Teriyaki Rice Bowl	1 each	592	1216	22	82.68	1.79
Grilled Chicken Sandwich	3 oz portions	478	706	5	46.08	2.89
BBQ grill burger - BTO	1 each	551	982	5	47.76	8.75
House Salad	1 CUP	160	336	4	14.04	1.48
FRUIT,FRESH ASSORTED	1 EACH	55	1	*9	14.14	0.03
Raisins	1/4 cup	125	4	*N/A*	29.86	0.02
Carrots, Baby Ind. bags	bag	35	65	5	8.0	0.00
Milk, 1% White	carton	130	160	15	16.0	1.50
Milk, Non Fat, White	carton	90	130	13	13.0	0.00
Milk, Lactaid Fat Free	carton	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							
High School Lun 2019-2020	Total	826					
Bacon Cheeseburger - BTO	1 each	250	764	1846	8	52.25	13.59
Pizza, BBQ Chicken	slices	100	432	725	7	38.15	9.73
Cheese Pizza	1 each	20	360	510	4	34.0	8.00
Protein box	1 each	20	450	425	21	61.0	2.50
Orange Chicken w/ Chow Mein	1 wok bowl each	96	399	778	20	67.55	1.17
Chicken Alfredo Pasta	servings	240	887	1590	11	84.18	18.94
Grilled Beef & Bean Burrito	1 each	100	672	949	4	89.65	7.10
Taco's Ground Beef	2 tacos each	100	367	449	1	28.46	5.32
South West Chicken Salad	1 each salad	100	748	1058	5	57.76	7.87
House Salad	1 CUP	1	160	336	4	14.04	1.48
Carrots, Baby Ind. bags	bag	1	35	65	5	8.0	0.00
Raisins	1/4 cup	50	125	4	*N/A*	29.86	0.02
FRUIT,FRESH ASSORTED	1 EACH	826	55	1	*9	14.14	0.03
Milk, 1% White	carton	250	130	160	15	16.0	1.50
Milk, Non Fat, White	carton	50	90	130	13	13.0	0.00
Milk, Lactaid Fat Free	carton	30	90	125	12	13.0	0.00

Wed - 03/11/2020							
High School Lun 2019-2020	Total						
Spicy Chicken Sandwich BTO	1 each		700	1322	7	67.95	8.07
Cheese Pizza	1 each		360	510	4	34.0	8.00
Pepperoni Pizza	1 each		370	580	4	33.0	9.00
Chicken Caesar Salad	Salad		599	1190	4	46.52	5.73
Spicy Teriyaki Rice Bowl	1 each		592	1216	22	82.68	1.79
Chili Cheese Nachos	1 each		646	1055	2	66.49	11.16
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Condiment Bar	portion		203	1088	19	24.14	1.56
Mediterranean Wrap	1 each		504	896	5	62.58	3.03
House Salad	1 CUP		160	336	4	14.04	1.48
Raisins	1/4 cup		125	4	*N/A*	29.86	0.02
Carrots, Baby Ind. bags	bag		35	65	5	8.0	0.00
FRUIT,FRESH ASSORTED	1 EACH		55	1	*9	14.14	0.03
Milk, 1% White	carton		130	160	15	16.0	1.50
Milk, Non Fat, White	carton		90	130	13	13.0	0.00
Milk, Lactaid Fat Free	carton		90	125	12	13.0	0.00

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	S-Fat (g)
Thu - 03/12/2020						
High School Lun 2019-2020	Total					
Bacon Cheeseburger - BTO	1 each	764	1846	8	52.25	13.59
Pizza, BBQ Chicken	slices	432	725	7	38.15	9.73
Cheese Pizza	1 each	360	510	4	34.0	8.00
Protein box	1 each	450	425	21	61.0	2.50
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Raisins	1/4 cup	125	4	*N/A*	29.86	0.02
FRUIT,FRESH ASSORTED	1 EACH	55	1	*9	14.14	0.03
Milk, 1% White	carton	130	160	15	16.0	1.50
Milk, Non Fat, White	carton	90	130	13	13.0	0.00
Milk, Lactaid Fat Free	carton	90	125	12	13.0	0.00

Fri - 03/13/2020						
High School Lun 2019-2020	Total					
Spicy Chicken Sandwich BTO	1 each	700	1322	7	67.95	8.07
Cheese Pizza	1 each	360	510	4	34.0	8.00
Pepperoni Pizza	1 each	370	580	4	33.0	9.00
Chicken Caesar Salad	Salad	599	1190	4	46.52	5.73
Spicy Teriyaki Rice Bowl	1 each	592	1216	22	82.68	1.79
Chili Cheese Nachos	1 each	646	1055	2	66.49	11.16
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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	S-Fat (g)
Mon - 03/16/2020						
High School Lun 2019-2020	Total					
Spicy Chicken Sandwich BTO	1 each	700	1322	7	67.95	8.07
Chili Cheese Nachos	1 each	646	1055	2	66.49	11.16
Chicken Caesar Salad	Salad	599	1190	4	46.52	5.73
Cheese Pizza	1 each	360	510	4	34.0	8.00
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Milk, Non Fat, White	carton	90	130	13	13.0	0.00
Milk, Lactaid Fat Free	carton	90	125	12	13.0	0.00

Tue - 03/17/2020						
High School Lun 2019-2020	Total					
Bacon Cheeseburger - BTO	1 each	764	1846	8	52.25	13.59
Pizza, BBQ Chicken	slices	432	725	7	38.15	9.73
Cheese Pizza	1 each	360	510	4	34.0	8.00
Protein box	1 each	450	425	21	61.0	2.50
Orange Chicken w/ Chow Mein	1 wok bowl each	399	778	20	67.55	1.17
Chicken Alfredo Pasta	servings	887	1590	11	84.18	18.94
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	Portion Size		Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	S-Fat (g)
Wed - 03/18/2020							
High School Lun 2019-2020	Total						
Spicy Chicken Sandwich BTO	1 each		700	1322	7	67.95	8.07
Cheese Pizza	1 each		360	510	4	34.0	8.00
Pepperoni Pizza	1 each		370	580	4	33.0	9.00
Chicken Caesar Salad	Salad		599	1190	4	46.52	5.73
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Thu - 03/19/2020							
High School Lun 2019-2020	Total	826					
Bacon Cheeseburger - BTO	1 each		764	1846	8	52.25	13.59
Pizza, BBQ Chicken	slices		432	725	7	38.15	9.73
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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	S-Fat (g)
Fri - 03/20/2020						
High School Lun 2019-2020	Total					
Spicy Chicken Sandwich BTO	1 each	700	1322	7	67.95	8.07
Cheese Pizza	1 each	360	510	4	34.0	8.00
Pepperoni Pizza	1 each	370	580	4	33.0	9.00
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BBQ grill burger - BTO	1 each	551	982	5	47.76	8.75
Grilled Chicken Sandwich	3 oz portions	478	706	5	46.08	2.89
Condiment Bar	portion	203	1088	19	24.14	1.56
Mediterranean Wrap	1 each	504	896	5	62.58	3.03
House Salad	1 CUP	160	336	4	14.04	1.48
Raisins	1/4 cup	125	4	*N/A*	29.86	0.02
Carrots, Baby Ind. bags	bag	35	65	5	8.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	55	1	*9	14.14	0.03
Milk, 1% White	carton	130	160	15	16.0	1.50
Milk, Non Fat, White	carton	90	130	13	13.0	0.00
Milk, Lactaid Fat Free	carton	90	125	12	13.0	0.00

Mon - 03/23/2020						
High School Lun 2019-2020	Total					
Spicy Chicken Sandwich BTO	1 each	700	1322	7	67.95	8.07
Chili Cheese Nachos	1 each	646	1055	2	66.49	11.16
Chicken Caesar Salad	Salad	599	1190	4	46.52	5.73
Cheese Pizza	1 each	360	510	4	34.0	8.00
Pepperoni Pizza	1 each	370	580	4	33.0	9.00
Spicy Teriyaki Rice Bowl	1 each	592	1216	22	82.68	1.79
Grilled Chicken Sandwich	3 oz portions	478	706	5	46.08	2.89
BBQ grill burger - BTO	1 each	551	982	5	47.76	8.75
House Salad	1 CUP	160	336	4	14.04	1.48
FRUIT,FRESH ASSORTED	1 EACH	55	1	*9	14.14	0.03
Raisins	1/4 cup	125	4	*N/A*	29.86	0.02
Carrots, Baby Ind. bags	bag	35	65	5	8.0	0.00
Milk, 1% White	carton	130	160	15	16.0	1.50
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Sacramento City Unified School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet
Portion Values - Detailed

High School Lun 2019-2020

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	S-Fat (g)
Tue - 03/24/2020						
High School Lun 2019-2020	Total					
Bacon Cheeseburger - BTO	1 each	764	1846	8	52.25	13.59
Pizza, BBQ Chicken	slices	432	725	7	38.15	9.73
Cheese Pizza	1 each	360	510	4	34.0	8.00
Protein box	1 each	450	425	21	61.0	2.50
Orange Chicken w/ Chow Mein	1 wok bowl each	399	778	20	67.55	1.17
Chicken Alfredo Pasta	servings	887	1590	11	84.18	18.94
Grilled Beef & Bean Burrito	1 each	672	949	4	89.65	7.10
Taco's Ground Beef	2 tacos each	367	449	1	28.46	5.32
South West Chicken Salad	1 each salad	748	1058	5	57.76	7.87
House Salad	1 CUP	160	336	4	14.04	1.48
Carrots, Baby Ind. bags	bag	35	65	5	8.0	0.00
Raisins	1/4 cup	125	4	*N/A*	29.86	0.02
FRUIT,FRESH ASSORTED	1 EACH	55	1	*9	14.14	0.03
Milk, 1% White	carton	130	160	15	16.0	1.50
Milk, Non Fat, White	carton	90	130	13	13.0	0.00
Milk, Lactaid Fat Free	carton	90	125	12	13.0	0.00

Wed - 03/25/2020						
High School Lun 2019-2020	Total					
Spicy Chicken Sandwich BTO	1 each	700	1322	7	67.95	8.07
Cheese Pizza	1 each	360	510	4	34.0	8.00
Pepperoni Pizza	1 each	370	580	4	33.0	9.00
Chicken Caesar Salad	Salad	599	1190	4	46.52	5.73
Spicy Teriyaki Rice Bowl	1 each	592	1216	22	82.68	1.79
Chili Cheese Nachos	1 each	646	1055	2	66.49	11.16
BBQ grill burger - BTO	1 each	551	982	5	47.76	8.75
Grilled Chicken Sandwich	3 oz portions	478	706	5	46.08	2.89
Condiment Bar	portion	203	1088	19	24.14	1.56
Mediterranean Wrap	1 each	504	896	5	62.58	3.03
House Salad	1 CUP	160	336	4	14.04	1.48
Raisins	1/4 cup	125	4	*N/A*	29.86	0.02
Carrots, Baby Ind. bags	bag	35	65	5	8.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	55	1	*9	14.14	0.03
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Sacramento City Unified School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet
Portion Values - Detailed

High School Lun 2019-2020

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	S-Fat (g)
Thu - 03/26/2020						
High School Lun 2019-2020	Total					
Bacon Cheeseburger - BTO	1 each	764	1846	8	52.25	13.59
Pizza, BBQ Chicken	slices	432	725	7	38.15	9.73
Cheese Pizza	1 each	360	510	4	34.0	8.00
Protein box	1 each	450	425	21	61.0	2.50
Orange Chicken w/ Chow Mein	1 wok bowl each	399	778	20	67.55	1.17
Chicken Alfredo Pasta	servings	887	1590	11	84.18	18.94
Grilled Beef & Bean Burrito	1 each	672	949	4	89.65	7.10
Taco's Ground Beef	2 tacos each	367	449	1	28.46	5.32
South West Chicken Salad	1 each salad	748	1058	5	57.76	7.87
House Salad	1 CUP	160	336	4	14.04	1.48
Carrots, Baby Ind. bags	bag	35	65	5	8.0	0.00
Raisins	1/4 cup	125	4	*N/A*	29.86	0.02
FRUIT,FRESH ASSORTED	1 EACH	55	1	*9	14.14	0.03
Milk, 1% White	carton	130	160	15	16.0	1.50
Milk, Non Fat, White	carton	90	130	13	13.0	0.00
Milk, Lactaid Fat Free	carton	90	125	12	13.0	0.00

Fri - 03/27/2020						
High School Lun 2019-2020	Total					
Spicy Chicken Sandwich BTO	1 each	700	1322	7	67.95	8.07
Cheese Pizza	1 each	360	510	4	34.0	8.00
Pepperoni Pizza	1 each	370	580	4	33.0	9.00
Chicken Caesar Salad	Salad	599	1190	4	46.52	5.73
Spicy Teriyaki Rice Bowl	1 each	592	1216	22	82.68	1.79
Chili Cheese Nachos	1 each	646	1055	2	66.49	11.16
BBQ grill burger - BTO	1 each	551	982	5	47.76	8.75
Grilled Chicken Sandwich	3 oz portions	478	706	5	46.08	2.89
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Sacramento City Unified School District

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Base Menu Spreadsheet
Portion Values - Detailed

High School Lun 2019-2020

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Mon - 03/30/2020						
High School Lun 2019-2020	Total					
Spicy Chicken Sandwich BTO	1 each	700	1322	7	67.95	8.07
Chili Cheese Nachos	1 each	646	1055	2	66.49	11.16
Chicken Caesar Salad	Salad	599	1190	4	46.52	5.73
Cheese Pizza	1 each	360	510	4	34.0	8.00
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Milk, Lactaid Fat Free	carton	90	125	12	13.0	0.00

Tue - 03/31/2020						
High School Lun 2019-2020	Total					
Bacon Cheeseburger - BTO	1 each	764	1846	8	52.25	13.59
Pizza, BBQ Chicken	slices	432	725	7	38.15	9.73
Cheese Pizza	1 each	360	510	4	34.0	8.00
Protein box	1 each	450	425	21	61.0	2.50
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