

# Sacramento City Unified School District

Feb 3, 2020 thru Feb 28, 2020

Base Menu Spreadsheet

Middle 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 - 02/03/2020        |                 |           |             |           |            |          |           |
| Middle Lunch 2019-2020  | Total           | 476       |             |           |            |          |           |
| Orange Chicken w/ Rice  | 1 wok bowl each | 96        | 287         | 306       | 12         | 48.99    | 0.52      |
| Cheeseburger            | 1 each          | 220       | 657         | 1250      | 7          | 54.76    | 11.11     |
| Cheese Pizza            | 1 each          | 24        | 360         | 510       | 4          | 34.0     | 8.00      |
| Pepperoni Pizza         | 1 each          | 96        | 370         | 580       | 4          | 33.0     | 9.00      |
| Chicken Caesar Salad    | Salad           | 20        | 599         | 1190      | 4          | 46.52    | 5.73      |
| Protein box             | 1 each          | 20        | 450         | 425       | 21         | 61.0     | 2.50      |
| Condiment Bar           | portion         | 75        | 203         | 1088      | 19         | 24.14    | 1.56      |
| House Salad             | 1 CUP           | 50        | 160         | 336       | 4          | 14.04    | 1.48      |
| 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          | 250       | 130         | 160       | 15         | 16.0     | 1.50      |
| Milk, Non Fat, White    | carton          | 200       | 90          | 130       | 13         | 13.0     | 0.00      |
| Milk, Lactaid Fat Free  | carton          | 26        | 90          | 125       | 12         | 13.0     | 0.00      |
|                         |                 |           |             |           |            |          |           |

|                         |         |     |     |      |       |       |      |
|-------------------------|---------|-----|-----|------|-------|-------|------|
| Tue - 02/04/2020        |         |     |     |      |       |       |      |
| Middle Lunch 2019-2020  | Total   | 486 |     |      |       |       |      |
| Soup and garlic toast   | 1 each  | 120 | 470 | 810  | 6     | 46.0  | 8.00 |
| ChickenTenders          | Box     | 160 | 559 | 1070 | 1     | 44.19 | 4.76 |
| Cheese Pizza            | 1 each  | 72  | 360 | 510  | 4     | 34.0  | 8.00 |
| Pepperoni Pizza         | 1 each  | 104 | 370 | 580  | 4     | 33.0  | 9.00 |
| Chef Salad - 2018       | 1 each  | 10  | 732 | 1672 | *4    | 61.89 | 9.27 |
| Protein box             | 1 each  | 20  | 450 | 425  | 21    | 61.0  | 2.50 |
| Condiment Bar           | portion | 75  | 203 | 1088 | 19    | 24.14 | 1.56 |
| House Salad             | 1 CUP   | 50  | 160 | 336  | 4     | 14.04 | 1.48 |
| 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 |
| FRUIT,FRESH ASSORTED    | 1 EACH  | 486 | 55  | 1    | *9    | 14.14 | 0.03 |
| Milk, 1% White          | carton  | 300 | 130 | 160  | 15    | 16.0  | 1.50 |
| Milk, Non Fat, White    | carton  | 160 | 90  | 130  | 13    | 13.0  | 0.00 |
| Milk, Lactaid Fat Free  | carton  | 26  | 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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Feb 3, 2020 thru Feb 28, 2020

Base Menu Spreadsheet

Middle 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) |
|-------------------------|--------------|-----------|-------------|-----------|------------|----------|-----------|
| Wed - 02/05/2020        |              |           |             |           |            |          |           |
| Middle Lunch 2019-2020  | Total        | 488       |             |           |            |          |           |
| Cheese Bites            | 1 each       | 120       | 391         | 892       | 5          | 40.44    | 5.00      |
| Marinara Dipping Sauce  | 1/2 cup      | 1         | 35          | 630       | *N/A*      | 6.0      | *N/A*     |
| Cheeseburger            | 1 each       | 220       | 657         | 1250      | 7          | 54.76    | 11.11     |
| Cheese Pizza            | 1 each       | 56        | 360         | 510       | 4          | 34.0     | 8.00      |
| Pepperoni Pizza         | 1 each       | 32        | 370         | 580       | 4          | 33.0     | 9.00      |
| Buffalo Chicken Wrap    | 1 each       | 40        | 581         | 1456      | 3          | 52.14    | 6.13      |
| Protein box             | 1 each       | 20        | 450         | 425       | 21         | 61.0     | 2.50      |
| Raisins                 | 1/4 cup      | 25        | 125         | 4         | *N/A*      | 29.86    | 0.02      |
| Condiment Bar           | portion      | 75        | 203         | 1088      | 19         | 24.14    | 1.56      |
| House Salad             | 1 CUP        | 50        | 160         | 336       | 4          | 14.04    | 1.48      |
| Carrots, Baby Ind. bags | bag          | 25        | 35          | 65        | 5          | 8.0      | 0.00      |
| Milk, 1% White          | carton       | 300       | 130         | 160       | 15         | 16.0     | 1.50      |
| Milk, Non Fat, White    | carton       | 160       | 90          | 130       | 13         | 13.0     | 0.00      |
| Milk, Lactaid Fat Free  | carton       | 28        | 90          | 125       | 12         | 13.0     | 0.00      |
|                         |              |           |             |           |            |          |           |

|                         |          |     |     |      |       |       |       |
|-------------------------|----------|-----|-----|------|-------|-------|-------|
| Thu - 02/06/2020        |          |     |     |      |       |       |       |
| Middle Lunch 2019-2020  | Total    | 488 |     |      |       |       |       |
| Chicken Alfredo Pasta   | servings | 170 | 887 | 1590 | 11    | 84.18 | 18.94 |
| ChickenTenders          | Box      | 160 | 559 | 1070 | 1     | 44.19 | 4.76  |
| Spicy Chicken Sandwich  | 1 each   | 1   | 688 | 1120 | 6     | 65.65 | 8.07  |
| Cheese Pizza            | 1 each   | 32  | 360 | 510  | 4     | 34.0  | 8.00  |
| Pepperoni Pizza         | 1 each   | 96  | 370 | 580  | 4     | 33.0  | 9.00  |
| Chef Salad - 2018       | 1 each   | 20  | 732 | 1672 | *4    | 61.89 | 9.27  |
| Protein box             | 1 each   | 10  | 450 | 425  | 21    | 61.0  | 2.50  |
| House Salad             | 1 CUP    | 50  | 160 | 336  | 4     | 14.04 | 1.48  |
| Condiment Bar           | portion  | 75  | 203 | 1088 | 19    | 24.14 | 1.56  |
| 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  |
| FRUIT,FRESH ASSORTED    | 1 EACH   | 488 | 55  | 1    | *9    | 14.14 | 0.03  |
| Milk, 1% White          | carton   | 300 | 130 | 160  | 15    | 16.0  | 1.50  |
| Milk, Non Fat, White    | carton   | 160 | 90  | 130  | 13    | 13.0  | 0.00  |
| Milk, Lactaid Fat Free  | carton   | 28  | 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

Feb 3, 2020 thru Feb 28, 2020

Base Menu Spreadsheet

Middle 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) |
|-------------------------|--------------|-----------|-------------|-----------|------------|----------|-----------|
| Fri - 02/07/2020        |              |           |             |           |            |          |           |
| Middle Lunch 2019-2020  | Total        | 522       |             |           |            |          |           |
| Popcorn Chicken Bowl    | 1 bowl       | 250       | 551         | 1204      | 7          | 63.6     | 6.04      |
| Pepperoni Pizza         | 1 each       | 112       | 370         | 580       | 4          | 33.0     | 9.00      |
| Cheese Pizza            | 1 each       | 60        | 360         | 510       | 4          | 34.0     | 8.00      |
| Corn Dog                | Recipe       | 1         | 604         | 1075      | 10         | 75.24    | 5.95      |
| Chicken Caesar Salad    | Salad        | 20        | 599         | 1190      | 4          | 46.52    | 5.73      |
| Protein box             | 1 each       | 20        | 450         | 425       | 21         | 61.0     | 2.50      |
| Condiment Bar           | portion      | 75        | 203         | 1088      | 19         | 24.14    | 1.56      |
| House Salad             | 1 CUP        | 50        | 160         | 336       | 4          | 14.04    | 1.48      |
| 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      |
| FRUIT,FRESH ASSORTED    | 1 EACH       | 522       | 55          | 1         | *9         | 14.14    | 0.03      |
| Milk, 1% White          | carton       | 300       | 130         | 160       | 15         | 16.0     | 1.50      |
| Milk, Non Fat, White    | carton       | 200       | 90          | 130       | 13         | 13.0     | 0.00      |
| Milk, Lactaid Fat Free  | carton       | 22        | 90          | 125       | 12         | 13.0     | 0.00      |
| Corn Dog                | Recipe       | 60        | 604         | 1075      | 10         | 75.24    | 5.95      |
|                         |              |           |             |           |            |          |           |

|                         |                 |     |     |      |       |       |       |
|-------------------------|-----------------|-----|-----|------|-------|-------|-------|
| Mon - 02/10/2020        |                 |     |     |      |       |       |       |
| Middle Lunch 2019-2020  | Total           | 476 |     |      |       |       |       |
| Orange Chicken w/ Rice  | 1 wok bowl each | 96  | 287 | 306  | 12    | 48.99 | 0.52  |
| Cheeseburger            | 1 each          | 220 | 657 | 1250 | 7     | 54.76 | 11.11 |
| Cheese Pizza            | 1 each          | 24  | 360 | 510  | 4     | 34.0  | 8.00  |
| Pepperoni Pizza         | 1 each          | 96  | 370 | 580  | 4     | 33.0  | 9.00  |
| Chicken Caesar Salad    | Salad           | 20  | 599 | 1190 | 4     | 46.52 | 5.73  |
| Protein box             | 1 each          | 20  | 450 | 425  | 21    | 61.0  | 2.50  |
| Condiment Bar           | portion         | 75  | 203 | 1088 | 19    | 24.14 | 1.56  |
| House Salad             | 1 CUP           | 50  | 160 | 336  | 4     | 14.04 | 1.48  |
| 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          | 250 | 130 | 160  | 15    | 16.0  | 1.50  |
| Milk, Non Fat, White    | carton          | 200 | 90  | 130  | 13    | 13.0  | 0.00  |
| Milk, Lactaid Fat Free  | carton          | 26  | 90  | 125  | 12    | 13.0  | 0.00  |
|                         |                 |     |     |      |       |       |       |

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Feb 3, 2020 thru Feb 28, 2020

Base Menu Spreadsheet

Middle 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) |
|-------------------------|--------------|-----------|-------------|-----------|------------|----------|-----------|
| Tue - 02/11/2020        |              |           |             |           |            |          |           |
| Middle Lunch 2019-2020  | Total        | 486       |             |           |            |          |           |
| Soup and garlic toast   | 1 each       | 120       | 470         | 810       | 6          | 46.0     | 8.00      |
| ChickenTenders          | Box          | 160       | 559         | 1070      | 1          | 44.19    | 4.76      |
| Cheese Pizza            | 1 each       | 72        | 360         | 510       | 4          | 34.0     | 8.00      |
| Pepperoni Pizza         | 1 each       | 104       | 370         | 580       | 4          | 33.0     | 9.00      |
| Chef Salad - 2018       | 1 each       | 10        | 732         | 1672      | *4         | 61.89    | 9.27      |
| Protein box             | 1 each       | 20        | 450         | 425       | 21         | 61.0     | 2.50      |
| Condiment Bar           | portion      | 75        | 203         | 1088      | 19         | 24.14    | 1.56      |
| House Salad             | 1 CUP        | 50        | 160         | 336       | 4          | 14.04    | 1.48      |
| 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      |
| FRUIT,FRESH ASSORTED    | 1 EACH       | 486       | 55          | 1         | *9         | 14.14    | 0.03      |
| Milk, 1% White          | carton       | 300       | 130         | 160       | 15         | 16.0     | 1.50      |
| Milk, Non Fat, White    | carton       | 160       | 90          | 130       | 13         | 13.0     | 0.00      |
| Milk, Lactaid Fat Free  | carton       | 26        | 90          | 125       | 12         | 13.0     | 0.00      |
|                         |              |           |             |           |            |          |           |

|                         |         |     |     |      |       |       |       |
|-------------------------|---------|-----|-----|------|-------|-------|-------|
| Wed - 02/12/2020        |         |     |     |      |       |       |       |
| Middle Lunch 2019-2020  | Total   | 488 |     |      |       |       |       |
| Cheese Bites            | 1 each  | 120 | 391 | 892  | 5     | 40.44 | 5.00  |
| Marinara Dipping Sauce  | 1/2 cup | 1   | 35  | 630  | *N/A* | 6.0   | *N/A* |
| Cheeseburger            | 1 each  | 220 | 657 | 1250 | 7     | 54.76 | 11.11 |
| Cheese Pizza            | 1 each  | 56  | 360 | 510  | 4     | 34.0  | 8.00  |
| Pepperoni Pizza         | 1 each  | 32  | 370 | 580  | 4     | 33.0  | 9.00  |
| Buffalo Chicken Wrap    | 1 each  | 40  | 581 | 1456 | 3     | 52.14 | 6.13  |
| Protein box             | 1 each  | 20  | 450 | 425  | 21    | 61.0  | 2.50  |
| Raisins                 | 1/4 cup | 25  | 125 | 4    | *N/A* | 29.86 | 0.02  |
| Condiment Bar           | portion | 75  | 203 | 1088 | 19    | 24.14 | 1.56  |
| House Salad             | 1 CUP   | 50  | 160 | 336  | 4     | 14.04 | 1.48  |
| Carrots, Baby Ind. bags | bag     | 25  | 35  | 65   | 5     | 8.0   | 0.00  |
| Milk, 1% White          | carton  | 300 | 130 | 160  | 15    | 16.0  | 1.50  |
| Milk, Non Fat, White    | carton  | 160 | 90  | 130  | 13    | 13.0  | 0.00  |
| Milk, Lactaid Fat Free  | carton  | 28  | 90  | 125  | 12    | 13.0  | 0.00  |
|                         |         |     |     |      |       |       |       |

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Base Menu Spreadsheet

Middle Lunch 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        |              |           |             |           |            |          |           |
| Middle Lunch 2019-2020  | Total        | 488       |             |           |            |          |           |
| Chicken Alfredo Pasta   | servings     | 170       | 887         | 1590      | 11         | 84.18    | 18.94     |
| ChickenTenders          | Box          | 160       | 559         | 1070      | 1          | 44.19    | 4.76      |
| Spicy Chicken Sandwich  | 1 each       | 1         | 688         | 1120      | 6          | 65.65    | 8.07      |
| Cheese Pizza            | 1 each       | 32        | 360         | 510       | 4          | 34.0     | 8.00      |
| Pepperoni Pizza         | 1 each       | 96        | 370         | 580       | 4          | 33.0     | 9.00      |
| Chef Salad - 2018       | 1 each       | 20        | 732         | 1672      | *4         | 61.89    | 9.27      |
| Protein box             | 1 each       | 10        | 450         | 425       | 21         | 61.0     | 2.50      |
| House Salad             | 1 CUP        | 50        | 160         | 336       | 4          | 14.04    | 1.48      |
| Condiment Bar           | portion      | 75        | 203         | 1088      | 19         | 24.14    | 1.56      |
| 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      |
| FRUIT,FRESH ASSORTED    | 1 EACH       | 488       | 55          | 1         | *9         | 14.14    | 0.03      |
| Milk, 1% White          | carton       | 300       | 130         | 160       | 15         | 16.0     | 1.50      |
| Milk, Non Fat, White    | carton       | 160       | 90          | 130       | 13         | 13.0     | 0.00      |
| Milk, Lactaid Fat Free  | carton       | 28        | 90          | 125       | 12         | 13.0     | 0.00      |
|                         |              |           |             |           |            |          |           |

|                         |         |     |     |      |       |       |      |
|-------------------------|---------|-----|-----|------|-------|-------|------|
| Fri - 02/14/2020        |         |     |     |      |       |       |      |
| Middle Lunch 2019-2020  | Total   | 522 |     |      |       |       |      |
| Popcorn Chicken Bowl    | 1 bowl  | 250 | 551 | 1204 | 7     | 63.6  | 6.04 |
| Pepperoni Pizza         | 1 each  | 112 | 370 | 580  | 4     | 33.0  | 9.00 |
| Cheese Pizza            | 1 each  | 60  | 360 | 510  | 4     | 34.0  | 8.00 |
| Corn Dog                | Recipe  | 1   | 604 | 1075 | 10    | 75.24 | 5.95 |
| Chicken Caesar Salad    | Salad   | 20  | 599 | 1190 | 4     | 46.52 | 5.73 |
| Protein box             | 1 each  | 20  | 450 | 425  | 21    | 61.0  | 2.50 |
| Condiment Bar           | portion | 75  | 203 | 1088 | 19    | 24.14 | 1.56 |
| House Salad             | 1 CUP   | 50  | 160 | 336  | 4     | 14.04 | 1.48 |
| 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 |
| FRUIT,FRESH ASSORTED    | 1 EACH  | 522 | 55  | 1    | *9    | 14.14 | 0.03 |
| Milk, 1% White          | carton  | 300 | 130 | 160  | 15    | 16.0  | 1.50 |
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| Corn Dog                | Recipe  | 60  | 604 | 1075 | 10    | 75.24 | 5.95 |
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|                         | Portion Size    | Reimb Qty | Cals (kcal) | Sodm (mg) | Sugars (g) | Carb (g) | S-Fat (g) |
|-------------------------|-----------------|-----------|-------------|-----------|------------|----------|-----------|
| Mon - 02/17/2020        |                 |           |             |           |            |          |           |
| Middle Lunch 2019-2020  | Total           | 476       |             |           |            |          |           |
| Orange Chicken w/ Rice  | 1 wok bowl each | 96        | 287         | 306       | 12         | 48.99    | 0.52      |
| Cheeseburger            | 1 each          | 220       | 657         | 1250      | 7          | 54.76    | 11.11     |
| Cheese Pizza            | 1 each          | 24        | 360         | 510       | 4          | 34.0     | 8.00      |
| Pepperoni Pizza         | 1 each          | 96        | 370         | 580       | 4          | 33.0     | 9.00      |
| Chicken Caesar Salad    | Salad           | 20        | 599         | 1190      | 4          | 46.52    | 5.73      |
| Protein box             | 1 each          | 20        | 450         | 425       | 21         | 61.0     | 2.50      |
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| House Salad             | 1 CUP           | 50        | 160         | 336       | 4          | 14.04    | 1.48      |
| 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          | 250       | 130         | 160       | 15         | 16.0     | 1.50      |
| Milk, Non Fat, White    | carton          | 200       | 90          | 130       | 13         | 13.0     | 0.00      |
| Milk, Lactaid Fat Free  | carton          | 26        | 90          | 125       | 12         | 13.0     | 0.00      |
|                         |                 |           |             |           |            |          |           |

|                         |         |     |     |      |       |       |      |
|-------------------------|---------|-----|-----|------|-------|-------|------|
| Tue - 02/18/2020        |         |     |     |      |       |       |      |
| Middle Lunch 2019-2020  | Total   | 486 |     |      |       |       |      |
| Soup and garlic toast   | 1 each  | 120 | 470 | 810  | 6     | 46.0  | 8.00 |
| ChickenTenders          | Box     | 160 | 559 | 1070 | 1     | 44.19 | 4.76 |
| Cheese Pizza            | 1 each  | 72  | 360 | 510  | 4     | 34.0  | 8.00 |
| Pepperoni Pizza         | 1 each  | 104 | 370 | 580  | 4     | 33.0  | 9.00 |
| Chef Salad - 2018       | 1 each  | 10  | 732 | 1672 | *4    | 61.89 | 9.27 |
| Protein box             | 1 each  | 20  | 450 | 425  | 21    | 61.0  | 2.50 |
| Condiment Bar           | portion | 75  | 203 | 1088 | 19    | 24.14 | 1.56 |
| House Salad             | 1 CUP   | 50  | 160 | 336  | 4     | 14.04 | 1.48 |
| 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 |
| FRUIT,FRESH ASSORTED    | 1 EACH  | 486 | 55  | 1    | *9    | 14.14 | 0.03 |
| Milk, 1% White          | carton  | 300 | 130 | 160  | 15    | 16.0  | 1.50 |
| Milk, Non Fat, White    | carton  | 160 | 90  | 130  | 13    | 13.0  | 0.00 |
| Milk, Lactaid Fat Free  | carton  | 26  | 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

Middle 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) |
|-------------------------|--------------|-----------|-------------|-----------|------------|----------|-----------|
| Wed - 02/19/2020        |              |           |             |           |            |          |           |
| Middle Lunch 2019-2020  | Total        | 488       |             |           |            |          |           |
| Cheese Bites            | 1 each       | 120       | 391         | 892       | 5          | 40.44    | 5.00      |
| Marinara Dipping Sauce  | 1/2 cup      | 1         | 35          | 630       | *N/A*      | 6.0      | *N/A*     |
| Cheeseburger            | 1 each       | 220       | 657         | 1250      | 7          | 54.76    | 11.11     |
| Cheese Pizza            | 1 each       | 56        | 360         | 510       | 4          | 34.0     | 8.00      |
| Pepperoni Pizza         | 1 each       | 32        | 370         | 580       | 4          | 33.0     | 9.00      |
| Buffalo Chicken Wrap    | 1 each       | 40        | 581         | 1456      | 3          | 52.14    | 6.13      |
| Protein box             | 1 each       | 20        | 450         | 425       | 21         | 61.0     | 2.50      |
| Raisins                 | 1/4 cup      | 25        | 125         | 4         | *N/A*      | 29.86    | 0.02      |
| Condiment Bar           | portion      | 75        | 203         | 1088      | 19         | 24.14    | 1.56      |
| House Salad             | 1 CUP        | 50        | 160         | 336       | 4          | 14.04    | 1.48      |
| Carrots, Baby Ind. bags | bag          | 25        | 35          | 65        | 5          | 8.0      | 0.00      |
| Milk, 1% White          | carton       | 300       | 130         | 160       | 15         | 16.0     | 1.50      |
| Milk, Non Fat, White    | carton       | 160       | 90          | 130       | 13         | 13.0     | 0.00      |
| Milk, Lactaid Fat Free  | carton       | 28        | 90          | 125       | 12         | 13.0     | 0.00      |
|                         |              |           |             |           |            |          |           |

|                         |          |     |     |      |       |       |       |
|-------------------------|----------|-----|-----|------|-------|-------|-------|
| Thu - 02/20/2020        |          |     |     |      |       |       |       |
| Middle Lunch 2019-2020  | Total    | 488 |     |      |       |       |       |
| Chicken Alfredo Pasta   | servings | 170 | 887 | 1590 | 11    | 84.18 | 18.94 |
| ChickenTenders          | Box      | 160 | 559 | 1070 | 1     | 44.19 | 4.76  |
| Spicy Chicken Sandwich  | 1 each   | 1   | 688 | 1120 | 6     | 65.65 | 8.07  |
| Cheese Pizza            | 1 each   | 32  | 360 | 510  | 4     | 34.0  | 8.00  |
| Pepperoni Pizza         | 1 each   | 96  | 370 | 580  | 4     | 33.0  | 9.00  |
| Chef Salad - 2018       | 1 each   | 20  | 732 | 1672 | *4    | 61.89 | 9.27  |
| Protein box             | 1 each   | 10  | 450 | 425  | 21    | 61.0  | 2.50  |
| House Salad             | 1 CUP    | 50  | 160 | 336  | 4     | 14.04 | 1.48  |
| Condiment Bar           | portion  | 75  | 203 | 1088 | 19    | 24.14 | 1.56  |
| 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  |
| FRUIT,FRESH ASSORTED    | 1 EACH   | 488 | 55  | 1    | *9    | 14.14 | 0.03  |
| Milk, 1% White          | carton   | 300 | 130 | 160  | 15    | 16.0  | 1.50  |
| Milk, Non Fat, White    | carton   | 160 | 90  | 130  | 13    | 13.0  | 0.00  |
| Milk, Lactaid Fat Free  | carton   | 28  | 90  | 125  | 12    | 13.0  | 0.00  |
|                         |          |     |     |      |       |       |       |

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# Sacramento City Unified School District

Feb 3, 2020 thru Feb 28, 2020

Base Menu Spreadsheet

Middle 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) |
|-------------------------|--------------|-----------|-------------|-----------|------------|----------|-----------|
| Fri - 02/21/2020        |              |           |             |           |            |          |           |
| Middle Lunch 2019-2020  | Total        | 522       |             |           |            |          |           |
| Popcorn Chicken Bowl    | 1 bowl       | 250       | 551         | 1204      | 7          | 63.6     | 6.04      |
| Pepperoni Pizza         | 1 each       | 112       | 370         | 580       | 4          | 33.0     | 9.00      |
| Cheese Pizza            | 1 each       | 60        | 360         | 510       | 4          | 34.0     | 8.00      |
| Corn Dog                | Recipe       | 1         | 604         | 1075      | 10         | 75.24    | 5.95      |
| Chicken Caesar Salad    | Salad        | 20        | 599         | 1190      | 4          | 46.52    | 5.73      |
| Protein box             | 1 each       | 20        | 450         | 425       | 21         | 61.0     | 2.50      |
| Condiment Bar           | portion      | 75        | 203         | 1088      | 19         | 24.14    | 1.56      |
| House Salad             | 1 CUP        | 50        | 160         | 336       | 4          | 14.04    | 1.48      |
| 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      |
| FRUIT, FRESH ASSORTED   | 1 EACH       | 522       | 55          | 1         | *9         | 14.14    | 0.03      |
| Milk, 1% White          | carton       | 300       | 130         | 160       | 15         | 16.0     | 1.50      |
| Milk, Non Fat, White    | carton       | 200       | 90          | 130       | 13         | 13.0     | 0.00      |
| Milk, Lactaid Fat Free  | carton       | 22        | 90          | 125       | 12         | 13.0     | 0.00      |
| Corn Dog                | Recipe       | 60        | 604         | 1075      | 10         | 75.24    | 5.95      |
|                         |              |           |             |           |            |          |           |

|                         |                 |     |     |      |       |       |       |
|-------------------------|-----------------|-----|-----|------|-------|-------|-------|
| Mon - 02/24/2020        |                 |     |     |      |       |       |       |
| Middle Lunch 2019-2020  | Total           | 476 |     |      |       |       |       |
| Orange Chicken w/ Rice  | 1 wok bowl each | 96  | 287 | 306  | 12    | 48.99 | 0.52  |
| Cheeseburger            | 1 each          | 220 | 657 | 1250 | 7     | 54.76 | 11.11 |
| Cheese Pizza            | 1 each          | 24  | 360 | 510  | 4     | 34.0  | 8.00  |
| Pepperoni Pizza         | 1 each          | 96  | 370 | 580  | 4     | 33.0  | 9.00  |
| Chicken Caesar Salad    | Salad           | 20  | 599 | 1190 | 4     | 46.52 | 5.73  |
| Protein box             | 1 each          | 20  | 450 | 425  | 21    | 61.0  | 2.50  |
| Condiment Bar           | portion         | 75  | 203 | 1088 | 19    | 24.14 | 1.56  |
| House Salad             | 1 CUP           | 50  | 160 | 336  | 4     | 14.04 | 1.48  |
| 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          | 250 | 130 | 160  | 15    | 16.0  | 1.50  |
| Milk, Non Fat, White    | carton          | 200 | 90  | 130  | 13    | 13.0  | 0.00  |
| Milk, Lactaid Fat Free  | carton          | 26  | 90  | 125  | 12    | 13.0  | 0.00  |
|                         |                 |     |     |      |       |       |       |

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# Sacramento City Unified School District

Feb 3, 2020 thru Feb 28, 2020

Base Menu Spreadsheet

Middle 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) |
|-------------------------|--------------|-----------|-------------|-----------|------------|----------|-----------|
| Tue - 02/25/2020        |              |           |             |           |            |          |           |
| Middle Lunch 2019-2020  | Total        | 486       |             |           |            |          |           |
| Soup and garlic toast   | 1 each       | 120       | 470         | 810       | 6          | 46.0     | 8.00      |
| ChickenTenders          | Box          | 160       | 559         | 1070      | 1          | 44.19    | 4.76      |
| Cheese Pizza            | 1 each       | 72        | 360         | 510       | 4          | 34.0     | 8.00      |
| Pepperoni Pizza         | 1 each       | 104       | 370         | 580       | 4          | 33.0     | 9.00      |
| Chef Salad - 2018       | 1 each       | 10        | 732         | 1672      | *4         | 61.89    | 9.27      |
| Protein box             | 1 each       | 20        | 450         | 425       | 21         | 61.0     | 2.50      |
| Condiment Bar           | portion      | 75        | 203         | 1088      | 19         | 24.14    | 1.56      |
| House Salad             | 1 CUP        | 50        | 160         | 336       | 4          | 14.04    | 1.48      |
| 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      |
| FRUIT,FRESH ASSORTED    | 1 EACH       | 486       | 55          | 1         | *9         | 14.14    | 0.03      |
| Milk, 1% White          | carton       | 300       | 130         | 160       | 15         | 16.0     | 1.50      |
| Milk, Non Fat, White    | carton       | 160       | 90          | 130       | 13         | 13.0     | 0.00      |
| Milk, Lactaid Fat Free  | carton       | 26        | 90          | 125       | 12         | 13.0     | 0.00      |
|                         |              |           |             |           |            |          |           |

|                         |         |     |     |      |       |       |       |
|-------------------------|---------|-----|-----|------|-------|-------|-------|
| Wed - 02/26/2020        |         |     |     |      |       |       |       |
| Middle Lunch 2019-2020  | Total   | 488 |     |      |       |       |       |
| Cheese Bites            | 1 each  | 120 | 391 | 892  | 5     | 40.44 | 5.00  |
| Marinara Dipping Sauce  | 1/2 cup | 1   | 35  | 630  | *N/A* | 6.0   | *N/A* |
| Cheeseburger            | 1 each  | 220 | 657 | 1250 | 7     | 54.76 | 11.11 |
| Cheese Pizza            | 1 each  | 56  | 360 | 510  | 4     | 34.0  | 8.00  |
| Pepperoni Pizza         | 1 each  | 32  | 370 | 580  | 4     | 33.0  | 9.00  |
| Buffalo Chicken Wrap    | 1 each  | 40  | 581 | 1456 | 3     | 52.14 | 6.13  |
| Protein box             | 1 each  | 20  | 450 | 425  | 21    | 61.0  | 2.50  |
| Raisins                 | 1/4 cup | 25  | 125 | 4    | *N/A* | 29.86 | 0.02  |
| Condiment Bar           | portion | 75  | 203 | 1088 | 19    | 24.14 | 1.56  |
| House Salad             | 1 CUP   | 50  | 160 | 336  | 4     | 14.04 | 1.48  |
| Carrots, Baby Ind. bags | bag     | 25  | 35  | 65   | 5     | 8.0   | 0.00  |
| Milk, 1% White          | carton  | 300 | 130 | 160  | 15    | 16.0  | 1.50  |
| Milk, Non Fat, White    | carton  | 160 | 90  | 130  | 13    | 13.0  | 0.00  |
| Milk, Lactaid Fat Free  | carton  | 28  | 90  | 125  | 12    | 13.0  | 0.00  |
|                         |         |     |     |      |       |       |       |

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# Sacramento City Unified School District

Feb 3, 2020 thru Feb 28, 2020

Base Menu Spreadsheet

Middle 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) |
|-------------------------|--------------|-----------|-------------|-----------|------------|----------|-----------|
| Thu - 02/27/2020        |              |           |             |           |            |          |           |
| Middle Lunch 2019-2020  | Total        | 488       |             |           |            |          |           |
| Chicken Alfredo Pasta   | servings     | 170       | 887         | 1590      | 11         | 84.18    | 18.94     |
| ChickenTenders          | Box          | 160       | 559         | 1070      | 1          | 44.19    | 4.76      |
| Spicy Chicken Sandwich  | 1 each       | 1         | 688         | 1120      | 6          | 65.65    | 8.07      |
| Cheese Pizza            | 1 each       | 32        | 360         | 510       | 4          | 34.0     | 8.00      |
| Pepperoni Pizza         | 1 each       | 96        | 370         | 580       | 4          | 33.0     | 9.00      |
| Chef Salad - 2018       | 1 each       | 20        | 732         | 1672      | *4         | 61.89    | 9.27      |
| Protein box             | 1 each       | 10        | 450         | 425       | 21         | 61.0     | 2.50      |
| House Salad             | 1 CUP        | 50        | 160         | 336       | 4          | 14.04    | 1.48      |
| Condiment Bar           | portion      | 75        | 203         | 1088      | 19         | 24.14    | 1.56      |
| 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      |
| FRUIT,FRESH ASSORTED    | 1 EACH       | 488       | 55          | 1         | *9         | 14.14    | 0.03      |
| Milk, 1% White          | carton       | 300       | 130         | 160       | 15         | 16.0     | 1.50      |
| Milk, Non Fat, White    | carton       | 160       | 90          | 130       | 13         | 13.0     | 0.00      |
| Milk, Lactaid Fat Free  | carton       | 28        | 90          | 125       | 12         | 13.0     | 0.00      |
|                         |              |           |             |           |            |          |           |

|                         |         |     |     |      |       |       |      |
|-------------------------|---------|-----|-----|------|-------|-------|------|
| Fri - 02/28/2020        |         |     |     |      |       |       |      |
| Middle Lunch 2019-2020  | Total   | 522 |     |      |       |       |      |
| Popcorn Chicken Bowl    | 1 bowl  | 250 | 551 | 1204 | 7     | 63.6  | 6.04 |
| Pepperoni Pizza         | 1 each  | 112 | 370 | 580  | 4     | 33.0  | 9.00 |
| Cheese Pizza            | 1 each  | 60  | 360 | 510  | 4     | 34.0  | 8.00 |
| Corn Dog                | Recipe  | 1   | 604 | 1075 | 10    | 75.24 | 5.95 |
| Chicken Caesar Salad    | Salad   | 20  | 599 | 1190 | 4     | 46.52 | 5.73 |
| Protein box             | 1 each  | 20  | 450 | 425  | 21    | 61.0  | 2.50 |
| Condiment Bar           | portion | 75  | 203 | 1088 | 19    | 24.14 | 1.56 |
| House Salad             | 1 CUP   | 50  | 160 | 336  | 4     | 14.04 | 1.48 |
| 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 |
| FRUIT,FRESH ASSORTED    | 1 EACH  | 522 | 55  | 1    | *9    | 14.14 | 0.03 |
| Milk, 1% White          | carton  | 300 | 130 | 160  | 15    | 16.0  | 1.50 |
| Milk, Non Fat, White    | carton  | 200 | 90  | 130  | 13    | 13.0  | 0.00 |
| Milk, Lactaid Fat Free  | carton  | 22  | 90  | 125  | 12    | 13.0  | 0.00 |
| Corn Dog                | Recipe  | 60  | 604 | 1075 | 10    | 75.24 | 5.95 |
|                         |         |     |     |      |       |       |      |

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