

Menu subject to change
without notice.

Sacramento City Unified School District
Menu
October Elementary CHO Counts

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY 10/1
B R E A K F A S T					Banana Muffin – 59 g Cereal WG – 22.8 g Graham Crackers – 17 g Strawberry Smoothie – 22 g Fresh Grapes – 14 g Milk (1%) – 16 g Milk (nonfat) -13g Lactaid -13 g
L U N C H					Chicken Corn Dog – 30 g Ketchup Cup – 6 g Sunbutter Sandwich meal Sunbutter Sandwich – 56 g Yogurt – 19 g Cheezit Cracker – 14 g Tater Tots (8) - 17 g Fresh Orange – 11 g Fresh Nectarine - 15g Milk (1%) – 16 g Milk (nonfat) -13 g Lactaid – 13 g
S N A C K					Graham Cracker – 17 g Milk (1%) – 16 g

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Sacramento City Unified School District Menu October Elementary CHO Counts

	MONDAY 10/4	TUESDAY 10/5	WEDNESDAY 10/6	THURSDAY 10/7	FRIDAY 10/8
B	Cowgirl Muffin – 50.4 g	Turkey Sausage	Berry Apple Crisp Bar -24 g	WG Crispito – 23 g	Garlic Cheese Toast – 31 g
R	WG Cereal – 22.8 g	Breakfast Pizza – 31 g	WG Cereal -22.8 g	Salsa – 5 g	Cereal WG – 22.8 g
E	Graham Crackers – 17 g	WG Cereal – 22.8 g	Graham Crackers – 17 g	WG Cereal -22.8 g	Graham Crackers – 17 g
A	Fresh Fruit – 14.2	Graham Crackers – 17 g	Fresh Banana – 27 g	Graham Crackers – 17 g	Strawberry Smoothie – 22 g
K	Canned Fruit – 12.7 g	Fresh Strawberries (3)– 4 g	Fresh Fruit – 14.2 g	Fresh Apple – 27 g	Fresh Fruit– 14.2 g
F	Mighty Mango Juice	Orange Juice (4oz) 14 g	Fruit Canned – 12.7 g	Orange Juice (4oz) – 14 g	Milk (1%) – 16 g
A	Milk (1%) - 16 g	Milk (1%) - 16 g	Orange Juice (4oz) – 14 g	Milk (1%) – 16 g	Milk (nonfat) -13g
S	Milk (NF) - 13 g	Milk (NF) - 13 g	Milk (1%) – 16 g	Milk (NF) – 13 g	Lactaid -13 g
T	Lactaid – 13g	Lactaid – 13g	Milk (NF) – 13 g	Lactaid – 13 g	
L	Cheese Bites – 13 g	Rotini w/ Beef Meat Sauce –29 g	Mandarin Orange	Hot Dog on a Bun – 31 g	Cheeseburger on Bun – 33 g
U	Marinara Sauce – 4 g	Garlic Cheese Toast – 31 g	Chicken (1/2 C)– 22 g	Ketchup Cup – 6 g	Ketchup Cup – 6 g
N	Sunbutter Meal	Fresh Fruit – 14.2 g	Hawaiian Brown Rice – 15.4 g	Mac & Cheese Bowl -28 g	Sunbutter Sandwich meal
C	Sunbutter Sandwich – 56 g	Fresh Cucumber – 2 g	Sunbutter Meal	Goldfish Pretzels – 17 g	Sunbutter Sandwich – 56 g
H	Yogurt – 19 g	Milk (1%) – 16 g	Yogurt – 19 g	Fresh Banana – 27 g	Yogurt – 19 g
	Cheezit Cracker - 14 g	Milk (NF) – 13 g	Cheezit Cracker - 14 g	Fresh Fruit – 14.2 g	Cheezit Cracker – 14 g
	Bagged Carrots – 4 g	Lactaid – 13 g	Fresh Strawberries (3) – 4 g	Milk (1%) -16g	Tater Tots (8) - 17 g
	Fresh Fruit – 14.2 g		Fresh Fruit – 14.2 g	Milk (NF) -13 g	Fresh Apple – 27 g
	Fresh Plum – 8 g		Bagged Carrots – 4 g	Lactaid – 13 g	Fresh Fruit – 14.2 g
	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	Very Berry Juice (6oz) – 26 g	Apple Juice (6oz) – 23 g	Milk (1%) – 16 g
A	Milk (1%) – 16 g				
C					
K					

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Sacramento City Unified School District Menu October Elementary CHO Counts

	MONDAY 10/11	TUESDAY 10/12	WEDNESDAY 10/13	THURSDAY 10/14	FRIDAY 10/15
B	Apple Cinnamon Scone – 40.7 g	Cheesy Cheese Wheel – 31 g	Pancake Pup – 21.5 g	Blueberry Bash Waffles – 52 g	Banana Muffin – 59 g
R	WG Cereal – 22.8 g	WG Cereal – 22.8 g	Syrup – 20 g	Syrup – 20 g	Cereal WG – 22.8 g
E	Graham Crackers – 17 g	Graham Crackers – 17 g	WG Cereal -22.8 g	WG Cereal -22.8 g	Graham Crackers – 17 g
A	Fresh Fruit – 14.2	Fresh Strawberries (3)– 4 g	Graham Crackers – 17 g	Graham Crackers – 17 g	Strawberry Smoothie – 22 g
K	Canned Fruit – 12.7 g	Orange Juice (4oz) 14 g	Fresh Banana – 27 g	Fresh Apple – 27 g	Fresh Fruit– 14.2 g
F	Mighty Mango Juice	Milk (1%) - 16 g	Fresh Fruit – 14.2 g	Orange Juice (4oz) – 14 g	Milk (1%) – 16 g
A	Milk (1%) - 16 g	Milk (NF) - 13 g	Fruit Canned – 12.7 g	Milk (1%) – 16 g	Milk (nonfat) -13g
S	Milk (NF) - 13 g	Lactaid – 13g	Orange Juice (4oz) – 14 g	Milk (NF) – 13 g	Lactaid -13 g
T	Lactaid – 13g		Milk (1%) – 16 g	Lactaid – 13 g	
			Milk (NF) – 13 g		
			Lactaid – 13		
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	Hot Sauce – 0 g	Ketchup Cup – 6 g
N	Sunbutter Meal	Garlic Cheese Toast – 31 g	Ketchup Cup - 6 g	Mac & Cheese Bowl -28 g	Sunbutter Sandwich meal
C	Sunbutter Sandwich – 56 g	Fresh Cucumber – 2 g	Sunchips Multigrain – 19 g	Guacamole & Chips – 18 g	Sunbutter Sandwich – 56 g
H	Yogurt – 19 g	Fresh Fruit– 14.2 g	Sunbutter Sandwich – 56 g	Fresh Banana – 27 g	Yogurt – 19 g
	Cheezit Cracker - 14 g	Milk (1%) – 16 g	Yogurt – 19 g	Fresh Fruit – 14.2 g	Cheezit Cracker – 14 g
	Bagged Carrots – 4 g	Milk (NF) – 13 g	Cheezit Cracker - 14 g	Milk (1%) -16g	Tater Tots (8) - 17 g
	Fresh Bagged Grapes – 14 g	Lactaid – 13 g	Sun Chips -20 g	Milk (NF) -13 g	Fresh Apple – 27 g
	Fresh Plum – 8 g		Bagged Carrots - 4 g	Lactaid – 13 g	Fresh Fruit – 27 g
	Milk (1%) – 16 g		Fresh Fruit 14.2 g		Milk (1%) – 16 g
	Milk (NF) – 13 g		Fresh Strawberries (3) – 4 g		Milk (nonfat) -13 g
	Lactaid – 13 g		Milk (1%) – 16 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	WG Cheez-It Crackers – 14 g	Graham Cracker 17 g
N	Grahams – 21 g	Fruit Punch Juice (6oz) – 25 g	Very Berry Juice (6oz) – 26 g	Apple Juice (6oz) – 23 g	Milk (1%) – 16 g
A	Milk (1%) – 16 g				
C					
K					

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Sacramento City Unified School District Menu October Elementary CHO Counts

	MONDAY 10/18	TUESDAY 10/19	WEDNESDAY 10/20	THURSDAY 10/21	FRIDAY 10/22
B	Cowgirl Muffin – 50.4 g	Turkey Sausage	Apple Berry Crisp Bar – 24 g	WG Crispito – 23 g	Garlic Cheese Toast – 31 g
R	WG Cereal – 22.8 g	Breakfast Pizza – 31 g	WG Cereal -22.8 g	Salsa – 5 g	Cereal WG – 22.8 g
E	Graham Crackers – 17 g	WG Cereal – 22.8 g	Graham Crackers – 17 g	WG Cereal -22.8 g	Graham Crackers – 17 g
A	Fresh Fruit – 14.2	Graham Crackers – 17 g	Fresh Banana – 27 g	Graham Crackers – 17 g	Strawberry Smoothie – 22 g
K	Canned Fruit – 12.7 g	Fresh Strawberries (3)– 4 g	Fresh Fruit – 14.2 g	Fresh Apple – 27 g	Fresh Fruit – 14.2 g
F	Mighty Mango Juice	Orange Juice (4oz) 14 g	Fruit Canned – 12.7 g	Orange Juice (4oz) – 14 g	Milk (1%) – 16 g
A	Milk (1%) - 16 g	Milk (1%) - 16 g	Orange Juice (4oz) – 14 g	Milk (1%) – 16 g	Milk (nonfat) -13g
S	Milk (NF) - 13 g	Milk (NF) - 13 g	Milk (1%) – 16 g	Milk (NF) – 13 g	Lactaid -13 g
T	Lactaid – 13g	Lactaid – 13g	Milk (NF) – 13 g	Lactaid – 13 g	
			Lactaid – 13		
L	Cheese Bites – 13 g	Rotini w/ Beef Meat Sauce – 6 g	Mandarin Orange	Hot Dog on a Bun – 31 g	Cheeseburger on Bun – 33 g
U	Marinara Sauce – 4 g	Garlic Cheese Toast – 31 g	Chicken (1/2 C)– 22 g	Ketchup Cup – 6 g	Ketchup Cup – 6 g
N	Sunbutter Meal	Fresh Fruit – 14.2 g	Hawaiian Brown Rice – 15.4 g	Mac & Cheese Bowl -28 g	Sunbutter Sandwich meal
C	Sunbutter Sandwich – 56 g	Fresh Cucumber– 15 g	Sunbutter Meal	Goldfish Pretzels – 17 g	Sunbutter Sandwich – 56 g
H	Yogurt – 19 g	Milk (1%) – 16 g	Yogurt – 19 g	Fresh Banana – 27 g	Yogurt – 19 g
	Cheezit Cracker - 14 g	Milk (NF) – 13 g	Cheezit Cracker - 14 g	Fresh Fruit – 14.2 g	Cheezit Cracker – 14 g
	Bagged Carrots – 4 g	Lactaid – 13 g	Fresh Fruit – 14.2 g	Milk (1%) -16g	Tater Tots (8) - 17 g
	Fresh Fruit– 14.2 g		Fresh Strawberries (3) – 4 g	Milk (NF) -13 g	Fresh Apple – 27 g
	Milk (1%) – 16 g		Milk (1%) – 16 g	Lactaid – 13 g	Fresh Fruit – 14.2 g
	Milk (NF) – 13 g		Milk (NF) – 13 g		Milk (1%) – 16 g
	Lactaid – 13 g		Lactaid – 13 g		Milk (nonfat) -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	Very Berry Juice (6oz) – 26 g	Apple Juice (6oz) – 23 g	Milk (1%) – 16 g
A	Milk (1%) – 16 g				
C					
K					

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Sacramento City Unified School District Menu October Elementary CHO Counts

	MONDAY 10/25	TUESDAY 10/26	WEDNESDAY 10/27	THURSDAY 10/28	FRIDAY 10/29
B	Apple Cinnamon Scone 40.7 g	Cheesy Cheese Wheel-31 g	Pancake Pup -21.5 g	Blueberry Bash Waffles - 52 g	Banana Muffin - 50 g
R	WG Cereal - 22.8 g	WG Cereal - 22.8 g	Syrup - 20 g	Syrup - 20 g	Cereal WG - 22.8 g
E	Graham Crackers - 17 g	Graham Crackers - 17 g	WG Cereal -22.8 g	WG Cereal -22.8 g	Graham Crackers - 17 g
A	Fresh Fruit - 14.2	Fresh Strawberries (3)-4 g	Graham Crackers - 17 g	Graham Crackers - 17 g	Strawberry Smoothie - 22 g
K	Canned Fruit - 12.7 g	Orange Juice (4oz) 14 g	Fresh Banana - 27 g	Fresh Apple - 27 g	Fresh Fruit - 14.2 g
F	Mighty Mango Juice	Milk (1%) - 16 g	Fresh Fruit - 14.2 g	Orange Juice (4oz) - 14 g	Milk (1%) - 16 g
A	Milk (1%) - 16 g	Milk (NF) - 13 g	Fruit Canned - 12.7 g	Milk (1%) - 16 g	Milk (nonfat) -13g
S	Milk (NF) - 13 g	Lactaid - 13g	Orange Juice (4oz) - 14 g	Milk (NF) - 13 g	Lactaid -13 g
T	Lactaid - 13g		Milk (1%) - 16 g	Lactaid - 13 g	
			Milk (NF) - 13 g		
			Lactaid - 13		
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	Guacamole & Chips - 3 g	Sunbutter Sandwich meal
C	Sunbutter Sandwich - 56 g	Cheese Cubes - 2 g	Sunchips Multigrain - 19 g	Fresh Banana - 27 g	Sunbutter Sandwich - 56 g
H	Yogurt - 19 g	Fresh Fruit- 14.2 g	Sunbutter Sandwich - 56 g	Fresh Fruit - 14.2 g	Yogurt - 19 g
	Cheezit Cracker - 14 g	Milk (1%) - 16 g	Yogurt - 19 g	Milk (1%) -16g	Cheezit Cracker - 14 g
	Bagged Carrots - 4 g	Milk (NF) - 13 g	Cheezit Cracker - 14 g	Milk (NF) -13 g	Tater Tots (8) - 17 g
	Fresh Fruit- 14.2 g	Lactaid - 13 g	Sun Chips - 20 g	Lactaid - 13 g	Fresh Apple - 27 g
	Fresh Plum - 8 g		Bagged Carrots - 4 g		Fresh Fruit - 14.2 g
	Milk (1%) - 16 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
			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	Very Berry Juice (6oz) - 26	Apple Juice (6 oz) - 23 g	Milk (1%) - 16 g
A	Milk (1%) - 16 g				
C					
K					

Menu subject to change
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Sacramento City Unified School District
Menu
October Elementary CHO Counts

	MONDAY 10/31	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B	Cowgirl Muffin – 50.4 g				
R	WG Cereal – 22.8 g				
E	Graham Crackers – 17 g				
A	Fresh Orange – 11 g				
K	Mighty Mango Juice – 43 g				
F	Milk (1%) - 16 g				
A	Milk (NF) - 13 g				
S	Lactaid – 13g				
T					
L	Cheese Bites – 13 g				
U	Marinara Sauce – 4 g				
N	Sunbutter Meal				
C	Sunbutter Sandwich – 56 g				
H	Yogurt – 19 g				
	Cheezit Cracker - 14 g				
	Bagged Carrots – 4 g				
	Fresh Fruit – 14.2 g				
	Milk (1%) – 16 g				
	Milk (NF) – 13 g				
	Lactaid – 13 g				
S	Nature Valley				
N	Cinnamon Crisps – 25 g				
A	Milk (1%) – 16 g				
C					
K					