

**Sacramento City Unified School District**

**Mar 2, 2020 thru Mar 31, 2020**

Base Menu Spreadsheet

Middle Lunch 2019-2020

Portion Values - Detailed

Page 1

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	S-Fat (g)
Mon - 03/02/2020							
Middle Lunch 2019-2020	Total	1					
Spicy Teriyaki Rice Bowl	1 each	1	478	976	13	71.76	0.62
Cheeseburger	1 each	1	593	1304	6	47.96	10.58
Cheese Pizza	1 each	1	360	510	4	34.0	8.00
Pepperoni Pizza	1 each	1	370	580	4	33.0	9.00
Chicken Caesar Salad	Salad	1	599	1190	4	46.52	5.73
Protein box	1 each	1	450	425	21	61.0	2.50
Condiment Bar	portion	1	203	1088	19	24.14	1.56
House Salad	1 CUP	1	160	336	4	14.04	1.48
Raisins	1/4 cup	1	125	4	*N/A*	29.86	0.02
Carrots, Baby Ind. bags	bag	1	35	65	5	8.0	0.00
Milk, 1% White	carton	1	130	160	15	16.0	1.50
Milk, Non Fat, White	carton	1	90	130	13	13.0	0.00
Milk, Lactaid Fat Free	carton	1	90	125	12	13.0	0.00

Tue - 03/03/2020							
Middle Lunch 2019-2020	Total	1					
ChickenTenders	Box	1	559	1070	1	44.19	4.76
Spicy Chicken Sandwich	1 each	1	688	1120	6	65.65	8.07
Pizza, BBQ Chicken	slices	1	432	725	7	38.15	9.73
Cheese Pizza	1 each	1	360	510	4	34.0	8.00
Chicken Caesar Salad	Salad	1	599	1190	4	46.52	5.73
Protein box	1 each	1	450	425	21	61.0	2.50
House Salad	1 CUP	1	160	336	4	14.04	1.48
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
Raisins	Box	1	120	5	27	29.0	0.00
Carrots, Baby Ind. bags	bag	1	35	65	5	8.0	0.00
Milk, 1% White	carton	1	130	160	15	16.0	1.50
Milk, Non Fat, White	carton	1	90	130	13	13.0	0.00
Milk, Lactaid Fat Free	carton	1	90	125	12	13.0	0.00

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**Mar 2, 2020 thru Mar 31, 2020**

Base Menu Spreadsheet

Middle Lunch 2019-2020

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	S-Fat (g)
Wed - 03/04/2020						
Middle Lunch 2019-2020	Total					
Corn Dog	Recipe	604	1075	10	75.24	5.95
Cheeseburger	1 each	593	1304	6	47.96	10.58
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
Protein box	1 each	450	425	21	61.0	2.50
House Salad	1 CUP	160	336	4	14.04	1.48
Fruit, Canned - Assorted	1/2 cup	51	7	11	12.39	0.00
FRUIT,FRESH ASSORTED	1 EACH	55	1	*9	14.14	0.03
Raisins	Box	120	5	27	29.0	0.00
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

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	S-Fat (g)
Thu - 03/05/2020						
Middle Lunch 2019-2020	Total					
Chicken Alfredo Pasta	servings	887	1590	11	84.18	18.94
Spicy Chicken Sandwich	1 each	688	1120	6	65.65	8.07
Cheese Pizza	1 each	360	510	4	34.0	8.00
Pizza, BBQ Chicken	slices	432	725	7	38.15	9.73
Chicken Caesar Salad	Salad	599	1190	4	46.52	5.73
Protein box	1 each	450	425	21	61.0	2.50
House Salad	1 CUP	160	336	4	14.04	1.48
Condiment Bar	portion	203	1088	19	24.14	1.56
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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**Sacramento City Unified School District**

**Mar 2, 2020 thru Mar 31, 2020**

Base Menu Spreadsheet

Middle Lunch 2019-2020

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	S-Fat (g)
Fri - 03/06/2020						
Middle Lunch 2019-2020	Total					
ChickenTenders	Box	559	1070	1	44.19	4.76
Pepperoni Pizza	1 each	370	580	4	33.0	9.00
Cheese Pizza	1 each	360	510	4	34.0	8.00
Cheeseburger	1 each	593	1304	6	47.96	10.58
Chicken Caesar Salad	Salad	599	1190	4	46.52	5.73
Protein box	1 each	450	425	21	61.0	2.50
Condiment Bar	portion	203	1088	19	24.14	1.56
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						
Middle Lunch 2019-2020	Total					
Spicy Teriyaki Rice Bowl	1 each	478	976	13	71.76	0.62
Cheeseburger	1 each	593	1304	6	47.96	10.58
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
Protein box	1 each	450	425	21	61.0	2.50
Condiment Bar	portion	203	1088	19	24.14	1.56
House Salad	1 CUP	160	336	4	14.04	1.48
Raisins	1/4 cup	125	4	*N/A*	29.86	0.02
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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 - 03/10/2020							
Middle Lunch 2019-2020	Total	1					
ChickenTenders	Box	1	559	1070	1	44.19	4.76
Spicy Chicken Sandwich	1 each	1	688	1120	6	65.65	8.07
Pizza, BBQ Chicken	slices	1	432	725	7	38.15	9.73
Cheese Pizza	1 each	1	360	510	4	34.0	8.00
Chicken Caesar Salad	Salad	1	599	1190	4	46.52	5.73
Protein box	1 each	1	450	425	21	61.0	2.50
House Salad	1 CUP	1	160	336	4	14.04	1.48
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
Raisins	Box	1	120	5	27	29.0	0.00
Carrots, Baby Ind. bags	bag	1	35	65	5	8.0	0.00
Milk, 1% White	carton	1	130	160	15	16.0	1.50
Milk, Non Fat, White	carton	1	90	130	13	13.0	0.00
Milk, Lactaid Fat Free	carton	1	90	125	12	13.0	0.00

Wed - 03/11/2020							
Middle Lunch 2019-2020	Total	1					
Corn Dog	Recipe	1	604	1075	10	75.24	5.95
Cheeseburger	1 each	1	593	1304	6	47.96	10.58
Cheese Pizza	1 each	1	360	510	4	34.0	8.00
Pepperoni Pizza	1 each	1	370	580	4	33.0	9.00
Chicken Caesar Salad	Salad	1	599	1190	4	46.52	5.73
Protein box	1 each	1	450	425	21	61.0	2.50
House Salad	1 CUP	1	160	336	4	14.04	1.48
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
Raisins	Box	1	120	5	27	29.0	0.00
Carrots, Baby Ind. bags	bag	1	35	65	5	8.0	0.00
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Base Menu Spreadsheet

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	S-Fat (g)
Thu - 03/12/2020						
Middle Lunch 2019-2020	Total					
Chicken Alfredo Pasta	servings	887	1590	11	84.18	18.94
Spicy Chicken Sandwich	1 each	688	1120	6	65.65	8.07
Cheese Pizza	1 each	360	510	4	34.0	8.00
Pizza, BBQ Chicken	slices	432	725	7	38.15	9.73
Chicken Caesar Salad	Salad	599	1190	4	46.52	5.73
Protein box	1 each	450	425	21	61.0	2.50
House Salad	1 CUP	160	336	4	14.04	1.48
Condiment Bar	portion	203	1088	19	24.14	1.56
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

Fri - 03/13/2020						
Middle Lunch 2019-2020	Total					
ChickenTenders	Box	559	1070	1	44.19	4.76
Pepperoni Pizza	1 each	370	580	4	33.0	9.00
Cheese Pizza	1 each	360	510	4	34.0	8.00
Cheeseburger	1 each	593	1304	6	47.96	10.58
Chicken Caesar Salad	Salad	599	1190	4	46.52	5.73
Protein box	1 each	450	425	21	61.0	2.50
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Base Menu Spreadsheet

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Portion Values - Detailed

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	Portion Size		Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	S-Fat (g)
Mon - 03/16/2020							
Middle Lunch 2019-2020	Total						
Spicy Teriyaki Rice Bowl	1 each		478	976	13	71.76	0.62
Cheeseburger	1 each		593	1304	6	47.96	10.58
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
Protein box	1 each		450	425	21	61.0	2.50
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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							
Middle Lunch 2019-2020	Total	1					
ChickenTenders	Box	1	559	1070	1	44.19	4.76
Spicy Chicken Sandwich	1 each	1	688	1120	6	65.65	8.07
Pizza, BBQ Chicken	slices	1	432	725	7	38.15	9.73
Cheese Pizza	1 each	1	360	510	4	34.0	8.00
Chicken Caesar Salad	Salad	1	599	1190	4	46.52	5.73
Protein box	1 each	1	450	425	21	61.0	2.50
House Salad	1 CUP	1	160	336	4	14.04	1.48
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
Raisins	Box	1	120	5	27	29.0	0.00
Carrots, Baby Ind. bags	bag	1	35	65	5	8.0	0.00
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**Mar 2, 2020 thru Mar 31, 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 - 03/18/2020							
Middle Lunch 2019-2020	Total	1					
Corn Dog	Recipe	1	604	1075	10	75.24	5.95
Cheeseburger	1 each	1	593	1304	6	47.96	10.58
Cheese Pizza	1 each	1	360	510	4	34.0	8.00
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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	S-Fat (g)
Thu - 03/19/2020							
Middle Lunch 2019-2020	Total						
Chicken Alfredo Pasta	servings		887	1590	11	84.18	18.94
Spicy Chicken Sandwich	1 each		688	1120	6	65.65	8.07
Cheese Pizza	1 each		360	510	4	34.0	8.00
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ChickenTenders	Box	559	1070	1	44.19	4.76
Pepperoni Pizza	1 each	370	580	4	33.0	9.00
Cheese Pizza	1 each	360	510	4	34.0	8.00
Cheeseburger	1 each	593	1304	6	47.96	10.58
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Mon - 03/23/2020						
Middle Lunch 2019-2020	Total					
Spicy Teriyaki Rice Bowl	1 each	478	976	13	71.76	0.62
Cheeseburger	1 each	593	1304	6	47.96	10.58
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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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 - 03/24/2020							
Middle Lunch 2019-2020	Total	1					
ChickenTenders	Box	1	559	1070	1	44.19	4.76
Spicy Chicken Sandwich	1 each	1	688	1120	6	65.65	8.07
Pizza, BBQ Chicken	slices	1	432	725	7	38.15	9.73
Cheese Pizza	1 each	1	360	510	4	34.0	8.00
Chicken Caesar Salad	Salad	1	599	1190	4	46.52	5.73
Protein box	1 each	1	450	425	21	61.0	2.50
House Salad	1 CUP	1	160	336	4	14.04	1.48
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
Raisins	Box	1	120	5	27	29.0	0.00
Carrots, Baby Ind. bags	bag	1	35	65	5	8.0	0.00
Milk, 1% White	carton	1	130	160	15	16.0	1.50
Milk, Non Fat, White	carton	1	90	130	13	13.0	0.00
Milk, Lactaid Fat Free	carton	1	90	125	12	13.0	0.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	S-Fat (g)
Wed - 03/25/2020							
Middle Lunch 2019-2020	Total	1					
Corn Dog	Recipe	1	604	1075	10	75.24	5.95
Cheeseburger	1 each	1	593	1304	6	47.96	10.58
Cheese Pizza	1 each	1	360	510	4	34.0	8.00
Pepperoni Pizza	1 each	1	370	580	4	33.0	9.00
Chicken Caesar Salad	Salad	1	599	1190	4	46.52	5.73
Protein box	1 each	1	450	425	21	61.0	2.50
House Salad	1 CUP	1	160	336	4	14.04	1.48
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
Raisins	Box	1	120	5	27	29.0	0.00
Carrots, Baby Ind. bags	bag	1	35	65	5	8.0	0.00
Milk, 1% White	carton	1	130	160	15	16.0	1.50
Milk, Non Fat, White	carton	1	90	130	13	13.0	0.00
Milk, Lactaid Fat Free	carton	1	90	125	12	13.0	0.00

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\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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**Sacramento City Unified School District**

**Mar 2, 2020 thru Mar 31, 2020**

Base Menu Spreadsheet

Middle Lunch 2019-2020

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	S-Fat (g)
Thu - 03/26/2020						
Middle Lunch 2019-2020	Total					
Chicken Alfredo Pasta	1 each	887	1590	11	84.18	18.94
Spicy Chicken Sandwich	1 each	688	1120	6	65.65	8.07
Cheese Pizza	1 each	360	510	4	34.0	8.00
Pizza, BBQ Chicken	slices	432	725	7	38.15	9.73
Chicken Caesar Salad	Salad	599	1190	4	46.52	5.73
Protein box	1 each	450	425	21	61.0	2.50
House Salad	1 CUP	160	336	4	14.04	1.48
Condiment Bar	portion	203	1088	19	24.14	1.56
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

Fri - 03/27/2020						
Middle Lunch 2019-2020	Total					
ChickenTenders	Box	559	1070	1	44.19	4.76
Pepperoni Pizza	1 each	370	580	4	33.0	9.00
Cheese Pizza	1 each	360	510	4	34.0	8.00
Cheeseburger	1 each	593	1304	6	47.96	10.58
Chicken Caesar Salad	Salad	599	1190	4	46.52	5.73
Protein box	1 each	450	425	21	61.0	2.50
Condiment Bar	portion	203	1088	19	24.14	1.56
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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**Sacramento City Unified School District**

**Mar 2, 2020 thru Mar 31, 2020**

Base Menu Spreadsheet

Middle Lunch 2019-2020

Portion Values - Detailed

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	Portion Size		Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	S-Fat (g)
Mon - 03/30/2020							
Middle Lunch 2019-2020	Total						
Spicy Teriyaki Rice Bowl	1 each		478	976	13	71.76	0.62
Cheeseburger	1 each		593	1304	6	47.96	10.58
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
Protein box	1 each		450	425	21	61.0	2.50
Condiment Bar	portion		203	1088	19	24.14	1.56
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
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 - 03/31/2020							
Middle Lunch 2019-2020	Total	1					
ChickenTenders	Box	1	559	1070	1	44.19	4.76
Spicy Chicken Sandwich	1 each	1	688	1120	6	65.65	8.07
Pizza, BBQ Chicken	slices	1	432	725	7	38.15	9.73
Cheese Pizza	1 each	1	360	510	4	34.0	8.00
Chicken Caesar Salad	Salad	1	599	1190	4	46.52	5.73
Protein box	1 each	1	450	425	21	61.0	2.50
House Salad	1 CUP	1	160	336	4	14.04	1.48
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
Raisins	Box	1	120	5	27	29.0	0.00
Carrots, Baby Ind. bags	bag	1	35	65	5	8.0	0.00
Milk, 1% White	carton	1	130	160	15	16.0	1.50
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