

# Sacramento City Unified School District

Page 1

Sep 23, 2013 thru Oct 31, 2013 Spreadsheet - Portion Values Sep 23, 2013  
 Combined: High Sch Breakfast 2013-2014/High Sch Lunch 2013-2014

	Portion Size	Carb (g)
<b>Mon - 09/23/2013</b>		
High Sch Breakfast 2013-20	Total	
Banana Muffin (DoBake)	1 each	57.0
Crispito (Secondary Breakfast)	1 each	24.2
Cereal, assorted, GM secondary	1 each	22.4
Bagel & Cream Cheese	1 each	58.0
Blueberry Bagel, cream ch Sec	1 each	55.0
yogurt, secondary	1 each	19.0
Lemon Tea Bread	1 each	44.9
Graham Cracker (Keebler)	1 each	16.0
orange juice (suncup)	1 each	13.0
Milk non-fat white	8 oz	13.0
Milk, 1% Lowfat	8 oz.	16.0
Fruit, canned, assorted #2	1/2 cup	15.04
High Sch Lunch 2013-2014	Total	
Popcorn Chicken Bowl	1 bowl	66.52
Beef Teriyaki Rice Bowl	1 each	77.77
Yogurt Meal - Secondary	1 each	92.4
Chicken Caesar Salad	1 each	37.83
Vegetarian Burrito	1 each	78.84
Beef Chicana Burrito	burritos	81.61
Spicy Chicken Sand., Secondary	1 each	42.0
Grilled Chicken (BBQ's) w bbq	2 oz servings	30.91
Hot Dog (BBQ)	1	31.0
Hamburger (BBQ'S)	1 each	29.1
Spicy Chicken Wrap	1 each	61.87
Ham & Turkey Sub	1 each	39.19
Pizza, Cheese - Secondary	1 slice	36.02
Pizza, Pepperoni - Secondary	1 slice	35.12
Salad, House - Secondary	1 CUP	14.64
Vegetable Tray	1/2 cup	5.7
Whole Fresh Fruit	1 each	19.15
Potato Chips (Lays)	1 Ea	8.0
Fritos (.75oz bag)	1 each	12.0
Carrots, Baby Ind. bags	bag	8.0
Raisins, Seedless, Individuall	1 each	29.86
Milk non-fat white	8 oz	13.0
Milk, 1% Lowfat	8 oz.	16.0
Salad Bar, September	1.25 Cups	32.61
Condiments	TBLS	10.64
Weighted Daily Average		92.30
% of Calories		53.9%

<b>Tue - 09/24/2013</b>		
High Sch Breakfast 2013-20	Total	
Breakfast Bagel (Tony's)	1 each	22.0
Crispito (Secondary Breakfast)	1 each	24.2
Cereal, assorted, GM secondary	1 each	22.4
Blueberry Bagel, cream ch Sec	1 each	55.0
Bagel & Cream Cheese	1 each	58.0
yogurt, secondary	1 each	19.0
Lemon Tea Bread	1 each	44.9
Graham Cracker (Keebler)	1 each	16.0
orange juice (suncup)	1 each	13.0
Milk non-fat white	8 oz	13.0
Milk, 1% Lowfat	8 oz.	16.0
Fruit, canned, assorted #2	1/2 cup	15.04

**\*N/A\*** - denotes a nutrient that is either missing or incomplete for an individual ingredient

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

**1** - denotes optional nutrient values

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# Sacramento City Unified School District

	Portion Size	Carb (g)
High Sch Lunch 2013-2014	Total	
Spaghetti, w/ Grnd. Beef	servings	57.77
Sweet Sour Chicken, Secondary	1 each	64.88
Yogurt Meal - Secondary	1 each	92.4
Chicken Taco Salad	1 each	49.49
Vegetarian Burrito	1 each	78.84
Pork & Cheese Burrito	1 each	73.56
Spicy Chicken Sand., Secondary	1 each	42.0
Grilled Chicken (BBQ's) w bbq	2 oz servings	30.91
Hot Dog (BBQ)	1	31.0
Hamburger (BBQ'S)	1 each	29.1
Spicy Chicken Wrap	1 each	61.87
Ham & Turkey Sub	1 each	39.19
French Bread Pizza w/ mini pep	pizza	34.0
Salad, House - Secondary	1 CUP	14.64
Vegetable Tray	1/2 cup	5.7
Whole Fresh Fruit	1 each	19.15
Potato Chips (Lays)	1 Ea	8.0
Fritos (.75oz bag)	1 each	12.0
Carrots, Baby Ind. bags	bag	8.0
Salad Bar, September	1.25 Cups	32.61
Raisins, Seedless, Individuall	1 each	29.86
Milk non-fat white	8 oz	13.0
Milk, 1% Lowfat	8 oz.	16.0
Condiments	TBLS	10.64
Weighted Daily Average		89.73
% of Calories		53.4%

Wed - 09/25/2013		
	Total	
High Sch Breakfast 2013-20	Total	
Texas Toast	1 each	50.0
Crispito (Secondary Breakfast)	1 each	24.2
Cereal, assorted, GM secondary	1 each	22.4
Bagel & Cream Cheese	1 each	58.0
Blueberry Bagel, cream ch Sec	1 each	55.0
yogurt, secondary	1 each	19.0
Lemon Tea Bread	1 each	44.9
Graham Cracker (Keebler)	1 each	16.0
orange juice (suncup)	1 each	13.0
Milk non-fat white	8 oz	13.0
Milk, 1% Lowfat	8 oz.	16.0
Fruit, canned, assorted #2	1/2 cup	15.04

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	Portion Size	Carb (g)
High Sch Lunch 2013-2014	Total	
BBQ Pulled Pork Sandwich	1 each	66.12
Yasuyo's Fried Rice	2 cups	61.88
Yogurt Meal - Secondary	1 each	92.4
Chicken Caesar Salad	1 each	37.83
Vegetarian Burrito	1 each	78.84
Chicken Chicana Burrito	burritos	79.09
Spicy Chicken Sand., Secondary	1 each	42.0
Grilled Chicken (BBQ's) w bbq	2 oz servings	30.91
Hot Dog (BBQ)	1	31.0
Hamburger (BBQ'S)	1 each	29.1
Spicy Chicken Wrap	1 each	61.87
Ham & Turkey Sub	1 each	39.19
Pizza, Cheese - Secondary	1 slice	36.02
Pizza, Pepperoni - Secondary	1 slice	35.12
Salad, House - Secondary	1 CUP	14.64
Vegetable Tray	1/2 cup	5.7
Whole Fresh Fruit	1 each	19.15
Potato Chips (Lays)	1 Ea	8.0
Fritos (.75oz bag)	1 each	12.0
Carrots, Baby Ind. bags	bag	8.0
Raisins, Seedless, Individuall	1 each	29.86
Salad Bar, September	1.25 Cups	32.61
Milk non-fat white	8 oz	13.0
Milk, 1% Lowfat	8 oz.	16.0
Condiments	TBLS	10.64
Weighted Daily Average		91.43
% of Calories		55.2%

Thu - 09/26/2013		
High Sch Breakfast 2013-20	Total	
Breakfast Pizza, Sausage	1 each	27.0
Crispito (Secondary Breakfast)	1 each	24.2
Cereal, assorted, GM secondary	1 each	22.4
Blueberry Bagel, cream ch Sec	1 each	55.0
Bagel & Cream Cheese	1 each	58.0
yogurt, secondary	1 each	19.0
Lemon Tea Bread	1 each	44.9
Graham Cracker (Keebler)	1 each	16.0
orange juice (suncup)	1 each	13.0
Milk non-fat white	8 oz	13.0
Milk, 1% Lowfat	8 oz.	16.0
Fruit, canned, assorted #2	1/2 cup	15.04

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	Portion Size	Carb (g)
High Sch Lunch 2013-2014	Total	
Roasted Teriyaki Chick w Rice	meal	55.99
Beef Teriyaki Rice Bowl	1 each	77.77
Yogurt Meal - Secondary	1 each	92.4
Chinese Chicken Salad	1 each	47.62
Vegetarian Burrito	1 each	78.84
Beef Chicana Burrito	burritos	81.61
Spicy Chicken Sand., Secondary	1 each	42.0
Grilled Chicken (BBQ's) w bbq	2 oz servings	30.91
Hot Dog (BBQ)	1	31.0
Hamburger (BBQ'S)	1 each	29.1
Spicy Chicken Wrap	1 each	61.87
Ham & Turkey Sub	1 each	39.19
French Bread Pizza w/ mini pep	pizza	34.0
Salad, House - Secondary	1 CUP	14.64
Vegetable Tray	1/2 cup	5.7
Whole Fresh Fruit	1 each	19.15
Fritos (.75oz bag)	1 each	12.0
Potato Chips (Lays)	1 Ea	8.0
Carrots, Baby Ind. bags	bag	8.0
Salad Bar, September	1.25 Cups	32.61
Raisins, Seedless, Individuall	1 each	29.86
Milk non-fat white	8 oz	13.0
Milk, 1% Lowfat	8 oz.	16.0
Condiments	TBLS	10.64
Weighted Daily Average		94.17
% of Calories		55.7%

Fri - 09/27/2013		
	Total	
High Sch Breakfast 2013-20	1	50.22
Chicken Breakfast Slider	1 each	24.2
Crispito (Secondary Breakfast)	1 each	22.4
Cereal, assorted, GM secondary	1 each	55.0
Blueberry Bagel, cream ch Sec	1 each	58.0
Bagel & Cream Cheese yogurt, secondary	1 each	19.0
Lemon Tea Bread	1 each	44.9
Graham Cracker (Keebler)	1 each	16.0
orange juice (suncup)	1 each	13.0
Milk non-fat white	8 oz	13.0
Milk, 1% Lowfat	8 oz.	16.0
Fruit, canned, assorted #2	1/2 cup	15.04

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	Portion Size	Carb (g)
High Sch Lunch 2013-2014	Total	
Turkey, Gravy & Brown Rice	1 container	57.75
Chicken Teriyaki Rice Bowl	1 each	69.63
Yogurt Meal - Secondary	1 each	92.4
Chicken Caesar Salad	1 each	37.83
Vegetarian Burrito	1 each	78.84
Pork & Cheese Burrito	1 each	73.56
Spicy Chicken Sand., Secondary	1 each	42.0
Grilled Chicken (BBQ's) w bbq	2 oz servings	30.91
Hot Dog (BBQ)	1	31.0
Hamburger (BBQ'S)	1 each	29.1
Spicy Chicken Wrap	1 each	61.87
Ham & Turkey Sub	1 each	39.19
Pizza, Cheese - Secondary	1 slice	36.02
Pizza, Pepperoni - Secondary	1 slice	35.12
Salad, House - Secondary	1 CUP	14.64
Vegetable Tray	1/2 cup	5.7
Whole Fresh Fruit	1 each	19.15
Potato Chips (Lays)	1 Ea	8.0
Fritos (.75oz bag)	1 each	12.0
Carrots, Baby Ind. bags	1/2 c.	8.0
Salad Bar, September	1.25 Cups	32.61
Raisins, Seedless, Individuall	1 each	29.86
Milk non-fat white	8 oz	13.0
Milk, 1% Lowfat	8 oz.	16.0
Condiments	TBLS	10.64
Weighted Daily Average		92.61
% of Calories		54.2%

Mon - 09/30/2013		
High Sch Breakfast 2013-20	Total	
Banana Muffin (DoBake)	1 each	57.0
Crispito (Secondary Breakfast)	1 each	24.2
Cereal, assorted, GM secondary	1 each	22.4
Bagel & Cream Cheese	1 each	58.0
Blueberry Bagel, cream ch Sec	1 each	55.0
yogurt, secondary	1 each	19.0
Lemon Tea Bread	1 each	44.9
Graham Cracker (Keebler)	1 each	16.0
orange juice (suncup)	1 each	13.0
Milk non-fat white	8 oz	13.0
Milk, 1% Lowfat	8 oz.	16.0
Fruit, canned, assorted #2	1/2 cup	15.04

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# Sacramento City Unified School District

	Portion Size	Carb (g)
High Sch Lunch 2013-2014	Total	
Popcorn Chicken Bowl	1 bowl	66.52
Beef Teriyaki Rice Bowl	1 each	77.77
Yogurt Meal - Secondary	1 each	92.4
Chicken Caesar Salad	1 each	37.83
Vegetarian Burrito	1 each	78.84
Beef Chicana Burrito	burritos	81.61
Spicy Chicken Sand., Secondary	1 each	42.0
Grilled Chicken (BBQ's) w bbq	2 oz servings	30.91
Hot Dog (BBQ)	1	31.0
Hamburger (BBQ'S)	1 each	29.1
Spicy Chicken Wrap	1 each	61.87
Ham & Turkey Sub	1 each	39.19
Pizza, Cheese - Secondary	1 slice	36.02
Pizza, Pepperoni - Secondary	1 slice	35.12
Salad, House - Secondary	1 CUP	14.64
Vegetable Tray	1/2 cup	5.7
Whole Fresh Fruit	1 each	19.15
Potato Chips (Lays)	1 Ea	8.0
Fritos (.75oz bag)	1 each	12.0
Carrots, Baby Ind. bags	bag	8.0
Raisins, Seedless, Individuall	1 each	29.86
Milk non-fat white	8 oz	13.0
Milk, 1% Lowfat	8 oz.	16.0
Salad Bar, September	1.25 Cups	32.61
Condiments	TBLS	10.64
Weighted Daily Average		92.30
% of Calories		53.9%

Tue - 10/01/2013		
High Sch Breakfast 2013-20	Total	
Breakfast Bagel (Tony's)	1 each	22.0
Crispito (Secondary Breakfast)	1 each	24.2
Cereal, assorted, GM secondary	1 each	22.4
Blueberry Bagel, cream ch Sec	1 each	55.0
Bagel & Cream Cheese	1 each	58.0
yogurt, secondary	1 each	19.0
Lemon Tea Bread	1 each	44.9
Graham Cracker (Keebler)	1 each	16.0
orange juice (suncup)	1 each	13.0
Milk non-fat white	8 oz	13.0
Milk, 1% Lowfat	8 oz.	16.0
Fruit, canned, assorted #2	1/2 cup	15.04

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	Portion Size	Carb (g)
High Sch Lunch 2013-2014	Total	
Spaghetti, w/ Grnd. Beef	servings	57.77
Sweet Sour Chicken, Secondary	1 each	64.88
Yogurt Meal - Secondary	1 each	92.4
Chicken Taco Salad	1 each	49.49
Vegetarian Burrito	1 each	78.84
Pork & Cheese Burrito	1 each	73.56
Spicy Chicken Sand., Secondary	1 each	42.0
Grilled Chicken (BBQ's) w bbq	2 oz servings	30.91
Hot Dog (BBQ)	1	31.0
Hamburger (BBQ'S)	1 each	29.1
Spicy Chicken Wrap	1 each	61.87
Ham & Turkey Sub	1 each	39.19
French Bread Pizza w/ mini pep	pizza	34.0
Salad, House - Secondary	1 CUP	14.64
Vegetable Tray	1/2 cup	5.7
Whole Fresh Fruit	1 each	19.15
Potato Chips (Lays)	1 Ea	8.0
Fritos (.75oz bag)	1 each	12.0
Carrots, Baby Ind. bags	bag	8.0
Salad Bar, September	1.25 Cups	32.61
Raisins, Seedless, Individuall	1 each	29.86
Milk non-fat white	8 oz	13.0
Milk, 1% Lowfat	8 oz.	16.0
Condiments	TBLS	10.64
Weighted Daily Average		89.73
% of Calories		53.4%

Wed - 10/02/2013		
	Total	
High Sch Breakfast 2013-20		
Texas Toast	1 each	50.0
Crispito (Secondary Breakfast)	1 each	24.2
Cereal, assorted, GM secondary	1 each	22.4
Bagel & Cream Cheese	1 each	58.0
Blueberry Bagel, cream ch Sec	1 each	55.0
yogurt, secondary	1 each	19.0
Lemon Tea Bread	1 each	44.9
Graham Cracker (Keebler)	1 each	16.0
orange juice (suncup)	1 each	13.0
Milk non-fat white	8 oz	13.0
Milk, 1% Lowfat	8 oz.	16.0
Fruit, canned, assorted #2	1/2 cup	15.04

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	Portion Size	Carb (g)
High Sch Lunch 2013-2014	Total	
BBQ Pulled Pork Sandwich	1 each	66.12
Yasuyo's Fried Rice	2 cups	61.88
Yogurt Meal - Secondary	1 each	92.4
Chicken Caesar Salad	1 each	37.83
Vegetarian Burrito	1 each	78.84
Chicken Chicana Burrito	burritos	79.09
Spicy Chicken Sand., Secondary	1 each	42.0
Grilled Chicken (BBQ's) w bbq	2 oz servings	30.91
Hot Dog (BBQ)	1	31.0
Hamburger (BBQ'S)	1 each	29.1
Spicy Chicken Wrap	1 each	61.87
Ham & Turkey Sub	1 each	39.19
Pizza, Cheese - Secondary	1 slice	36.02
Pizza, Pepperoni - Secondary	1 slice	35.12
Salad, House - Secondary	1 CUP	14.64
Vegetable Tray	1/2 cup	5.7
Whole Fresh Fruit	1 each	19.15
Potato Chips (Lays)	1 Ea	8.0
Fritos (.75oz bag)	1 each	12.0
Carrots, Baby Ind. bags	bag	8.0
Raisins, Seedless, Individuall	1 each	29.86
Salad Bar, September	1.25 Cups	32.61
Milk non-fat white	8 oz	13.0
Milk, 1% Lowfat	8 oz.	16.0
Condiments	TBLS	10.64
Weighted Daily Average		91.43
% of Calories		55.2%

Thu - 10/03/2013		
High Sch Breakfast 2013-20	Total	
Breakfast Pizza, Sausage	1 each	27.0
Crispito (Secondary Breakfast)	1 each	24.2
Cereal, assorted, GM secondary	1 each	22.4
Blueberry Bagel, cream ch Sec	1 each	55.0
Bagel & Cream Cheese	1 each	58.0
yogurt, secondary	1 each	19.0
Lemon Tea Bread	1 each	44.9
Graham Cracker (Keebler)	1 each	16.0
orange juice (suncup)	1 each	13.0
Milk non-fat white	8 oz	13.0
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Fruit, canned, assorted #2	1/2 cup	15.04

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Beef Chicana Burrito	burritos	81.61
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Hamburger (BBQ'S)	1 each	29.1
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French Bread Pizza w/ mini pep	pizza	34.0
Salad, House - Secondary	1 CUP	14.64
Vegetable Tray	1/2 cup	5.7
Whole Fresh Fruit	1 each	19.15
Fritos (.75oz bag)	1 each	12.0
Potato Chips (Lays)	1 Ea	8.0
Carrots, Baby Ind. bags	bag	8.0
Salad Bar, September	1.25 Cups	32.61
Raisins, Seedless, Individuall	1 each	29.86
Milk non-fat white	8 oz	13.0
Milk, 1% Lowfat	8 oz.	16.0
Condiments	TBLS	10.64
Weighted Daily Average		94.17
% of Calories		55.7%

Fri - 10/04/2013		
	Portion Size	Carb (g)
High Sch Breakfast 2013-20	Total	
Chicken Breakfast Slider	1	50.22
Crispito (Secondary Breakfast)	1 each	24.2
Cereal, assorted, GM secondary	1 each	22.4
Blueberry Bagel, cream ch Sec	1 each	55.0
Bagel & Cream Cheese	1 each	58.0
yogurt, secondary	1 each	19.0
Lemon Tea Bread	1 each	44.9
Graham Cracker (Keebler)	1 each	16.0
orange juice (suncup)	1 each	13.0
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Sep 23, 2013 thru Oct 31, 2013 Spreadsheet - Portion Values    Sep 23, 2013  
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	Portion Size	Carb (g)
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Turkey, Gravy & Brown Rice	1 container	57.75
Chicken Teriyaki Rice Bowl	1 each	69.63
Yogurt Meal - Secondary	1 each	92.4
Chicken Caesar Salad	1 each	37.83
Vegetarian Burrito	1 each	78.84
Pork & Cheese Burrito	1 each	73.56
Spicy Chicken Sand., Secondary	1 each	42.0
Grilled Chicken (BBQ's) w bbq	2 oz servings	30.91
Hot Dog (BBQ)	1	31.0
Hamburger (BBQ'S)	1 each	29.1
Spicy Chicken Wrap	1 each	61.87
Ham & Turkey Sub	1 each	39.19
Pizza, Cheese - Secondary	1 slice	36.02
Pizza, Pepperoni - Secondary	1 slice	35.12
Salad, House - Secondary	1 CUP	14.64
Vegetable Tray	1/2 cup	5.7
Whole Fresh Fruit	1 each	19.15
Potato Chips (Lays)	1 Ea	8.0
Fritos (.75oz bag)	1 each	12.0
Carrots, Baby Ind. bags	1/2 c.	8.0
Salad Bar, September	1.25 Cups	32.61
Raisins, Seedless, Individuall	1 each	29.86
Milk non-fat white	8 oz	13.0
Milk, 1% Lowfat	8 oz.	16.0
Condiments	TBLS	10.64
Weighted Daily Average		92.61
% of Calories		54.2%

Mon - 10/07/2013		
High Sch Breakfast 2013-20	Total	
Banana Muffin (DoBake)	1 each	57.0
Crispito (Secondary Breakfast)	1 each	24.2
Cereal, assorted, GM secondary	1 each	22.4
Bagel & Cream Cheese	1 each	58.0
Blueberry Bagel, cream ch Sec	1 each	55.0
yogurt, secondary	1 each	19.0
Lemon Tea Bread	1 each	44.9
Graham Cracker (Keebler)	1 each	16.0
orange juice (suncup)	1 each	13.0
Milk non-fat white	8 oz	13.0
Milk, 1% Lowfat	8 oz.	16.0
Fruit, canned, assorted #2	1/2 cup	15.04

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# Sacramento City Unified School District

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Sep 23, 2013 thru Oct 31, 2013 Spreadsheet - Portion Values    Sep 23, 2013  
 Combined: High Sch Breakfast 2013-2014/High Sch Lunch 2013-2014

	Portion Size	Carb (g)
High Sch Lunch 2013-2014	Total	
Popcorn Chicken Bowl	1 bowl	66.52
Beef Teriyaki Rice Bowl	1 each	77.77
Yogurt Meal - Secondary	1 each	92.4
Chicken Caesar Salad	1 each	37.83
Vegetarian Burrito	1 each	78.84
Beef Chicana Burrito	burritos	81.61
Spicy Chicken Sand., Secondary	1 each	42.0
Grilled Chicken (BBQ's) w bbq	2 oz servings	30.91
Hot Dog (BBQ)	1	31.0
Hamburger (BBQ'S)	1 each	29.1
Spicy Chicken Wrap	1 each	61.87
Ham & Turkey Sub	1 each	39.19
Pizza, Cheese - Secondary	1 slice	36.02
Pizza, Pepperoni - Secondary	1 slice	35.12
Salad, House - Secondary	1 CUP	14.64
Vegetable Tray	1/2 cup	5.7
Whole Fresh Fruit	1 each	19.15
Potato Chips (Lays)	1 Ea	8.0
Fritos (.75oz bag)	1 each	12.0
Carrots, Baby Ind. bags	bag	8.0
Raisins, Seedless, Individuall	1 each	29.86
Milk non-fat white	8 oz	13.0
Milk, 1% Lowfat	8 oz.	16.0
Salad Bar, September	1.25 Cups	32.61
Condiments	TBLS	10.64
Weighted Daily Average		92.30
% of Calories		53.9%

Tue - 10/08/2013		
High Sch Breakfast 2013-20	Total	
Breakfast Bagel (Tony's)	1 each	22.0
Crispito (Secondary Breakfast)	1 each	24.2
Cereal, assorted, GM secondary	1 each	22.4
Blueberry Bagel, cream ch Sec	1 each	55.0
Bagel & Cream Cheese	1 each	58.0
yogurt, secondary	1 each	19.0
Lemon Tea Bread	1 each	44.9
Graham Cracker (Keebler)	1 each	16.0
orange juice (suncup)	1 each	13.0
Milk non-fat white	8 oz	13.0
Milk, 1% Lowfat	8 oz.	16.0
Fruit, canned, assorted #2	1/2 cup	15.04

*\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 1 - denotes optional nutrient values*

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# Sacramento City Unified School District

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Sep 23, 2013 thru Oct 31, 2013 Spreadsheet - Portion Values    Sep 23, 2013  
 Combined: High Sch Breakfast 2013-2014/High Sch Lunch 2013-2014

	Portion Size	Carb (g)
High Sch Lunch 2013-2014	Total	
Spaghetti, w/ Grnd. Beef	servings	57.77
Sweet Sour Chicken, Secondary	1 each	64.88
Yogurt Meal - Secondary	1 each	92.4
Chicken Taco Salad	1 each	49.49
Vegetarian Burrito	1 each	78.84
Pork & Cheese Burrito	1 each	73.56
Spicy Chicken Sand., Secondary	1 each	42.0
Grilled Chicken (BBQ's) w bbq	2 oz servings	30.91
Hot Dog (BBQ)	1	31.0
Hamburger (BBQ'S)	1 each	29.1
Spicy Chicken Wrap	1 each	61.87
Ham & Turkey Sub	1 each	39.19
French Bread Pizza w/ mini pep	pizza	34.0
Salad, House - Secondary	1 CUP	14.64
Vegetable Tray	1/2 cup	5.7
Whole Fresh Fruit	1 each	19.15
Potato Chips (Lays)	1 Ea	8.0
Fritos (.75oz bag)	1 each	12.0
Carrots, Baby Ind. bags	bag	8.0
Salad Bar, September	1.25 Cups	32.61
Raisins, Seedless, Individuall	1 each	29.86
Milk non-fat white	8 oz	13.0
Milk, 1% Lowfat	8 oz.	16.0
Condiments	TBLS	10.64
Weighted Daily Average		89.73
% of Calories		53.4%

Wed - 10/09/2013		
	Portion Size	Carb (g)
High Sch Breakfast 2013-20	Total	
Texas Toast	1 each	50.0
Crispito (Secondary Breakfast)	1 each	24.2
Cereal, assorted, GM secondary	1 each	22.4
Bagel & Cream Cheese	1 each	58.0
Blueberry Bagel, cream ch Sec	1 each	55.0
yogurt, secondary	1 each	19.0
Lemon Tea Bread	1 each	44.9
Graham Cracker (Keebler)	1 each	16.0
orange juice (suncup)	1 each	13.0
Milk non-fat white	8 oz	13.0
Milk, 1% Lowfat	8 oz.	16.0
Fruit, canned, assorted #2	1/2 cup	15.04

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# Sacramento City Unified School District

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Sep 23, 2013 thru Oct 31, 2013 Spreadsheet - Portion Values    Sep 23, 2013  
 Combined: High Sch Breakfast 2013-2014/High Sch Lunch 2013-2014

	Portion Size	Carb (g)
High Sch Lunch 2013-2014	Total	
BBQ Pulled Pork Sandwich	1 each	66.12
Yasuyo's Fried Rice	2 cups	61.88
Yogurt Meal - Secondary	1 each	92.4
Chicken Caesar Salad	1 each	37.83
Vegetarian Burrito	1 each	78.84
Chicken Chicana Burrito	burritos	79.09
Spicy Chicken Sand., Secondary	1 each	42.0
Grilled Chicken (BBQ's) w bbq	2 oz servings	30.91
Hot Dog (BBQ)	1	31.0
Hamburger (BBQ'S)	1 each	29.1
Spicy Chicken Wrap	1 each	61.87
Ham & Turkey Sub	1 each	39.19
Pizza, Cheese - Secondary	1 slice	36.02
Pizza, Pepperoni - Secondary	1 slice	35.12
Salad, House - Secondary	1 CUP	14.64
Vegetable Tray	1/2 cup	5.7
Whole Fresh Fruit	1 each	19.15
Potato Chips (Lays)	1 Ea	8.0
Fritos (.75oz bag)	1 each	12.0
Carrots, Baby Ind. bags	bag	8.0
Raisins, Seedless, Individuall	1 each	29.86
Salad Bar, September	1.25 Cups	32.61
Milk non-fat white	8 oz	13.0
Milk, 1% Lowfat	8 oz.	16.0
Condiments	TBLS	10.64
Weighted Daily Average		91.43
% of Calories		55.2%

Thu - 10/10/2013		
High Sch Breakfast 2013-20	Total	
Breakfast Pizza, Sausage	1 each	27.0
Crispito (Secondary Breakfast)	1 each	24.2
Cereal, assorted, GM secondary	1 each	22.4
Blueberry Bagel, cream ch Sec	1 each	55.0
Bagel & Cream Cheese	1 each	58.0
yogurt, secondary	1 each	19.0
Lemon Tea Bread	1 each	44.9
Graham Cracker (Keebler)	1 each	16.0
orange juice (suncup)	1 each	13.0
Milk non-fat white	8 oz	13.0
Milk, 1% Lowfat	8 oz.	16.0
Fruit, canned, assorted #2	1/2 cup	15.04

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# Sacramento City Unified School District

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Sep 23, 2013 thru Oct 31, 2013 Spreadsheet - Portion Values    Sep 23, 2013  
 Combined: High Sch Breakfast 2013-2014/High Sch Lunch 2013-2014

	Portion Size	Carb (g)
High Sch Lunch 2013-2014	Total	
Roasted Teriyaki Chick w Rice	meal	55.99
Beef Teriyaki Rice Bowl	1 each	77.77
Yogurt Meal - Secondary	1 each	92.4
Chinese Chicken Salad	1 each	47.62
Vegetarian Burrito	1 each	78.84
Beef Chicana Burrito	burritos	81.61
Spicy Chicken Sand., Secondary	1 each	42.0
Grilled Chicken (BBQ's) w bbq	2 oz servings	30.91
Hot Dog (BBQ)	1	31.0
Hamburger (BBQ'S)	1 each	29.1
Spicy Chicken Wrap	1 each	61.87
Ham & Turkey Sub	1 each	39.19
French Bread Pizza w/ mini pep	pizza	34.0
Salad, House - Secondary	1 CUP	14.64
Vegetable Tray	1/2 cup	5.7
Whole Fresh Fruit	1 each	19.15
Fritos (.75oz bag)	1 each	12.0
Potato Chips (Lays)	1 Ea	8.0
Carrots, Baby Ind. bags	bag	8.0
Salad Bar, September	1.25 Cups	32.61
Raisins, Seedless, Individuall	1 each	29.86
Milk non-fat white	8 oz	13.0
Milk, 1% Lowfat	8 oz.	16.0
Condiments	TBLS	10.64
Weighted Daily Average		94.17
% of Calories		55.7%

Fri - 10/11/2013		
	Total	
High Sch Breakfast 2013-20	1	50.22
Chicken Breakfast Slider	1 each	24.2
Crispito (Secondary Breakfast)	1 each	22.4
Cereal, assorted, GM secondary	1 each	55.0
Blueberry Bagel, cream ch Sec	1 each	58.0
Bagel & Cream Cheese yogurt, secondary	1 each	19.0
Lemon Tea Bread	1 each	44.9
Graham Cracker (Keebler)	1 each	16.0
orange juice (suncup)	1 each	13.0
Milk non-fat white	8 oz	13.0
Milk, 1% Lowfat	8 oz.	16.0
Fruit, canned, assorted #2	1/2 cup	15.04

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# Sacramento City Unified School District

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Sep 23, 2013 thru Oct 31, 2013 Spreadsheet - Portion Values    Sep 23, 2013  
 Combined: High Sch Breakfast 2013-2014/High Sch Lunch 2013-2014

	Portion Size	Carb (g)
High Sch Lunch 2013-2014	Total	
Turkey, Gravy & Brown Rice	1 container	57.75
Chicken Teriyaki Rice Bowl	1 each	69.63
Yogurt Meal - Secondary	1 each	92.4
Chicken Caesar Salad	1 each	37.83
Vegetarian Burrito	1 each	78.84
Pork & Cheese Burrito	1 each	73.56
Spicy Chicken Sand., Secondary	1 each	42.0
Grilled Chicken (BBQ's) w bbq	2 oz servings	30.91
Hot Dog (BBQ)	1	31.0
Hamburger (BBQ'S)	1 each	29.1
Spicy Chicken Wrap	1 each	61.87
Ham & Turkey Sub	1 each	39.19
Pizza, Cheese - Secondary	1 slice	36.02
Pizza, Pepperoni - Secondary	1 slice	35.12
Salad, House - Secondary	1 CUP	14.64
Vegetable Tray	1/2 cup	5.7
Whole Fresh Fruit	1 each	19.15
Potato Chips (Lays)	1 Ea	8.0
Fritos (.75oz bag)	1 each	12.0
Carrots, Baby Ind. bags	1/2 c.	8.0
Salad Bar, September	1.25 Cups	32.61
Raisins, Seedless, Individuall	1 each	29.86
Milk non-fat white	8 oz	13.0
Milk, 1% Lowfat	8 oz.	16.0
Condiments	TBLS	10.64
Weighted Daily Average		92.61
% of Calories		54.2%

Mon - 10/14/2013		
High Sch Breakfast 2013-20	Total	
Banana Muffin (DoBake)	1 each	57.0
Crispito (Secondary Breakfast)	1 each	24.2
Cereal, assorted, GM secondary	1 each	22.4
Bagel & Cream Cheese	1 each	58.0
Blueberry Bagel, cream ch Sec	1 each	55.0
yogurt, secondary	1 each	19.0
Lemon Tea Bread	1 each	44.9
Graham Cracker (Keebler)	1 each	16.0
orange juice (suncup)	1 each	13.0
Milk non-fat white	8 oz	13.0
Milk, 1% Lowfat	8 oz.	16.0
Fruit, canned, assorted #2	1/2 cup	15.04

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# Sacramento City Unified School District

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Sep 23, 2013 thru Oct 31, 2013 Spreadsheet - Portion Values    Sep 23, 2013  
 Combined: High Sch Breakfast 2013-2014/High Sch Lunch 2013-2014

	Portion Size	Carb (g)
High Sch Lunch 2013-2014	Total	
Popcorn Chicken Bowl	1 bowl	66.52
Beef Teriyaki Rice Bowl	1 each	77.77
Yogurt Meal - Secondary	1 each	92.4
Chicken Caesar Salad	1 each	37.83
Vegetarian Burrito	1 each	78.84
Beef Chicana Burrito	burritos	81.61
Spicy Chicken Sand., Secondary	1 each	42.0
Grilled Chicken (BBQ's) w bbq	2 oz servings	30.91
Hot Dog (BBQ)	1	31.0
Hamburger (BBQ'S)	1 each	29.1
Spicy Chicken Wrap	1 each	61.87
Ham & Turkey Sub	1 each	39.19
Pizza, Cheese - Secondary	1 slice	36.02
Pizza, Pepperoni - Secondary	1 slice	35.12
Salad, House - Secondary	1 CUP	14.64
Vegetable Tray	1/2 cup	5.7
Whole Fresh Fruit	1 each	19.15
Potato Chips (Lays)	1 Ea	8.0
Fritos (.75oz bag)	1 each	12.0
Carrots, Baby Ind. bags	bag	8.0
Raisins, Seedless, Individuall	1 each	29.86
Milk non-fat white	8 oz	13.0
Milk, 1% Lowfat	8 oz.	16.0
Salad Bar, September	1.25 Cups	32.61
Condiments	TBLS	10.64
Weighted Daily Average		92.30
% of Calories		53.9%

Tue - 10/15/2013		
High Sch Breakfast 2013-20	Total	
Breakfast Bagel (Tony's)	1 each	22.0
Crispito (Secondary Breakfast)	1 each	24.2
Cereal, assorted, GM secondary	1 each	22.4
Blueberry Bagel, cream ch Sec	1 each	55.0
Bagel & Cream Cheese	1 each	58.0
yogurt, secondary	1 each	19.0
Lemon Tea Bread	1 each	44.9
Graham Cracker (Keebler)	1 each	16.0
orange juice (suncup)	1 each	13.0
Milk non-fat white	8 oz	13.0
Milk, 1% Lowfat	8 oz.	16.0
Fruit, canned, assorted #2	1/2 cup	15.04

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# Sacramento City Unified School District

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Sep 23, 2013 thru Oct 31, 2013 Spreadsheet - Portion Values    Sep 23, 2013  
 Combined: High Sch Breakfast 2013-2014/High Sch Lunch 2013-2014

	Portion Size	Carb (g)
High Sch Lunch 2013-2014	Total	
Spaghetti, w/ Grnd. Beef	servings	57.77
Sweet Sour Chicken, Secondary	1 each	64.88
Yogurt Meal - Secondary	1 each	92.4
Chicken Taco Salad	1 each	49.49
Vegetarian Burrito	1 each	78.84
Pork & Cheese Burrito	1 each	73.56
Spicy Chicken Sand., Secondary	1 each	42.0
Grilled Chicken (BBQ's) w bbq	2 oz servings	30.91
Hot Dog (BBQ)	1	31.0
Hamburger (BBQ'S)	1 each	29.1
Spicy Chicken Wrap	1 each	61.87
Ham & Turkey Sub	1 each	39.19
French Bread Pizza w/ mini pep	pizza	34.0
Salad, House - Secondary	1 CUP	14.64
Vegetable Tray	1/2 cup	5.7
Whole Fresh Fruit	1 each	19.15
Potato Chips (Lays)	1 Ea	8.0
Fritos (.75oz bag)	1 each	12.0
Carrots, Baby Ind. bags	bag	8.0
Salad Bar, September	1.25 Cups	32.61
Raisins, Seedless, Individuall	1 each	29.86
Milk non-fat white	8 oz	13.0
Milk, 1% Lowfat	8 oz.	16.0
Condiments	TBLS	10.64
Weighted Daily Average		89.73
% of Calories		53.4%

Wed - 10/16/2013		
	Total	
High Sch Breakfast 2013-20		
Texas Toast	1 each	50.0
Crispito (Secondary Breakfast)	1 each	24.2
Cereal, assorted, GM secondary	1 each	22.4
Bagel & Cream Cheese	1 each	58.0
Blueberry Bagel, cream ch Sec	1 each	55.0
yogurt, secondary	1 each	19.0
Lemon Tea Bread	1 each	44.9
Graham Cracker (Keebler)	1 each	16.0
orange juice (suncup)	1 each	13.0
Milk non-fat white	8 oz	13.0
Milk, 1% Lowfat	8 oz.	16.0
Fruit, canned, assorted #2	1/2 cup	15.04

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Sep 23, 2013 thru Oct 31, 2013 Spreadsheet - Portion Values    Sep 23, 2013  
 Combined: High Sch Breakfast 2013-2014/High Sch Lunch 2013-2014

	Portion Size	Carb (g)
High Sch Lunch 2013-2014	Total	
BBQ Pulled Pork Sandwich	1 each	66.12
Yasuyo's Fried Rice	2 cups	61.88
Yogurt Meal - Secondary	1 each	92.4
Chicken Caesar Salad	1 each	37.83
Vegetarian Burrito	1 each	78.84
Chicken Chicana Burrito	burritos	79.09
Spicy Chicken Sand., Secondary	1 each	42.0
Grilled Chicken (BBQ's) w bbq	2 oz servings	30.91
Hot Dog (BBQ)	1	31.0
Hamburger (BBQ'S)	1 each	29.1
Spicy Chicken Wrap	1 each	61.87
Ham & Turkey Sub	1 each	39.19
Pizza, Cheese - Secondary	1 slice	36.02
Pizza, Pepperoni - Secondary	1 slice	35.12
Salad, House - Secondary	1 CUP	14.64
Vegetable Tray	1/2 cup	5.7
Whole Fresh Fruit	1 each	19.15
Potato Chips (Lays)	1 Ea	8.0
Fritos (.75oz bag)	1 each	12.0
Carrots, Baby Ind. bags	bag	8.0
Raisins, Seedless, Individuall	1 each	29.86
Salad Bar, September	1.25 Cups	32.61
Milk non-fat white	8 oz	13.0
Milk, 1% Lowfat	8 oz.	16.0
Condiments	TBLS	10.64
Weighted Daily Average		91.43
% of Calories		55.2%

Thu - 10/17/2013		
High Sch Breakfast 2013-20	Total	
Breakfast Pizza, Sausage	1 each	27.0
Crispito (Secondary Breakfast)	1 each	24.2
Cereal, assorted, GM secondary	1 each	22.4
Blueberry Bagel, cream ch Sec	1 each	55.0
Bagel & Cream Cheese	1 each	58.0
yogurt, secondary	1 each	19.0
Lemon Tea Bread	1 each	44.9
Graham Cracker (Keebler)	1 each	16.0
orange juice (suncup)	1 each	13.0
Milk non-fat white	8 oz	13.0
Milk, 1% Lowfat	8 oz.	16.0
Fruit, canned, assorted #2	1/2 cup	15.04

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Sep 23, 2013 thru Oct 31, 2013 Spreadsheet - Portion Values    Sep 23, 2013  
 Combined: High Sch Breakfast 2013-2014/High Sch Lunch 2013-2014

	Portion Size	Carb (g)
High Sch Lunch 2013-2014	Total	
Roasted Teriyaki Chick w Rice	meal	55.99
Beef Teriyaki Rice Bowl	1 each	77.77
Yogurt Meal - Secondary	1 each	92.4
Chinese Chicken Salad	1 each	47.62
Vegetarian Burrito	1 each	78.84
Beef Chicana Burrito	burritos	81.61
Spicy Chicken Sand., Secondary	1 each	42.0
Grilled Chicken (BBQ's) w bbq	2 oz servings	30.91
Hot Dog (BBQ)	1	31.0
Hamburger (BBQ'S)	1 each	29.1
Spicy Chicken Wrap	1 each	61.87
Ham & Turkey Sub	1 each	39.19
French Bread Pizza w/ mini pep	pizza	34.0
Salad, House - Secondary	1 CUP	14.64
Vegetable Tray	1/2 cup	5.7
Whole Fresh Fruit	1 each	19.15
Fritos (.75oz bag)	1 each	12.0
Potato Chips (Lays)	1 Ea	8.0
Carrots, Baby Ind. bags	bag	8.0
Salad Bar, September	1.25 Cups	32.61
Raisins, Seedless, Individuall	1 each	29.86
Milk non-fat white	8 oz	13.0
Milk, 1% Lowfat	8 oz.	16.0
Condiments	TBLS	10.64
Weighted Daily Average		94.17
% of Calories		55.7%

Fri - 10/18/2013		
	Portion Size	Carb (g)
High Sch Breakfast 2013-20	Total	
Chicken Breakfast Slider	1	50.22
Crispito (Secondary Breakfast)	1 each	24.2
Cereal, assorted, GM secondary	1 each	22.4
Blueberry Bagel, cream ch Sec	1 each	55.0
Bagel & Cream Cheese	1 each	58.0
yogurt, secondary	1 each	19.0
Lemon Tea Bread	1 each	44.9
Graham Cracker (Keebler)	1 each	16.0
orange juice (suncup)	1 each	13.0
Milk non-fat white	8 oz	13.0
Milk, 1% Lowfat	8 oz.	16.0
Fruit, canned, assorted #2	1/2 cup	15.04

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Sep 23, 2013 thru Oct 31, 2013 Spreadsheet - Portion Values    Sep 23, 2013  
 Combined: High Sch Breakfast 2013-2014/High Sch Lunch 2013-2014

	Portion Size	Carb (g)
High Sch Lunch 2013-2014	Total	
Turkey, Gravy & Brown Rice	1 container	57.75
Chicken Teriyaki Rice Bowl	1 each	69.63
Yogurt Meal - Secondary	1 each	92.4
Chicken Caesar Salad	1 each	37.83
Vegetarian Burrito	1 each	78.84
Pork & Cheese Burrito	1 each	73.56
Spicy Chicken Sand., Secondary	1 each	42.0
Grilled Chicken (BBQ's) w bbq	2 oz servings	30.91
Hot Dog (BBQ)	1	31.0
Hamburger (BBQ'S)	1 each	29.1
Spicy Chicken Wrap	1 each	61.87
Ham & Turkey Sub	1 each	39.19
Pizza, Cheese - Secondary	1 slice	36.02
Pizza, Pepperoni - Secondary	1 slice	35.12
Salad, House - Secondary	1 CUP	14.64
Vegetable Tray	1/2 cup	5.7
Whole Fresh Fruit	1 each	19.15
Potato Chips (Lays)	1 Ea	8.0
Fritos (.75oz bag)	1 each	12.0
Carrots, Baby Ind. bags	1/2 c.	8.0
Salad Bar, September	1.25 Cups	32.61
Raisins, Seedless, Individuall	1 each	29.86
Milk non-fat white	8 oz	13.0
Milk, 1% Lowfat	8 oz.	16.0
Condiments	TBLS	10.64
Weighted Daily Average		92.61
% of Calories		54.2%

Mon - 10/21/2013		
High Sch Breakfast 2013-20	Total	
Banana Muffin (DoBake)	1 each	57.0
Crispito (Secondary Breakfast)	1 each	24.2
Cereal, assorted, GM secondary	1 each	22.4
Bagel & Cream Cheese	1 each	58.0
Blueberry Bagel, cream ch Sec	1 each	55.0
yogurt, secondary	1 each	19.0
Lemon Tea Bread	1 each	44.9
Graham Cracker (Keebler)	1 each	16.0
orange juice (suncup)	1 each	13.0
Milk non-fat white	8 oz	13.0
Milk, 1% Lowfat	8 oz.	16.0
Fruit, canned, assorted #2	1/2 cup	15.04

**\*N/A\*** - denotes a nutrient that is either missing or incomplete for an individual ingredient  
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# Sacramento City Unified School District

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Sep 23, 2013 thru Oct 31, 2013 Spreadsheet - Portion Values    Sep 23, 2013  
 Combined: High Sch Breakfast 2013-2014/High Sch Lunch 2013-2014

	Portion Size	Carb (g)
High Sch Lunch 2013-2014	Total	
Popcorn Chicken Bowl	1 bowl	66.52
Beef Teriyaki Rice Bowl	1 each	77.77
Yogurt Meal - Secondary	1 each	92.4
Chicken Caesar Salad	1 each	37.83
Vegetarian Burrito	1 each	78.84
Beef Chicana Burrito	burritos	81.61
Spicy Chicken Sand., Secondary	1 each	42.0
Grilled Chicken (BBQ's) w bbq	2 oz servings	30.91
Hot Dog (BBQ)	1	31.0
Hamburger (BBQ'S)	1 each	29.1
Spicy Chicken Wrap	1 each	61.87
Ham & Turkey Sub	1 each	39.19
Pizza, Cheese - Secondary	1 slice	36.02
Pizza, Pepperoni - Secondary	1 slice	35.12
Salad, House - Secondary	1 CUP	14.64
Vegetable Tray	1/2 cup	5.7
Whole Fresh Fruit	1 each	19.15
Potato Chips (Lays)	1 Ea	8.0
Fritos (.75oz bag)	1 each	12.0
Carrots, Baby Ind. bags	bag	8.0
Raisins, Seedless, Individuall	1 each	29.86
Milk non-fat white	8 oz	13.0
Milk, 1% Lowfat	8 oz.	16.0
Salad Bar, September	1.25 Cups	32.61
Condiments	TBLS	10.64
Weighted Daily Average		92.30
% of Calories		53.9%

Tue - 10/22/2013		
High Sch Breakfast 2013-20	Total	
Breakfast Bagel (Tony's)	1 each	22.0
Crispito (Secondary Breakfast)	1 each	24.2
Cereal, assorted, GM secondary	1 each	22.4
Blueberry Bagel, cream ch Sec	1 each	55.0
Bagel & Cream Cheese	1 each	58.0
yogurt, secondary	1 each	19.0
Lemon Tea Bread	1 each	44.9
Graham Cracker (Keebler)	1 each	16.0
orange juice (suncup)	1 each	13.0
Milk non-fat white	8 oz	13.0
Milk, 1% Lowfat	8 oz.	16.0
Fruit, canned, assorted #2	1/2 cup	15.04

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# Sacramento City Unified School District

Page 22

Sep 23, 2013 thru Oct 31, 2013 Spreadsheet - Portion Values    Sep 23, 2013  
 Combined: High Sch Breakfast 2013-2014/High Sch Lunch 2013-2014

	Portion Size	Carb (g)
High Sch Lunch 2013-2014	Total	
Spaghetti, w/ Grnd. Beef	servings	57.77
Sweet Sour Chicken, Secondary	1 each	64.88
Yogurt Meal - Secondary	1 each	92.4
Chicken Taco Salad	1 each	49.49
Vegetarian Burrito	1 each	78.84
Pork & Cheese Burrito	1 each	73.56
Spicy Chicken Sand., Secondary	1 each	42.0
Grilled Chicken (BBQ's) w bbq	2 oz servings	30.91
Hot Dog (BBQ)	1	31.0
Hamburger (BBQ'S)	1 each	29.1
Spicy Chicken Wrap	1 each	61.87
Ham & Turkey Sub	1 each	39.19
French Bread Pizza w/ mini pep	pizza	34.0
Salad, House - Secondary	1 CUP	14.64
Vegetable Tray	1/2 cup	5.7
Whole Fresh Fruit	1 each	19.15
Potato Chips (Lays)	1 Ea	8.0
Fritos (.75oz bag)	1 each	12.0
Carrots, Baby Ind. bags	bag	8.0
Salad Bar, September	1.25 Cups	32.61
Raisins, Seedless, Individuall	1 each	29.86
Milk non-fat white	8 oz	13.0
Milk, 1% Lowfat	8 oz.	16.0
Condiments	TBLS	10.64
Weighted Daily Average		89.73
% of Calories		53.4%

Wed - 10/23/2013		
	Total	
High Sch Breakfast 2013-20		
Texas Toast	1 each	50.0
Crispito (Secondary Breakfast)	1 each	24.2
Cereal, assorted, GM secondary	1 each	22.4
Bagel & Cream Cheese	1 each	58.0
Blueberry Bagel, cream ch Sec	1 each	55.0
yogurt, secondary	1 each	19.0
Lemon Tea Bread	1 each	44.9
Graham Cracker (Keebler)	1 each	16.0
orange juice (suncup)	1 each	13.0
Milk non-fat white	8 oz	13.0
Milk, 1% Lowfat	8 oz.	16.0
Fruit, canned, assorted #2	1/2 cup	15.04

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# Sacramento City Unified School District

Page 23

Sep 23, 2013 thru Oct 31, 2013 Spreadsheet - Portion Values    Sep 23, 2013  
 Combined: High Sch Breakfast 2013-2014/High Sch Lunch 2013-2014

	Portion Size	Carb (g)
High Sch Lunch 2013-2014	Total	
BBQ Pulled Pork Sandwich	1 each	66.12
Yasuyo's Fried Rice	2 cups	61.88
Yogurt Meal - Secondary	1 each	92.4
Chicken Caesar Salad	1 each	37.83
Vegetarian Burrito	1 each	78.84
Chicken Chicana Burrito	burritos	79.09
Spicy Chicken Sand., Secondary	1 each	42.0
Grilled Chicken (BBQ's) w bbq	2 oz servings	30.91
Hot Dog (BBQ)	1	31.0
Hamburger (BBQ'S)	1 each	29.1
Spicy Chicken Wrap	1 each	61.87
Ham & Turkey Sub	1 each	39.19
Pizza, Cheese - Secondary	1 slice	36.02
Pizza, Pepperoni - Secondary	1 slice	35.12
Salad, House - Secondary	1 CUP	14.64
Vegetable Tray	1/2 cup	5.7
Whole Fresh Fruit	1 each	19.15
Potato Chips (Lays)	1 Ea	8.0
Fritos (.75oz bag)	1 each	12.0
Carrots, Baby Ind. bags	bag	8.0
Raisins, Seedless, Individuall	1 each	29.86
Salad Bar, September	1.25 Cups	32.61
Milk non-fat white	8 oz	13.0
Milk, 1% Lowfat	8 oz.	16.0
Condiments	TBLS	10.64
Weighted Daily Average		91.43
% of Calories		55.2%

Thu - 10/24/2013		
High Sch Breakfast 2013-20	Total	
Breakfast Pizza, Sausage	1 each	27.0
Crispito (Secondary Breakfast)	1 each	24.2
Cereal, assorted, GM secondary	1 each	22.4
Blueberry Bagel, cream ch Sec	1 each	55.0
Bagel & Cream Cheese	1 each	58.0
yogurt, secondary	1 each	19.0
Lemon Tea Bread	1 each	44.9
Graham Cracker (Keebler)	1 each	16.0
orange juice (suncup)	1 each	13.0
Milk non-fat white	8 oz	13.0
Milk, 1% Lowfat	8 oz.	16.0
Fruit, canned, assorted #2	1/2 cup	15.04

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# Sacramento City Unified School District

Page 24

Sep 23, 2013 thru Oct 31, 2013 Spreadsheet - Portion Values    Sep 23, 2013  
 Combined: High Sch Breakfast 2013-2014/High Sch Lunch 2013-2014

	Portion Size	Carb (g)
High Sch Lunch 2013-2014	Total	
Roasted Teriyaki Chick w Rice	meal	55.99
Beef Teriyaki Rice Bowl	1 each	77.77
Yogurt Meal - Secondary	1 each	92.4
Chinese Chicken Salad	1 each	47.62
Vegetarian Burrito	1 each	78.84
Beef Chicana Burrito	burritos	81.61
Spicy Chicken Sand., Secondary	1 each	42.0
Grilled Chicken (BBQ's) w bbq	2 oz servings	30.91
Hot Dog (BBQ)	1	31.0
Hamburger (BBQ'S)	1 each	29.1
Spicy Chicken Wrap	1 each	61.87
Ham & Turkey Sub	1 each	39.19
French Bread Pizza w/ mini pep	pizza	34.0
Salad, House - Secondary	1 CUP	14.64
Vegetable Tray	1/2 cup	5.7
Whole Fresh Fruit	1 each	19.15
Fritos (.75oz bag)	1 each	12.0
Potato Chips (Lays)	1 Ea	8.0
Carrots, Baby Ind. bags	bag	8.0
Salad Bar, September	1.25 Cups	32.61
Raisins, Seedless, Individuall	1 each	29.86
Milk non-fat white	8 oz	13.0
Milk, 1% Lowfat	8 oz.	16.0
Condiments	TBLS	10.64
Weighted Daily Average		94.17
% of Calories		55.7%

Fri - 10/25/2013		
	Portion Size	Carb (g)
High Sch Breakfast 2013-20	Total	
Chicken Breakfast Slider	1	50.22
Crispito (Secondary Breakfast)	1 each	24.2
Cereal, assorted, GM secondary	1 each	22.4
Blueberry Bagel, cream ch Sec	1 each	55.0
Bagel & Cream Cheese	1 each	58.0
yogurt, secondary	1 each	19.0
Lemon Tea Bread	1 each	44.9
Graham Cracker (Keebler)	1 each	16.0
orange juice (suncup)	1 each	13.0
Milk non-fat white	8 oz	13.0
Milk, 1% Lowfat	8 oz.	16.0
Fruit, canned, assorted #2	1/2 cup	15.04

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# Sacramento City Unified School District

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Sep 23, 2013 thru Oct 31, 2013 Spreadsheet - Portion Values    Sep 23, 2013  
 Combined: High Sch Breakfast 2013-2014/High Sch Lunch 2013-2014

	Portion Size	Carb (g)
High Sch Lunch 2013-2014	Total	
Turkey, Gravy & Brown Rice	1 container	57.75
Chicken Teriyaki Rice Bowl	1 each	69.63
Yogurt Meal - Secondary	1 each	92.4
Chicken Caesar Salad	1 each	37.83
Vegetarian Burrito	1 each	78.84
Pork & Cheese Burrito	1 each	73.56
Spicy Chicken Sand., Secondary	1 each	42.0
Grilled Chicken (BBQ's) w bbq	2 oz servings	30.91
Hot Dog (BBQ)	1	31.0
Hamburger (BBQ'S)	1 each	29.1
Spicy Chicken Wrap	1 each	61.87
Ham & Turkey Sub	1 each	39.19
Pizza, Cheese - Secondary	1 slice	36.02
Pizza, Pepperoni - Secondary	1 slice	35.12
Salad, House - Secondary	1 CUP	14.64
Vegetable Tray	1/2 cup	5.7
Whole Fresh Fruit	1 each	19.15
Potato Chips (Lays)	1 Ea	8.0
Fritos (.75oz bag)	1 each	12.0
Carrots, Baby Ind. bags	1/2 c.	8.0
Salad Bar, September	1.25 Cups	32.61
Raisins, Seedless, Individuall	1 each	29.86
Milk non-fat white	8 oz	13.0
Milk, 1% Lowfat	8 oz.	16.0
Condiments	TBLS	10.64
Weighted Daily Average		92.61
% of Calories		54.2%

Mon - 10/28/2013		
High Sch Breakfast 2013-20	Total	
Banana Muffin (DoBake)	1 each	57.0
Crispito (Secondary Breakfast)	1 each	24.2
Cereal, assorted, GM secondary	1 each	22.4
Bagel & Cream Cheese	1 each	58.0
Blueberry Bagel, cream ch Sec	1 each	55.0
yogurt, secondary	1 each	19.0
Lemon Tea Bread	1 each	44.9
Graham Cracker (Keebler)	1 each	16.0
orange juice (suncup)	1 each	13.0
Milk non-fat white	8 oz	13.0
Milk, 1% Lowfat	8 oz.	16.0
Fruit, canned, assorted #2	1/2 cup	15.04

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# Sacramento City Unified School District

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Sep 23, 2013 thru Oct 31, 2013 Spreadsheet - Portion Values    Sep 23, 2013  
 Combined: High Sch Breakfast 2013-2014/High Sch Lunch 2013-2014

	Portion Size	Carb (g)
High Sch Lunch 2013-2014	Total	
Popcorn Chicken Bowl	1 bowl	66.52
Beef Teriyaki Rice Bowl	1 each	77.77
Yogurt Meal - Secondary	1 each	92.4
Chicken Caesar Salad	1 each	37.83
Vegetarian Burrito	1 each	78.84
Beef Chicana Burrito	burritos	81.61
Spicy Chicken Sand., Secondary	1 each	42.0
Grilled Chicken (BBQ's) w bbq	2 oz servings	30.91
Hot Dog (BBQ)	1	31.0
Hamburger (BBQ'S)	1 each	29.1
Spicy Chicken Wrap	1 each	61.87
Ham & Turkey Sub	1 each	39.19
Pizza, Cheese - Secondary	1 slice	36.02
Pizza, Pepperoni - Secondary	1 slice	35.12
Salad, House - Secondary	1 CUP	14.64
Vegetable Tray	1/2 cup	5.7
Whole Fresh Fruit	1 each	19.15
Potato Chips (Lays)	1 Ea	8.0
Fritos (.75oz bag)	1 each	12.0
Carrots, Baby Ind. bags	bag	8.0
Raisins, Seedless, Individuall	1 each	29.86
Milk non-fat white	8 oz	13.0
Milk, 1% Lowfat	8 oz.	16.0
Salad Bar, September	1.25 Cups	32.61
Condiments	TBLS	10.64
Weighted Daily Average		92.30
% of Calories		53.9%

Tue - 10/29/2013		
High Sch Breakfast 2013-20	Total	
Breakfast Bagel (Tony's)	1 each	22.0
Crispito (Secondary Breakfast)	1 each	24.2
Cereal, assorted, GM secondary	1 each	22.4
Blueberry Bagel, cream ch Sec	1 each	55.0
Bagel & Cream Cheese	1 each	58.0
yogurt, secondary	1 each	19.0
Lemon Tea Bread	1 each	44.9
Graham Cracker (Keebler)	1 each	16.0
orange juice (suncup)	1 each	13.0
Milk non-fat white	8 oz	13.0
Milk, 1% Lowfat	8 oz.	16.0
Fruit, canned, assorted #2	1/2 cup	15.04

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# Sacramento City Unified School District

	Portion Size	Carb (g)
High Sch Lunch 2013-2014	Total	
Spaghetti, w/ Grnd. Beef	servings	57.77
Sweet Sour Chicken, Secondary	1 each	64.88
Yogurt Meal - Secondary	1 each	92.4
Chicken Taco Salad	1 each	49.49
Vegetarian Burrito	1 each	78.84
Pork & Cheese Burrito	1 each	73.56
Spicy Chicken Sand., Secondary	1 each	42.0
Grilled Chicken (BBQ's) w bbq	2 oz servings	30.91
Hot Dog (BBQ)	1	31.0
Hamburger (BBQ'S)	1 each	29.1
Spicy Chicken Wrap	1 each	61.87
Ham & Turkey Sub	1 each	39.19
French Bread Pizza w/ mini pep	pizza	34.0
Salad, House - Secondary	1 CUP	14.64
Vegetable Tray	1/2 cup	5.7
Whole Fresh Fruit	1 each	19.15
Potato Chips (Lays)	1 Ea	8.0
Fritos (.75oz bag)	1 each	12.0
Carrots, Baby Ind. bags	bag	8.0
Salad Bar, September	1.25 Cups	32.61
Raisins, Seedless, Individuall	1 each	29.86
Milk non-fat white	8 oz	13.0
Milk, 1% Lowfat	8 oz.	16.0
Condiments	TBLS	10.64
Weighted Daily Average		89.73
% of Calories		53.4%

Wed - 10/30/2013		
	Portion Size	Carb (g)
High Sch Breakfast 2013-20	Total	
Texas Toast	1 each	50.0
Crispito (Secondary Breakfast)	1 each	24.2
Cereal, assorted, GM secondary	1 each	22.4
Bagel & Cream Cheese	1 each	58.0
Blueberry Bagel, cream ch Sec	1 each	55.0
yogurt, secondary	1 each	19.0
Lemon Tea Bread	1 each	44.9
Graham Cracker (Keebler)	1 each	16.0
orange juice (suncup)	1 each	13.0
Milk non-fat white	8 oz	13.0
Milk, 1% Lowfat	8 oz.	16.0
Fruit, canned, assorted #2	1/2 cup	15.04

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# Sacramento City Unified School District

Page 28

Sep 23, 2013 thru Oct 31, 2013 Spreadsheet - Portion Values    Sep 23, 2013  
 Combined: High Sch Breakfast 2013-2014/High Sch Lunch 2013-2014

	Portion Size	Carb (g)
High Sch Lunch 2013-2014	Total	
BBQ Pulled Pork Sandwich	1 each	66.12
Yasuyo's Fried Rice	2 cups	61.88
Yogurt Meal - Secondary	1 each	92.4
Chicken Caesar Salad	1 each	37.83
Vegetarian Burrito	1 each	78.84
Chicken Chicana Burrito	burritos	79.09
Spicy Chicken Sand., Secondary	1 each	42.0
Grilled Chicken (BBQ's) w bbq	2 oz servings	30.91
Hot Dog (BBQ)	1	31.0
Hamburger (BBQ'S)	1 each	29.1
Spicy Chicken Wrap	1 each	61.87
Ham & Turkey Sub	1 each	39.19
Pizza, Cheese - Secondary	1 slice	36.02
Pizza, Pepperoni - Secondary	1 slice	35.12
Salad, House - Secondary	1 CUP	14.64
Vegetable Tray	1/2 cup	5.7
Whole Fresh Fruit	1 each	19.15
Potato Chips (Lays)	1 Ea	8.0
Fritos (.75oz bag)	1 each	12.0
Carrots, Baby Ind. bags	bag	8.0
Raisins, Seedless, Individuall	1 each	29.86
Salad Bar, September	1.25 Cups	32.61
Milk non-fat white	8 oz	13.0
Milk, 1% Lowfat	8 oz.	16.0
Condiments	TBLS	10.64
Weighted Daily Average		91.43
% of Calories		55.2%

Thu - 10/31/2013		
High Sch Breakfast 2013-20	Total	
Breakfast Bagel (Tony's)	1 each	22.0
Crispito (Secondary Breakfast)	1 each	24.2
Cereal, assorted, GM secondary	1 each	22.4
Blueberry Bagel, cream ch Sec	1 each	55.0
Bagel & Cream Cheese	1 each	58.0
yogurt, secondary	1 each	19.0
Lemon Tea Bread	1 each	44.9
Graham Cracker (Keebler)	1 each	16.0
orange juice (suncup)	1 each	13.0
Milk non-fat white	8 oz	13.0
Milk, 1% Lowfat	8 oz.	16.0
Fruit, canned, assorted #2	1/2 cup	15.04

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# Sacramento City Unified School District

	Portion Size	Carb (g)
High Sch Lunch 2013-2014	Total	
Roasted Teriyaki Chick w Rice	meal	55.99
Beef Teriyaki Rice Bowl	1 each	77.77
Yogurt Meal - Secondary	1 each	92.4
Chinese Chicken Salad	1 each	47.62
Vegetarian Burrito	1 each	78.84
Beef Chicana Burrito	burritos	81.61
Spicy Chicken Sand., Secondary	1 each	42.0
Grilled Chicken (BBQ's) w bbq	2 oz servings	30.91
Hot Dog (BBQ)	1	31.0
Hamburger (BBQ'S)	1 each	29.1
Spicy Chicken Wrap	1 each	61.87
Ham & Turkey Sub	1 each	39.19
French Bread Pizza w/ mini pep	pizza	34.0
Salad, House - Secondary	1 CUP	14.64
Vegetable Tray	1/2 cup	5.7
Whole Fresh Fruit	1 each	19.15
Fritos (.75oz bag)	1 each	12.0
Potato Chips (Lays)	1 Ea	8.0
Carrots, Baby Ind. bags	bag	8.0
Salad Bar, September	1.25 Cups	32.61
Raisins, Seedless, Individuall	1 each	29.86
Milk non-fat white	8 oz	13.0
Milk, 1% Lowfat	8 oz.	16.0
Condiments	TBLS	10.64
Weighted Daily Average		93.83
% of Calories		55.7%

Weighted Average		92.02
		54.5%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	92.02	54.49%						

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