

Sacramento City Unified School District

Menu

October Secondary CHO Counts

Menu subject to change
without notice.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B	Breakfast Square with Turkey	Breakfast Bowl – 18 g	Breakfast Square with Turkey	Breakfast Bowl – 18 g	Breakfast Square with Turkey
R	Sausage – 31 g	WG Cereal – 45 g	Sausage – 31 g	WG Cereal – 45 g	Sausage – 31 g
E	WG Cereal – 45 g	Steak & Cheese Tornado – 24 g	WG Cereal – 45 g	Steak & Cheese Tornado – 24 g	WG Cereal – 45 g
A	Fresh Baked Muffins – 57.7 g	Yogurt Bento Box – 61.2 g	Fresh Baked Muffins – 57.7 g	Yogurt Bento Box – 61.2 g	Fresh Baked Muffins – 57.7 g
K	Yogurt Parfait	Graham Crackers – 17 g	Yogurt Parfait	Graham Crackers – 17 g	Yogurt Parfait
F	Bento Box – 61.2 g	Fruit, Fresh Assorted – 14.2 g	Bento Box – 61.2 g	Fruit, Fresh Assorted – 14.2 g	Bento Box – 61.2 g
A	Graham Crackers – 17 g	Fruit, Canned Assorted 12.7 g	Graham Crackers – 17 g	Fruit, Canned Assorted 12.7 g	Graham Crackers – 17 g
S	Fruit, Fresh Assorted – 14.2 g	Raisins – 29 g	Fruit, Fresh Assorted – 14.2 g	Raisins – 29 g	Fruit, Fresh Assorted – 14.2 g
T	Fruit, Canned Assorted 12.7 g	Orange Juice (4oz) 14 g	Fruit, Canned Assorted 12.7 g	Orange Juice (4oz) 14 g	Fruit, Canned Assorted 12.7 g
	Raisins – 29 g	Milk (1%) - 16 g	Raisins – 29 g	Milk (1%) - 16 g	Raisins – 29 g
	Mighty Mango Juice – 43 g	Milk (NF) - 13 g	Mighty Mango Juice – 43 g	Milk (NF) - 13 g	Mighty Mango Juice – 43 g
	Orange Juice – 14 g	Lactaid – 13g	Orange Juice – 14 g	Lactaid – 13g	Orange Juice – 14 g
	Milk (1%) - 16 g		Milk (1%) - 16 g		Milk (1%) - 16 g
	Milk (NF) - 13 g		Milk (NF) - 13 g		Milk (NF) - 13 g
	Lactaid – 13g		Lactaid – 13g		Lactaid – 13g
L	Chicken Strip Meal – 75.6 g	Teriyaki Chicken Bowl – 65.3 g	Chicken Alfredo Bowl – 61.2 g	Cheeseburger – 60.3 g	Nashville Hot Style
U	Chicken Caesar Salad with Pizza	Pepperoni Pizza (1 slc) - 33 g	Chicken Caesar Salad with Pizza	Ketchup Cup – 6 g	Chicken Sandwich – 78.4 g
N	Pocket – 56.4 g	Cheese Pizza (1 slc) – 34 g	Pocket – 56.4 g	Hot Dog (2) – 62 g	Pepperoni Pizza (1 slc) - 33 g
C	Hummus Salad – 56.9 g	Green Chili & Cheese	Santa Fe Chicken Salad – 20 g	Sun Chips- 19 g	Cheese Pizza (1 slc) – 34 g
H	Fruit, Fresh Assorted – 14.2 g	Burrito – 56 g	Fruit, Fresh Assorted – 14.2 g	Antipasto Salad with Pork	Chicken Caesar Salad with Pizza
	Fruit, Canned Assorted 12.7 g	Avocado Dipper – 18 g	Fruit, Canned Assorted 12.7 g	Salami – 13 g	Pocket – 56.4 g
	Bagged Carrots – 4 g	Fruit, Fresh Assorted – 14.2 g	Bagged Carrots – 4 g	Fruit, Fresh Assorted – 14.2 g	Hummus Salad – 56.9 g
	Milk (1%) – 16 g	Fruit, Canned Assorted - 12.7 g	Milk (1%) – 16 g	Fruit, Canned Assorted - 12.7 g	Fruit, Fresh Assorted – 14.2 g
	Milk (NF) – 13 g	Bagged Carrots – 4 g	Milk (NF) – 13 g	Bagged Carrots – 4 g	Fruit, Canned Assorted 12.7 g
	Lactaid – 13 g	Milk (1%) – 16 g	Lactaid – 13 g	Milk (1%) -16g	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

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY 10/1
B R E A K F A S T					Breakfast Square with Turkey Sausage – 31 g WG Cereal – 45 g Fresh Baked Muffins – 57.7 g Yogurt Parfait Bento Box – 61.2 g Graham Crackers – 17 g Fruit, Fresh Assorted – 14.2 g Fruit, Canned Assorted 12.7 g Raisins – 29 g Mighty Mango Juice – 43 g Orange Juice – 14 g Milk (1%) - 16 g Milk (NF) - 13 g Lactaid – 13g
L U N C H					Nashville Hot Style Chicken Sandwich – 78.4 g Pepperoni Pizza (1 slc) - 33 g Cheese Pizza (1 slc) – 34 g Chicken Caesar Salad – 37 g Fruit, Fresh Assorted – 14.2 g Fruit, Canned Assorted 12.7 g Milk (1%) – 16 g Milk (nonfat) -13 g Lactaid – 13 g