

Menu subject to change
without notice.

Sacramento City Unified School District Menu September CHO Counts

	MONDAY	TUESDAY	WEDNESDAY 9/1	THURSDAY 9/2	FRIDAY 9/3
B				WG Cereal -22.8 g	Cereal WG – 22.8 g
R				WG Crispito – 23 g	Garlic Cheese Toast – 31 g
E				Salsa – 5 g	Graham Crackers – 17 g
A				Graham Crackers – 17 g	Mighty Mango Juice – 43 g
K				Fresh Strawberries (3) – 4 g	Fresh Nectarine – 15 g
F				Orange Juice (4oz) – 14 g	Milk (1%) – 16 g
A				Milk (1%) – 16 g	Milk (nonfat) -13g
S				Milk (NF) – 13 g	Lactaid -13 g
T				Lactaid – 13 g	
L				Chicken Strips (3) – 16g	Cheese Bites – 13 g
U				Chick' n Dip' n Sauce – 11 g	Marinara Sauce – 4 g
N				Mac & Cheese Bowl -28 g	Sunbutter Sandwich meal
C				Cheese Cubes – 0 g	Sunbutter Sandwich – 56 g
H				Fresh Mini Bell Peppers (3) – 4g	Yogurt – 19 g
				Fresh Plum – 8 g	Cheezit Cracker – 14 g
				Milk (1%) -16g	Mango Sorbet – 17 g
				Milk (NF) -13 g	Cherry Tomatoes (7) – 3 g
				Lactaid – 13 g	Fresh Watermelon (1 slice)-4.2g
					Milk (1%) – 16 g
					Milk (nonfat) -13 g
					Lactaid – 13 g
S				Cheddar Chex Mix (1pack) – 20 g	Strawberry Waffle
N				Apple Juice (6oz) – 23 g	Graham – 21g
A					Milk (1%) – 16 g
C					Milk (NF) – 13 g
K					

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	MONDAY	TUESDAY 9/7	WEDNESDAY 9/8	THURSDAY 9/9	FRIDAY 9/10
B	HOLIDAY	Turkey Sausage Breakfast Pizza – 26 g WG Cereal – 22.8 g	Apple Cinnamon Oatmeal Round – 38 g WG Cereal – 22.8 g	WG Cereal -22.8 g WG Crispito – 23 g	Cereal WG – 22.8 g
R				Salsa – 5 g	Garlic Cheese Toast – 31 g
E		Graham Crackers – 17 g	Graham Crackers – 17 g	Graham Crackers – 17 g	Graham Crackers – 17 g
A		Fresh Bagged Grapes – 13.7 g	Sliced Apples (bagged) – 8 g	Fresh Nectarine – 15 g g	Strawberry Smoothie – 22 g
K		Orange Juice (4oz) 14 g	Canned Pears (1/2 C) – 16 g	Orange Juice (4oz) – 14 g	Fresh Plum – 8 g
F		Milk (1%) - 16 g	Milk (1%) - 16 g	Milk (1%) – 16 g	Milk (1%) – 16 g
A		Milk (NF) - 13 g	Milk (NF) - 13 g	Milk (NF) – 13 g	Milk (nonfat) -13g
S		Lactaid – 13g	Lactaid – 13g	Lactaid – 13 g	Lactaid -13 g
T					
L	HOLIDAY	Breaded Chicken Bites (5 pieces) – 17g Ketchup Cup – 6 g	Mandarin Orange Chicken (1/2 C) – 22 g Sunbutter Meal	All Natural Chicken Hot Dog – 31 g Ketchup Cup - 6 g	Cheeseburger on Bun – 32.6 g Ketchup Cup – 6 g
U		Garlic Cheese Toast – 31 g	Sunbutter Sandwich – 56 g	Mac & Cheese Bowl -28 g	Sunbutter Sandwich meal
N		Fresh mini Bell Peppers (3) – 4 g	Yogurt – 19 g	Cherry Tomatoes (7) – 3 g	Sunbutter Sandwich – 56 g
C		Fresh Plum – 8 g	Cheezeit Cracker - 14 g	Fresh Banana – 27 g	Yogurt – 19 g
H		Fresh Orange – 11 g	Hawaiian Brown Rice – 28 g	Fresh Strawberries (3) – 4 g	Cheezeit Cracker – 14 g
		Milk (1%) – 16 g	Bagged Carrots – 4 g	Milk (1%) -16g	Tater Tots (8) - 17 g
		Milk (NF) – 13 g	Fresh Watermelon(1 slice)-4.2 g	Milk (NF) -13 g	Apples, Sliced (bagged) – 8 g
		Lactaid – 13 g	Milk (1%) – 16 g	Lactaid – 13 g	Fresh Nectarine - 15g
			Milk (NF) – 13 g		Milk (1%) – 16 g
			Lactaid – 13 g		Milk (nonfat) -13 g
					Lactaid – 13 g
S	HOLIDAY	WG Heartzel Pretzel – 16 g Fruit Punch Juice (6oz) – 25 g	Bug Bites (1 pack) – 21 g Apples, Sliced (Bagged) – 8 g Strawberry Juice (4 oz) – 14	Cheddar Chex Mix (1pack) – 20 g Apple Juice (6 oz) – 23 g	Strawberry Waffle Graham – 21 g Milk (1%) – 16 g Milk (NF) – 13 g
N					
A					
C					
K					