

Menu subject to change
without notice.

Sacramento City Unified School District Menu September CHO Counts

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

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Sacramento City Unified School District Menu September CHO Counts

	MONDAY 9/13	TUESDAY 9/14	WEDNESDAY 9/15	THURSDAY 9/16	FRIDAY 9/17
B	Apple Cinnamon	WG Cereal -22.8 g	Pancake Pup- 21.5 g	Cinnamon Apple	Banana Muffin - 59 g
R	Oatmeal Round - 38 g	WG Crispito - 23 g	WG Cereal - 22.8 g	Chewie Bar - 52 g	Cereal WG - 22.8 g
E	WG Cereal - 22.8 g	Salsa - 5 g	Graham Crackers - 17 g	WG Cereal -22.8 g	Graham Crackers - 17 g
A	Graham Crackers - 17 g	Graham Crackers - 17 g	Sliced Apples (bagged) - 8 g	Graham Crackers - 17 g	Strawberry Smoothie - 22 g
K	Fresh Orange - 11 g	Fresh Strawberries (3)- 4 g	Canned Pears (1/2 C) - 16 g	Fresh Banana - 27 g	Canned Applesauce - 14 g
F	Mighty Mango Juice - 43 g	Orange Juice (4oz) 14 g	Milk (1%) - 16 g	Orange Juice (4oz) - 14 g	Milk (1%) - 16 g
A	Milk (1%) - 16 g	Milk (1%) - 16 g	Milk (NF) - 13 g	Milk (1%) - 16 g	Milk (nonfat) -13g
S	Milk (NF) - 13 g	Milk (NF) - 13 g	Lactaid - 13g	Milk (NF) - 13 g	Lactaid -13 g
T	Lactaid - 13g	Lactaid - 13g		Lactaid - 13 g	
L	Pepperoni Pizza - 33 g	Chicken Strips (3) - 16g	Chicken Patty on Bun - 40 g	Bean & Cheese Burrito - 40 g	Chicken Corn Dog - 30 g
U	Cheese Pizza - 34 g	Chick'n Dip'n Sauce - 11 g	Sunbutter Meal	Mac & Cheese Bowl -28 g	Ketchup Cup - 6 g
N	Sunbutter Meal	Garlic Cheese Toast - 31 g	Ketchup Cup - 6 g	Cherry Tomatoes (7) - 3 g	Sunbutter Sandwich meal
C	Sunbutter Sandwich - 56 g	Cheese Cubes - 0 g	Sunbutter Sandwich - 56 g	Fresh Banana - 27 g	Sunbutter Sandwich - 56 g
H	Yogurt - 19 g	Caesar Salad - 6 g	Yogurt - 19 g	Fresh Watermelon (1slc) - 4 g	Yogurt - 19 g
	Cheezit Cracker - 14 g	Fresh Plum - 8 g	Cheezit Cracker - 14 g	Sliced Apples (bagged) - 8 g	Cheezit Cracker - 14 g
	Bagged Carrots - 4 g	Fresh Nectarine-15 g	Fresh Broccoli (1/2C) - 3 g	Milk (1%) -16g	Tater Tots (8) - 17 g
	Fresh Bagged Grapes - 14 g	Milk (1%) - 16 g	Fresh Banana - 27 g	Milk (NF) -13 g	Fresh Orange - 11 g
	Fresh Plum - 8 g	Milk (NF) - 13 g	Fresh Strawberries (3) - 4 g	Lactaid - 13 g	Fresh Nectarine - 15g
	Milk (1%) - 16 g	Lactaid - 13 g	Milk (1%) - 16 g		Milk (1%) - 16 g
	Milk (NF) - 13 g		Milk (NF) - 13 g		Milk (nonfat) -13 g
	Lactaid - 13 g		Lactaid - 13 g		Lactaid - 13 g
S	Scooby-Doo Bone	Strawberry Chex Mix - 23 g	Gold Fish Pretzels - 17 g	Cheez- It Crackers - 14 g	Graham Cracker - 17 g
N	Grahams - 21 g	Fruit Punch Juice (6oz) - 25 g	Apples, Sliced (Bagged) - 8 g	Apple Juice (6 oz) - 23 g	Milk (1%) - 16 g
A	Milk (1%) - 16 g		Strawberry Kiwi Juice (4oz) - 14		
C					
K					

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Sacramento City Unified School District

Menu

September CHO Counts

	MONDAY 9/20	TUESDAY 9/21	WEDNESDAY 9/22	THURSDAY 9/23	FRIDAY 9/24
B	Apple Cinnamon	Turkey Sausage	Cowgirl Muffin – 50.4 g	WG Crispito – 23 g	Garlic Cheese Toast – 31 g
R	Oatmeal Round – 38 g	Breakfast Pizza – 31 g	WG Cereal – 22.8 g	Salsa – 5 g	Cereal WG – 22.8 g
E	WG Cereal – 22.8 g	WG Cereal – 22.8 g	Graham Crackers – 17 g	WG Cereal -22.8 g	Graham Crackers – 17 g
A	Graham Crackers – 17 g	Graham Crackers – 17 g	Sliced Apples (bagged) – 8 g	Graham Crackers – 17 g	Strawberry Smoothie – 22 g
K	Fresh Orange – 11 g	Fresh Strawberries (3)– 4 g	Canned Pears (1/2 C) – 16 g	Fresh Banana – 27 g	Fresh Bagged Grapes– 14 g
F	Mighty Mango Juice – 43 g	Orange Juice (4oz) 14 g	Milk (1%) - 16 g	Orange Juice (4oz) – 14 g	Milk (1%) – 16 g
A	Milk (1%) - 16 g	Milk (1%) - 16 g	Milk (NF) - 13 g	Milk (1%) – 16 g	Milk (nonfat) -13g
S	Milk (NF) - 13 g	Milk (NF) - 13 g	Lactaid – 13g	Milk (NF) – 13 g	Lactaid -13 g
T	Lactaid – 13g	Lactaid – 13g		Lactaid – 13 g	
L	Cheese Bites – 13 g	Breaded Chicken Bites (5) – 17 g	Mandarin Orange	Hot Dog on a Bun – 31 g	Cheeseburger on Bun – 33 g
U	Marinara Sauce – 4 g	Ketchup Cup – 6 g	Chicken (1/2 C)– 22 g	Ketchup Cup – 6 g	Ketchup Cup – 6 g
N	Sunbutter Meal	Garlic Cheese Toast – 31 g	Hawaiian Brown Rice – 15.4 g	Mac & Cheese Bowl -28 g	Sunbutter Sandwich meal
C	Sunbutter Sandwich – 56 g	Caesar Salad – 6 g	Sunbutter Meal	Cherry Tomatoes (7) – 3 g	Sunbutter Sandwich – 56 g
H	Yogurt – 19 g	Fresh Plum – 8 g	Yogurt – 19 g	Fresh Watermelon (1slc) – 4 g	Yogurt – 19 g
	Cheezit Cracker - 14 g	Fresh Nectarine– 15 g	Cheezit Cracker - 14 g	Sliced Apples (bagged) – 8 g	Cheezit Cracker – 14 g
	Bagged Carrots – 4 g	Milk (1%) – 16 g	Fresh Broccoli (1/2C) – 3 g	Milk (1%) -16g	Tater Tots (8) - 17 g
	Fresh Bagged Grapes – 14 g	Milk (NF) – 13 g	Fresh Banana – 27 g	Milk (NF) -13 g	Fresh Orange – 11 g
	Fresh Plum – 8 g	Lactaid – 13 g	Fresh Strawberries (3) – 4 g	Lactaid – 13 g	Fresh Nectarine - 15g
	Milk (1%) – 16 g		Milk (1%) – 16 g		Milk (1%) – 16 g
	Milk (NF) – 13 g		Milk (NF) – 13 g		Milk (nonfat) -13 g
	Lactaid – 13 g		Lactaid – 13 g		Lactaid – 13 g
S	Nature Valley	WG Heartzel Pretzels– 15 g	Bug Bites– 21 g	WG Cheddar Chex Mix – 20 g	Strawberry Waffle Graham –21g
N	Cinnamon Crisps – 25 g	Fruit Punch Juice (6oz) – 25 g	Apples, Sliced (Bagged) – 8 g	Apple Juice (6oz) – 23 g	Milk (1%) – 16 g
A	Milk (1%) – 16 g		Strawberry Kiwi Juice (4oz) – 14		
C					
K					

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Sacramento City Unified School District

Menu

September CHO Counts

	MONDAY 9/27	TUESDAY 9/28	WEDNESDAY 9/29	THURSDAY 9/30	FRIDAY 10/1
B	Apple Cinnamon	Cheesy Cheese Wheel – 31 g	Pancake Pup–21.5 g	Mini Waffles, Blueberry – 52 g	Banana Muffin – 59 g
R	Oatmeal Round – 38 g	WG Cereal – 22.8 g	WG Cereal – 22.8 g	Syrup Packet – 21 g	Cereal WG – 22.8 g
E	WG Cereal – 22.8 g	Graham Crackers – 17 g	Graham Crackers – 17 g	WG Cereal -22.8 g	Graham Crackers – 17 g
A	Graham Crackers – 17 g	Fresh Strawberries (3)– 4 g	Sliced Apples (bagged) – 8 g	Graham Crackers – 17 g	Strawberry Smoothie – 22 g
K	Fresh Orange – 11 g	Orange Juice (4oz) 14 g	Canned Pears (1/2 C) – 16 g	Fresh Banana – 27 g	Fresh Grapes– 14 g
F	Mighty Mango Juice – 43 g	Milk (1%) - 16 g	Milk (1%) - 16 g	Orange Juice (4oz) – 14 g	Milk (1%) – 16 g
A	Milk (1%) - 16 g	Milk (NF) - 13 g	Milk (NF) - 13 g	Milk (1%) – 16 g	Milk (nonfat) -13g
S	Milk (NF) - 13 g	Lactaid – 13g	Lactaid – 13g	Milk (NF) – 13 g	Lactaid -13 g
T	Lactaid – 13g			Lactaid – 13 g	
L	Pepperoni Pizza – 33 g	Chicken Strips (3) – 16g	Chicken Patty on Bun – 40 g	Bean & Cheese Burrito – 40 g	Chicken Corn Dog – 30 g
U	Cheese Pizza – 34 g	Chick'n Dip'n Sauce – 11 g	Sunbutter Meal	Mac & Cheese Bowl -28 g	Ketchup Cup – 6 g
N	Sunbutter Meal	Garlic Cheese Toast – 31 g	Ketchup Cup - 6 g	Cherry Tomatoes (7) – 3 g	Sunbutter Sandwich meal
C	Sunbutter Sandwich – 56 g	Cheese Cubes – 0 g	Sunchips Multigrain – 19 g	Fresh Banana – 27 g	Sunbutter Sandwich – 56 g
H	Yogurt – 19 g	Caesar Salad – 6 g	Sunbutter Sandwich – 56 g	Fresh Watermelon (1slc) – 4 g	Yogurt – 19 g
	Cheezit Cracker - 14 g	Fresh Plum – 8 g	Yogurt – 19 g	Sliced Apples (bagged) – 8 g	Cheezit Cracker – 14 g
	Bagged Carrots – 4 g	Fresh Nectarine– 15 g	Cheezit Cracker - 14 g	Milk (1%) -16g	Tater Tots (8) - 17 g
	Fresh Bagged Grapes – 14 g	Milk (1%) – 16 g	Fresh Broccoli (1/2C) – 3 g	Milk (NF) -13 g	Fresh Orange – 11 g
	Fresh Plum – 8 g	Milk (NF) – 13 g	Fresh Banana – 27 g	Lactaid – 13 g	Fresh Nectarine - 15g
	Milk (1%) – 16 g	Lactaid – 13 g	Fresh Strawberries (3) – 4 g		Milk (1%) – 16 g
	Milk (NF) – 13 g		Milk (1%) – 16 g		Milk (nonfat) -13 g
	Lactaid – 13 g		Milk (NF) – 13 g		Lactaid – 13 g
S	Scooby-Doo Bone	Strawberry Chex Mix – 23 g	Gold Fish Pretzels – 17 g	Cheez-It Crackers – 14 g	Graham Cracker – 17 g
N	Grahams – 21 g	Fruit Punch Juice (6oz) – 25 g	Apples, Sliced (Bagged) – 8 g	Apple Juice (6 oz) – 23 g	Milk (1%) – 16 g
A	Milk (1%) – 16 g		Strawberry Kiwi Juice (4oz) – 14		
C					
K					