

Nutritional Information: NSLP Lunch

- Nutritional information is current as of 4/1/19 and will be updated as applicable.
- NSLP Lunch meals are offered with: vegetable of the day, fruit (½ cup for PSN, K-5, and 6-8 meals; 1 cup for 9-12 meals), and fat-free or 1% milk (1 cup/8 fl oz) on the side.
- The vegetable of the day, fruit and milk are not included within the nutritional information for the meals on this report (except for field trip meals). The information is provided on a separate vegetable report and fruit/milk report.
 - Note: for all field trip lunches the fruit and vegetables are included within the nutritional information on this report.
- To determine the correct menu item on the report, please refer to the meal production record (MPR) for that day.

Carbohydrate Information:

If calculating the total grams of carbohydrate per meal, please account for carbohydrates from the vegetable, fruit and/or milk that may be served with the meal by using the appropriate reports, see below for an example.

Sample Lunch Meal

1. Locate the appropriate menu item name on each report. The appropriate meal size and portions should be selected for the student's age/grade group.

Lunch Nutritional Information – select appropriate meal size for age/grade group

Recipe Description	Port Size	Cal	Carb g
RG, SAMPLE LUNCH ENTREE	1 EACH	319	42.16

Vegetable Nutritional Information – select appropriate portion sizes for age/grade group

Recipe Description	Portion Size	Calories	Carbs g
VEG CARROT BABY 3/4 C	1 SRV(3/4 C)	37	8.69

Fruit and Milk Nutritional Information – select appropriate portion sizes for age/grade group

Recipe Description	Portion Size	Calories	Carbs g
FR, ORANGE 1/2 CUP	1 EACH	45	11.28
MILK - 0%, 8 FL OZ, K-12	1 EACH (8 FL OZ)	90	13
MILK - 1%, 8 FL OZ, K-12	1 EACH (8 FL OZ)	110	13

2. Add up the student's menu item selections to calculate the total carbohydrates from the meal:

Lunch Entrée	42.16 g
Baby Carrots (3/4 cup)	8.69 g
Orange (1/2 cup)	11.28 g
Milk (8 fl oz)	13 g
Total Carbs for Sample Meal = 75.13 g	

This information is provided as a helpful resource only. Students and families should ultimately be responsible for diabetes self-management.

Menu Calendar Nutrient Analysis Report - April, 2019

Date: 04/01/2019 - 04/30/2019

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Fat (g)	Sfat (g)	Chol (mg)	Na (mg)	TDF (g)	Sugars (g)	Pro (g)
4/1/2019									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	110.00	13.00	2.50	1.50	0.00	130.00	0.00	13.00	8.00
Soy Milk - 9004 (1 ea.)	150.00	18.00	5.00	1.00	0.00	180.00	0.00	17.00	9.00
Apple 1/2 cup - FR97 (2 ea.)	110.24	29.28	0.36	0.06	0.00	2.12	5.09	22.03	0.55
Carrots Baby (SFUSD) - 3816 (1 1/4 c.)	61.69	14.52	0.23	0.04	0.00	137.47	5.11	8.39	1.13
Mighty Meaty Deli Combo Sandwich - 30023 (1 ea.)	390.00	30.00	19.00	5.50	40.00	745.00	3.00	4.00	19.00
Sunny Sandwich Kit - 6973 (1 ea.)	475.00	59.00	19.00	2.50	5.00	430.00	6.50	28.00	16.00
Cholula Hot Sauce Packet - 3899 (1 ea.)	0.00	0.00	0.00	0.00	0.00	119.00	(M)	(M)	0.00
Ranch Dressing Packet - 4033 (1 ea.)	150.00	1.00	16.00	2.50	10.00	280.00	0.00	1.00	0.00
Field Trip Meal Cheddar Cheese Sub Sandwich (SFUSD 9-12)	690.56	102.63	23.02	8.14	35.38	780.70	11.31(M)	58.82(M)	18.96
Field Trip Meal Chicken Salad Sub Sandwich (SFUSD 9-12)	680.79	96.44	24.59	3.17	31.50	553.34	14.41	47.02	24.87
Field Trip Meal Mighty Meaty Deli Combo Sandwich (SFUSD 9-12)	640.59	108.70	13.89	4.07	40.00	978.67	14.14	49.56	23.29
Field Trip Meal Turkey & Cheddar Sub Sandwich (SFUSD 9-12)	600.02	89.26	18.47	5.62	42.13	839.62	11.31	46.44	20.56
Field Trip Meal Yogurt and Rumbles (SFUSD 9-12) - 38338 (1 ea.)	666.43	124.78	13.86	5.06	23.00	667.81	13.16	75.13	18.94
Sandwich Turkey Allergen Free (SFUSD K-12) - 3831 (1 ea.)	220.00	31.00	2.00	0.00	35.00	690.00	2.50	5.00	18.00
Sandwich Chicken Salad (SFUSD DF 9-12) - 29601 (1 ea.)	359.63	31.89	13.79	2.09	59.70	365.96	2.87	4.47	25.09
4/2/2019									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	110.00	13.00	2.50	1.50	0.00	130.00	0.00	13.00	8.00
Soy Milk - 9004 (1 ea.)	150.00	18.00	5.00	1.00	0.00	180.00	0.00	17.00	9.00
Apple 1/2 cup - FR97 (2 ea.)	110.24	29.28	0.36	0.06	0.00	2.12	5.09	22.03	0.55
Black Beans Chili Citrus & Corn (SFUSD) - 10537 (1 c.)	208.62	59.55	1.83	0.18	0.00	48.37	32.46	3.55	20.34
Breakfast for Lunch: Pancakes with Omelet (SFUSD 9-12) - 41098	425.00	58.00	13.00	4.00	170.00	640.00	3.00	19.00	14.00
Buffalo Chicken Crunchadilla - 30217 (1 ea.)	432.07	42.45	17.87	5.00	50.48	491.44	4.00	2.83	26.23
Tamale Chicken (SFUSD 9-12) - 39493 (1 ea.)	450.16	92.42	7.13	1.90	25.00	278.56	16.31	1.06(M)	24.21
Sesame Chicken Wrap - 32092 (1 ea.)	400.15	32.78	19.44	2.46	51.56	331.31	2.84	4.68	24.02
Cholula Hot Sauce Packet - 3899 (1 ea.)	0.00	0.00	0.00	0.00	0.00	119.00	(M)	(M)	0.00
Ranch Dressing Packet - 4033 (1 ea.)	150.00	1.00	16.00	2.50	10.00	280.00	0.00	1.00	0.00
Field Trip Meal Cheddar Cheese Sub Sandwich (SFUSD 9-12)	690.56	102.63	23.02	8.14	35.38	780.70	11.31(M)	58.82(M)	18.96
Field Trip Meal Chicken Salad Sub Sandwich (SFUSD 9-12)	680.79	96.44	24.59	3.17	31.50	553.34	14.41	47.02	24.87
Field Trip Meal Mighty Meaty Deli Combo Sandwich (SFUSD 9-12)	640.59	108.70	13.89	4.07	40.00	978.67	14.14	49.56	23.29
Field Trip Meal Turkey & Cheddar Sub Sandwich (SFUSD 9-12)	600.02	89.26	18.47	5.62	42.13	839.62	11.31	46.44	20.56
Field Trip Meal Yogurt and Rumbles (SFUSD 9-12) - 38338 (1 ea.)	666.43	124.78	13.86	5.06	23.00	667.81	13.16	75.13	18.94
Sandwich Turkey Allergen Free (SFUSD K-12) - 3831 (1 ea.)	220.00	31.00	2.00	0.00	35.00	690.00	2.50	5.00	18.00
Sandwich Chicken Salad (SFUSD DF 9-12) - 29601 (1 ea.)	359.63	31.89	13.79	2.09	59.70	365.96	2.87	4.47	25.09
4/3/2019									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	110.00	13.00	2.50	1.50	0.00	130.00	0.00	13.00	8.00
Soy Milk - 9004 (1 ea.)	150.00	18.00	5.00	1.00	0.00	180.00	0.00	17.00	9.00
Apple 1/2 cup - FR97 (2 ea.)	110.24	29.28	0.36	0.06	0.00	2.12	5.09	22.03	0.55
Broccoli Florets (SFUSD) - 3819 (1 c.)	31.51	6.52	0.35	0.07	0.00	34.82	2.86	1.20	2.07
Pizza Cheese (SFUSD K-12) - 10549 (1 ea.)	310.00	30.00	12.00	6.00	30.00	360.00	3.00	6.00	22.00
Pizza Pepperoni (SFUSD 9-12) - 40388 (1 ea.)	400.00	47.00	14.50	6.00	30.00	710.00	4.00	8.00	19.00
Cholula Hot Sauce Packet - 3899 (1 ea.)	0.00	0.00	0.00	0.00	0.00	119.00	(M)	(M)	0.00
Ranch Dressing Packet - 4033 (1 ea.)	150.00	1.00	16.00	2.50	10.00	280.00	0.00	1.00	0.00
Condiment, Ranch Dressing PSN - 5035 (1 ea.)	150.00	1.00	16.00	2.50	10.00	280.00	0.00	1.00	0.00
Field Trip Meal Cheddar Cheese Sub Sandwich (SFUSD 9-12)	690.56	102.63	23.02	8.14	35.38	780.70	11.31(M)	58.82(M)	18.96
Field Trip Meal Chicken Salad Sub Sandwich (SFUSD 9-12)	680.79	96.44	24.59	3.17	31.50	553.34	14.41	47.02	24.87
Field Trip Meal Mighty Meaty Deli Combo Sandwich (SFUSD 9-12)	640.59	108.70	13.89	4.07	40.00	978.67	14.14	49.56	23.29
Field Trip Meal Turkey & Cheddar Sub Sandwich (SFUSD 9-12)	600.02	89.26	18.47	5.62	42.13	839.62	11.31	46.44	20.56
Field Trip Meal Yogurt and Rumbles (SFUSD 9-12) - 38338 (1 ea.)	666.43	124.78	13.86	5.06	23.00	667.81	13.16	75.13	18.94
Sandwich Turkey Allergen Free (SFUSD K-12) - 3831 (1 ea.)	220.00	31.00	2.00	0.00	35.00	690.00	2.50	5.00	18.00
Sandwich Chicken Salad (SFUSD DF 9-12) - 29601 (1 ea.)	359.63	31.89	13.79	2.09	59.70	365.96	2.87	4.47	25.09
4/4/2019									

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Fat (g)	Sfat (g)	Chol (mg)	Na (mg)	TDF (g)	Sugars (g)	Pro (g)
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	110.00	13.00	2.50	1.50	0.00	130.00	0.00	13.00	8.00
Soy Milk - 9004 (1 ea.)	150.00	18.00	5.00	1.00	0.00	180.00	0.00	17.00	9.00
Apple 1/2 cup - FR97 (2 ea.)	110.24	29.28	0.36	0.06	0.00	2.12	5.09	22.03	0.55
Cucumber Slices (SFUSD) - 8581 (1 c.)	22.00	5.32	0.16	0.05	0.00	2.93	0.73	2.45	0.95
Chicken Kung Pao (SFUSD 9-12) - 38912 (1 ea.)	407.73	62.52	6.04	1.02	45.04	950.12	2.38	12.62(M)	20.09
Sandwich Meatball Greek Flatbread (SFUSD 9-12) - 41187 (1 ea.)	389.75	40.19	17.56	4.38	32.05	625.46	6.43	3.60	18.81
Chicken Caesar Wrap - 32083 (1 ea.)	412.35	32.03	17.19	6.25	62.75	524.15	2.39	3.09	29.48
Lasagna Cheese (SFUSD 9-12) - 40075 (1 ea.)	406.40	52.67	13.00	6.04	35.19	673.12	4.85	9.96	21.93
Cholula Hot Sauce Packet - 3899 (1 ea.)	0.00	0.00	0.00	0.00	0.00	119.00	(M)	(M)	0.00
Ranch Dressing Packet - 4033 (1 ea.)	150.00	1.00	16.00	2.50	10.00	280.00	0.00	1.00	0.00
Field Trip Meal Cheddar Cheese Sub Sandwich (SFUSD 9-12)	690.56	102.63	23.02	8.14	35.38	780.70	11.31(M)	58.82(M)	18.96
Field Trip Meal Chicken Salad Sub Sandwich (SFUSD 9-12)	680.79	96.44	24.59	3.17	31.50	553.34	14.41	47.02	24.87
Field Trip Meal Mighty Meaty Deli Combo Sandwich (SFUSD 9-12)	640.59	108.70	13.89	4.07	40.00	978.67	14.14	49.56	23.29
Field Trip Meal Turkey & Cheddar Sub Sandwich (SFUSD 9-12)	600.02	89.26	18.47	5.62	42.13	839.62	11.31	46.44	20.56
Field Trip Meal Yogurt and Rumbles (SFUSD 9-12) - 38338 (1 ea.)	666.43	124.78	13.86	5.06	23.00	667.81	13.16	75.13	18.94
Sandwich Turkey Allergen Free (SFUSD K-12) - 3831 (1 ea.)	220.00	31.00	2.00	0.00	35.00	690.00	2.50	5.00	18.00
Sandwich Chicken Salad (SFUSD DF 9-12) - 29601 (1 ea.)	359.63	31.89	13.79	2.09	59.70	365.96	2.87	4.47	25.09
4/5/2019									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	110.00	13.00	2.50	1.50	0.00	130.00	0.00	13.00	8.00
Soy Milk - 9004 (1 ea.)	150.00	18.00	5.00	1.00	0.00	180.00	0.00	17.00	9.00
Apple 1/2 cup - FR97 (2 ea.)	110.24	29.28	0.36	0.06	0.00	2.12	5.09	22.03	0.55
Corn (SFUSD) - 8582 (1 c.)	145.20	34.17	1.29	0.20	0.00	4.95	3.46	4.13	4.98
Chicken Potstickers (SFUSD K-12) - 10718 (1 ea.)	250.00	31.00	5.00	1.00	20.00	750.00	5.00	3.00	19.00
Potstickers with Not-So-Fried Rice (SFUSD 9-12) - 39479 (1 ea.)	372.23	53.55	8.17	1.64	103.51	795.33	4.71	10.32(M)	20.32
Pasta Alfredo (SFUSD 9-12) - 40095 (1 ea.)	413.47	41.11	19.59	9.25	41.86	594.19	5.34	1.67	22.60
Chicken Taco Trio (SFUSD 9-12) - 39463 (1 ea.)	396.88	57.32	11.08	3.54	40.00	500.19	6.06	1.07(M)	19.02
Wrap Chicken Honey Mustard (SFUSD 9-12) - 40935 (1 ea.)	325.36	29.64	14.49	2.22	41.43	254.95	2.32(M)	2.43(M)	19.73
Pasta Alfredo (SFUSD BULK 9-12) - 40072 (1 ea.)	383.18	40.50	16.55	8.65	39.34	544.90	5.33	1.47	22.21
Cholula Hot Sauce Packet - 3899 (1 ea.)	0.00	0.00	0.00	0.00	0.00	119.00	(M)	(M)	0.00
Ranch Dressing Packet - 4033 (1 ea.)	150.00	1.00	16.00	2.50	10.00	280.00	0.00	1.00	0.00
Condiment, Ranch Dressing PSN - 5035 (1 ea.)	150.00	1.00	16.00	2.50	10.00	280.00	0.00	1.00	0.00
Field Trip Meal Cheddar Cheese Sub Sandwich (SFUSD 9-12)	690.56	102.63	23.02	8.14	35.38	780.70	11.31(M)	58.82(M)	18.96
Field Trip Meal Chicken Salad Sub Sandwich (SFUSD 9-12)	680.79	96.44	24.59	3.17	31.50	553.34	14.41	47.02	24.87
Field Trip Meal Mighty Meaty Deli Combo Sandwich (SFUSD 9-12)	640.59	108.70	13.89	4.07	40.00	978.67	14.14	49.56	23.29
Field Trip Meal Turkey & Cheddar Sub Sandwich (SFUSD 9-12)	600.02	89.26	18.47	5.62	42.13	839.62	11.31	46.44	20.56
Field Trip Meal Yogurt and Rumbles (SFUSD 9-12) - 38338 (1 ea.)	666.43	124.78	13.86	5.06	23.00	667.81	13.16	75.13	18.94
Sandwich Turkey Allergen Free (SFUSD K-12) - 3831 (1 ea.)	220.00	31.00	2.00	0.00	35.00	690.00	2.50	5.00	18.00
Sandwich Chicken Salad (SFUSD DF 9-12) - 29601 (1 ea.)	359.63	31.89	13.79	2.09	59.70	365.96	2.87	4.47	25.09
4/8/2019									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	110.00	13.00	2.50	1.50	0.00	130.00	0.00	13.00	8.00
Soy Milk - 9004 (1 ea.)	150.00	18.00	5.00	1.00	0.00	180.00	0.00	17.00	9.00
Apple 1/2 cup - FR97 (2 ea.)	110.24	29.28	0.36	0.06	0.00	2.12	5.09	22.03	0.55
Romaine Chopped (SFUSD) - 8222 (1 c.)	6.31	1.22	0.11	0.01	0.00	2.97	0.78	0.44	0.46
Fresh Tomatoes - 8220 (1/2 c.)	16.23	3.51	0.18	0.03	0.00	4.51	1.08	2.37	0.79
Calzone VEG Philly Cheesesteak (SFUSD 9-12) - 38988 (1 ea.)	410.00	61.00	8.50	3.00	20.00	800.00	7.00	3.00	24.00
Sandwich Hamburger (SFUSD 9-12) - 40944 (1 ea.)	390.00	32.00	21.00	5.50	40.00	490.00	2.50	6.00	15.00
Flame-Broiled Beef Cheeseburger - 35113 (1 ea.)	339.55	32.00	15.22	6.24	46.09	591.00	2.50(M)	6.00(M)	17.10
Salad Chicken Sesame (SFUSD 9-12) - 40122 (1 ea.)	515.52	42.85	26.72	4.54	79.80	618.91	6.06	9.79	24.77
Cholula Hot Sauce Packet - 3899 (1 ea.)	0.00	0.00	0.00	0.00	0.00	119.00	(M)	(M)	0.00
Ranch Dressing Packet - 4033 (1 ea.)	150.00	1.00	16.00	2.50	10.00	280.00	0.00	1.00	0.00
Condiment, Ranch Dressing PSN - 5035 (1 ea.)	150.00	1.00	16.00	2.50	10.00	280.00	0.00	1.00	0.00
Field Trip Meal Cheddar Cheese Sub Sandwich (SFUSD 9-12)	690.56	102.63	23.02	8.14	35.38	780.70	11.31(M)	58.82(M)	18.96
Field Trip Meal Chicken Salad Sub Sandwich (SFUSD 9-12)	680.79	96.44	24.59	3.17	31.50	553.34	14.41	47.02	24.87
Field Trip Meal Mighty Meaty Deli Combo Sandwich (SFUSD 9-12)	640.59	108.70	13.89	4.07	40.00	978.67	14.14	49.56	23.29
Field Trip Meal Turkey & Cheddar Sub Sandwich (SFUSD 9-12)	600.02	89.26	18.47	5.62	42.13	839.62	11.31	46.44	20.56

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Fat (g)	Sfat (g)	Chol (mg)	Na (mg)	TDF (g)	Sugars (g)	Pro (g)
Field Trip Meal Yogurt and Rumbles (SFUSD 9-12) - 38338 (1 ea.)	666.43	124.78	13.86	5.06	23.00	667.81	13.16	75.13	18.94
Sandwich Turkey Allergen Free (SFUSD K-12) - 3831 (1 ea.)	220.00	31.00	2.00	0.00	35.00	690.00	2.50	5.00	18.00
Sandwich Chicken Salad (SFUSD DF 9-12) - 29601 (1 ea.)	359.63	31.89	13.79	2.09	59.70	365.96	2.87	4.47	25.09
4/9/2019									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	110.00	13.00	2.50	1.50	0.00	130.00	0.00	13.00	8.00
Soy Milk - 9004 (1 ea.)	150.00	18.00	5.00	1.00	0.00	180.00	0.00	17.00	9.00
Apple 1/2 cup - FR97 (2 ea.)	110.24	29.28	0.36	0.06	0.00	2.12	5.09	22.03	0.55
Corn (SFUSD) - 8582 (1 c.)	145.20	34.17	1.29	0.20	0.00	4.95	3.46	4.13	4.98
Hot Dog (SFUSD K-12) - 8468 (1 ea.)	330.00	33.00	17.00	6.00	35.00	565.00	2.50	6.00	12.00
Quesadilla Chicken (SFUSD 9-12) - 40114 (1 ea.)	436.23	44.48	20.07	6.12	57.29	381.71	3.65	0.02	22.24
Scoops Fiesta Three Layer Dip (SFUSD 9-12) - 39848 (1 ea.)	432.76	60.63	13.09	5.95	23.56	568.22	7.23	1.80(M)	21.03
Buffalo Chicken Wrap - 36472 (1 ea.)	393.98	33.24	17.23	5.28	53.31	481.46	2.14	3.93(M)	24.02
Cholula Hot Sauce Packet - 3899 (1 ea.)	0.00	0.00	0.00	0.00	0.00	119.00	(M)	(M)	0.00
Ranch Dressing Packet - 4033 (1 ea.)	150.00	1.00	16.00	2.50	10.00	280.00	0.00	1.00	0.00
Condiment, Ranch Dressing PSN - 5035 (1 ea.)	150.00	1.00	16.00	2.50	10.00	280.00	0.00	1.00	0.00
Field Trip Meal Cheddar Cheese Sub Sandwich (SFUSD 9-12)	690.56	102.63	23.02	8.14	35.38	780.70	11.31(M)	58.82(M)	18.96
Field Trip Meal Chicken Salad Sub Sandwich (SFUSD 9-12)	680.79	96.44	24.59	3.17	31.50	553.34	14.41	47.02	24.87
Field Trip Meal Mighty Meaty Deli Combo Sandwich (SFUSD 9-12)	640.59	108.70	13.89	4.07	40.00	978.67	14.14	49.56	23.29
Field Trip Meal Turkey & Cheddar Sub Sandwich (SFUSD 9-12)	600.02	89.26	18.47	5.62	42.13	839.62	11.31	46.44	20.56
Field Trip Meal Yogurt and Rumbles (SFUSD 9-12) - 38338 (1 ea.)	666.43	124.78	13.86	5.06	23.00	667.81	13.16	75.13	18.94
Sandwich Turkey Allergen Free (SFUSD K-12) - 3831 (1 ea.)	220.00	31.00	2.00	0.00	35.00	690.00	2.50	5.00	18.00
Sandwich Chicken Salad (SFUSD DF 9-12) - 29601 (1 ea.)	359.63	31.89	13.79	2.09	59.70	365.96	2.87	4.47	25.09
4/10/2019									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	110.00	13.00	2.50	1.50	0.00	130.00	0.00	13.00	8.00
Soy Milk - 9004 (1 ea.)	150.00	18.00	5.00	1.00	0.00	180.00	0.00	17.00	9.00
Apple 1/2 cup - FR97 (2 ea.)	110.24	29.28	0.36	0.06	0.00	2.12	5.09	22.03	0.55
Carrots Baby (SFUSD) - 3816 (1 1/4 c.)	61.69	14.52	0.23	0.04	0.00	137.47	5.11	8.39	1.13
Pasta Mac and Cheese with Chicken Sausage (SFUSD 9-12) - 39954 (1 ea.)	400.97	45.93	15.38	4.79	72.01	870.64	2.61	7.23	23.36
Classic Spaghetti and Meatballs - 36169 (1 ea.)	427.79	55.25	14.04	4.01	35.61	631.79	8.80	7.06	21.65
Pizza Cheese (SFUSD K-12) - 10549 (1 ea.)	310.00	30.00	12.00	6.00	30.00	360.00	3.00	6.00	22.00
Classic Turkey & Cheddar Sub Sandwich - 5310 (1 ea.)	383.19	31.16	18.11	5.55	46.50	781.13	2.68	4.86	20.00
Pasta Mac and Cheese with Chicken Sausage (SFUSD BULK 9-12)	382.58	41.46	14.37	5.51	75.24	825.53	1.03	5.00	24.80
Cholula Hot Sauce Packet - 3899 (1 ea.)	0.00	0.00	0.00	0.00	0.00	119.00	(M)	(M)	0.00
Ranch Dressing Packet - 4033 (1 ea.)	150.00	1.00	16.00	2.50	10.00	280.00	0.00	1.00	0.00
Condiment, Ranch Dressing PSN - 5035 (1 ea.)	150.00	1.00	16.00	2.50	10.00	280.00	0.00	1.00	0.00
Field Trip Meal Cheddar Cheese Sub Sandwich (SFUSD 9-12)	690.56	102.63	23.02	8.14	35.38	780.70	11.31(M)	58.82(M)	18.96
Field Trip Meal Chicken Salad Sub Sandwich (SFUSD 9-12)	680.79	96.44	24.59	3.17	31.50	553.34	14.41	47.02	24.87
Field Trip Meal Mighty Meaty Deli Combo Sandwich (SFUSD 9-12)	640.59	108.70	13.89	4.07	40.00	978.67	14.14	49.56	23.29
Field Trip Meal Turkey & Cheddar Sub Sandwich (SFUSD 9-12)	600.02	89.26	18.47	5.62	42.13	839.62	11.31	46.44	20.56
Field Trip Meal Yogurt and Rumbles (SFUSD 9-12) - 38338 (1 ea.)	666.43	124.78	13.86	5.06	23.00	667.81	13.16	75.13	18.94
Sandwich Turkey Allergen Free (SFUSD K-12) - 3831 (1 ea.)	220.00	31.00	2.00	0.00	35.00	690.00	2.50	5.00	18.00
Sandwich Chicken Salad (SFUSD DF 9-12) - 29601 (1 ea.)	359.63	31.89	13.79	2.09	59.70	365.96	2.87	4.47	25.09
4/11/2019									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	110.00	13.00	2.50	1.50	0.00	130.00	0.00	13.00	8.00
Soy Milk - 9004 (1 ea.)	150.00	18.00	5.00	1.00	0.00	180.00	0.00	17.00	9.00
Apple 1/2 cup - FR97 (2 ea.)	110.24	29.28	0.36	0.06	0.00	2.12	5.09	22.03	0.55
Beans Garbanzo, Edamame, Carrot - 10627 (1 1/8 c.)	259.79	39.96	4.19	0.03	0.00	401.91	10.39	3.20	12.56
Beef Korean BBQ (SFUSD 9-12) - 41199 (1 ea.)	443.78	64.83	12.98	3.76	39.87	857.13	2.04	11.87(M)	17.98
Chicken Drumstick BBQ (SFUSD 9-12) - 39448 (1 ea.)	456.30	51.60	14.44	5.12	115.19	517.87	1.69	6.37(M)	31.04
Tamale Cheese (SFUSD 9-12) - 39487 (1 ea.)	462.77	91.92	8.01	3.10	10.00	251.15	21.05	1.40(M)	24.60
Southwest Veggie Wrap - 28075 (1 ea.)	407.66	62.19	16.78	3.46	12.70	374.84	20.05	5.55(M)	21.37
Cholula Hot Sauce Packet - 3899 (1 ea.)	0.00	0.00	0.00	0.00	0.00	119.00	(M)	(M)	0.00
Ranch Dressing Packet - 4033 (1 ea.)	150.00	1.00	16.00	2.50	10.00	280.00	0.00	1.00	0.00
Condiment, Ranch Dressing PSN - 5035 (1 ea.)	150.00	1.00	16.00	2.50	10.00	280.00	0.00	1.00	0.00
Field Trip Meal Cheddar Cheese Sub Sandwich (SFUSD 9-12)	690.56	102.63	23.02	8.14	35.38	780.70	11.31(M)	58.82(M)	18.96

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Fat (g)	Sfat (g)	Chol (mg)	Na (mg)	TDF (g)	Sugars (g)	Pro (g)
Field Trip Meal Chicken Salad Sub Sandwich (SFUSD 9-12)	680.79	96.44	24.59	3.17	31.50	553.34	14.41	47.02	24.87
Field Trip Meal Mighty Meaty Deli Combo Sandwich (SFUSD 9-12)	640.59	108.70	13.89	4.07	40.00	978.67	14.14	49.56	23.29
Field Trip Meal Turkey & Cheddar Sub Sandwich (SFUSD 9-12)	600.02	89.26	18.47	5.62	42.13	839.62	11.31	46.44	20.56
Field Trip Meal Yogurt and Rumbles (SFUSD 9-12) - 38338 (1 ea.)	666.43	124.78	13.86	5.06	23.00	667.81	13.16	75.13	18.94
Sandwich Turkey Allergen Free (SFUSD K-12) - 3831 (1 ea.)	220.00	31.00	2.00	0.00	35.00	690.00	2.50	5.00	18.00
Sandwich Chicken Salad (SFUSD DF 9-12) - 29601 (1 ea.)	359.63	31.89	13.79	2.09	59.70	365.96	2.87	4.47	25.09
4/12/2019									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	110.00	13.00	2.50	1.50	0.00	130.00	0.00	13.00	8.00
Soy Milk - 9004 (1 ea.)	150.00	18.00	5.00	1.00	0.00	180.00	0.00	17.00	9.00
Apple 1/2 cup - FR97 (2 ea.)	110.24	29.28	0.36	0.06	0.00	2.12	5.09	22.03	0.55
Celery Sticks (SFUSD) - 3818 (1 c.)	20.77	3.86	0.22	0.06	0.00	103.87	2.08	1.74	0.90
Chicken Grilled Bites Orange (SFUSD 9-12) - 39711 (1 ea.)	442.68	68.06	6.01	1.33	60.12	568.06	2.33	17.58(M)	25.31
Enchilada Cheese (SFUSD 9-12) - 39451 (1 ea.)	330.38	54.45	7.26	2.44	7.40	373.09	12.54	2.68(M)	18.91
Pasta Chicken Alfredo - 35647 (1 ea.)	347.23	39.45	9.37	2.59	53.95	263.26	5.33	1.58	21.85
Sandwich Egg Salad (SFUSD K-12) - 10770 (1 ea.)	313.62	32.05	14.00	2.67	215.54	500.30	2.85(M)	5.48(M)	12.21
Pasta Chicken Alfredo (BULK) - 27376 (1 ea.)	351.73	44.70	7.92	2.92	57.71	313.75	6.00	1.95	25.65
Cholula Hot Sauce Packet - 3899 (1 ea.)	0.00	0.00	0.00	0.00	0.00	119.00	(M)	(M)	0.00
Ranch Dressing Packet - 4033 (1 ea.)	150.00	1.00	16.00	2.50	10.00	280.00	0.00	1.00	0.00
Condiment, Ranch Dressing PSN - 5035 (1 ea.)	150.00	1.00	16.00	2.50	10.00	280.00	0.00	1.00	0.00
Field Trip Meal Cheddar Cheese Sub Sandwich (SFUSD 9-12)	690.56	102.63	23.02	8.14	35.38	780.70	11.31(M)	58.82(M)	18.96
Field Trip Meal Chicken Salad Sub Sandwich (SFUSD 9-12)	680.79	96.44	24.59	3.17	31.50	553.34	14.41	47.02	24.87
Field Trip Meal Mighty Meaty Deli Combo Sandwich (SFUSD 9-12)	640.59	108.70	13.89	4.07	40.00	978.67	14.14	49.56	23.29
Field Trip Meal Turkey & Cheddar Sub Sandwich (SFUSD 9-12)	600.02	89.26	18.47	5.62	42.13	839.62	11.31	46.44	20.56
Field Trip Meal Yogurt and Rumbles (SFUSD 9-12) - 38338 (1 ea.)	666.43	124.78	13.86	5.06	23.00	667.81	13.16	75.13	18.94
Sandwich Turkey Allergen Free (SFUSD K-12) - 3831 (1 ea.)	220.00	31.00	2.00	0.00	35.00	690.00	2.50	5.00	18.00
Sandwich Chicken Salad (SFUSD DF 9-12) - 29601 (1 ea.)	359.63	31.89	13.79	2.09	59.70	365.96	2.87	4.47	25.09
4/15/2019									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	110.00	13.00	2.50	1.50	0.00	130.00	0.00	13.00	8.00
Soy Milk - 9004 (1 ea.)	150.00	18.00	5.00	1.00	0.00	180.00	0.00	17.00	9.00
Apple 1/2 cup - FR97 (2 ea.)	110.24	29.28	0.36	0.06	0.00	2.12	5.09	22.03	0.55
Broccoli Florets (SFUSD) - 3819 (1 c.)	31.51	6.52	0.35	0.07	0.00	34.82	2.86	1.20	2.07
Chicken Drumstick Jerk and Pineapple (SFUSD 9-12) - 39444 (1 ea.)	447.93	69.38	9.46	1.63	100.00	273.23	9.71	9.21(M)	29.07
Pancake, Sausage & Omelet (SFUSD 9-12) - 40820 (1 ea.)	455.00	56.00	14.00	4.00	120.00	910.00	3.00	19.00	21.00
Pasta Ravioli (SFUSD 9-12) - 40102 (1 ea.)	454.50	60.96	11.45	4.26	41.28	862.98	5.86	9.46	25.19
Classic Turkey & Cheddar Sub Sandwich - 5310 (1 ea.)	383.19	31.16	18.11	5.55	46.50	781.13	2.68	4.86	20.00
Cholula Hot Sauce Packet - 3899 (1 ea.)	0.00	0.00	0.00	0.00	0.00	119.00	(M)	(M)	0.00
Ranch Dressing Packet - 4033 (1 ea.)	150.00	1.00	16.00	2.50	10.00	280.00	0.00	1.00	0.00
Condiment, Ranch Dressing PSN - 5035 (1 ea.)	150.00	1.00	16.00	2.50	10.00	280.00	0.00	1.00	0.00
Field Trip Meal Cheddar Cheese Sub Sandwich (SFUSD 9-12)	690.56	102.63	23.02	8.14	35.38	780.70	11.31(M)	58.82(M)	18.96
Field Trip Meal Chicken Salad Sub Sandwich (SFUSD 9-12)	680.79	96.44	24.59	3.17	31.50	553.34	14.41	47.02	24.87
Field Trip Meal Mighty Meaty Deli Combo Sandwich (SFUSD 9-12)	640.59	108.70	13.89	4.07	40.00	978.67	14.14	49.56	23.29
Field Trip Meal Turkey & Cheddar Sub Sandwich (SFUSD 9-12)	600.02	89.26	18.47	5.62	42.13	839.62	11.31	46.44	20.56
Field Trip Meal Yogurt and Rumbles (SFUSD 9-12) - 38338 (1 ea.)	666.43	124.78	13.86	5.06	23.00	667.81	13.16	75.13	18.94
Sandwich Turkey Allergen Free (SFUSD K-12) - 3831 (1 ea.)	220.00	31.00	2.00	0.00	35.00	690.00	2.50	5.00	18.00
Sandwich Chicken Salad (SFUSD DF 9-12) - 29601 (1 ea.)	359.63	31.89	13.79	2.09	59.70	365.96	2.87	4.47	25.09
4/16/2019									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	110.00	13.00	2.50	1.50	0.00	130.00	0.00	13.00	8.00
Soy Milk - 9004 (1 ea.)	150.00	18.00	5.00	1.00	0.00	180.00	0.00	17.00	9.00
Apple 1/2 cup - FR97 (2 ea.)	110.24	29.28	0.36	0.06	0.00	2.12	5.09	22.03	0.55
Corn (SFUSD) - 8582 (1 c.)	145.20	34.17	1.29	0.20	0.00	4.95	3.46	4.13	4.98
Chicken Mole & Rice (SFUSD 9-12) - 39404 (1 ea.)	390.27	42.41	15.17	3.46	73.10(M)	195.47	2.37	2.94(M)	21.16
Pasta Spaghetti Marinara (SFUSD 9-12) - 40107 (1 ea.)	428.23	52.45	15.87	7.16	30.38	677.55	7.68	6.54	23.41
Scoops Nacho Beef Cheese Dip (SFUSD 9-12) - 41054 (1 ea.)	389.16	44.38	15.70	7.06	43.09	805.92	2.71	2.36(M)	20.33
BBQ Chicken Wrap - 32068 (1 ea.)	400.69	36.83	15.05	4.87	67.27	391.04	2.86	7.34(M)	30.77
Cholula Hot Sauce Packet - 3899 (1 ea.)	0.00	0.00	0.00	0.00	0.00	119.00	(M)	(M)	0.00

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Fat (g)	Sfat (g)	Chol (mg)	Na (mg)	TDF (g)	Sugars (g)	Pro (g)
Ranch Dressing Packet - 4033 (1 ea.)	150.00	1.00	16.00	2.50	10.00	280.00	0.00	1.00	0.00
Condiment, Ranch Dressing PSN - 5035 (1 ea.)	150.00	1.00	16.00	2.50	10.00	280.00	0.00	1.00	0.00
Field Trip Meal Cheddar Cheese Sub Sandwich (SFUSD 9-12)	690.56	102.63	23.02	8.14	35.38	780.70	11.31(M)	58.82(M)	18.96
Field Trip Meal Chicken Salad Sub Sandwich (SFUSD 9-12)	680.79	96.44	24.59	3.17	31.50	553.34	14.41	47.02	24.87
Field Trip Meal Mighty Meaty Deli Combo Sandwich (SFUSD 9-12)	640.59	108.70	13.89	4.07	40.00	978.67	14.14	49.56	23.29
Field Trip Meal Turkey & Cheddar Sub Sandwich (SFUSD 9-12)	600.02	89.26	18.47	5.62	42.13	839.62	11.31	46.44	20.56
Field Trip Meal Yogurt and Rumbles (SFUSD 9-12) - 38338 (1 ea.)	666.43	124.78	13.86	5.06	23.00	667.81	13.16	75.13	18.94
Sandwich Turkey Allergen Free (SFUSD K-12) - 3831 (1 ea.)	220.00	31.00	2.00	0.00	35.00	690.00	2.50	5.00	18.00
Sandwich Chicken Salad (SFUSD DF 9-12) - 29601 (1 ea.)	359.63	31.89	13.79	2.09	59.70	365.96	2.87	4.47	25.09
4/17/2019									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	110.00	13.00	2.50	1.50	0.00	130.00	0.00	13.00	8.00
Soy Milk - 9004 (1 ea.)	150.00	18.00	5.00	1.00	0.00	180.00	0.00	17.00	9.00
Apple 1/2 cup - FR97 (2 ea.)	110.24	29.28	0.36	0.06	0.00	2.12	5.09	22.03	0.55
Coleslaw (SFUSD) - 7467 (1 c.)	156.75	11.25	12.08	1.86	7.34	123.93	3.54	6.99	1.88
Pizza Pepperoni (SFUSD 9-12) - 40388 (1 ea.)	400.00	47.00	14.50	6.00	30.00	710.00	4.00	8.00	19.00
Pupusa Bean & Cheese (SFUSD 9-12) - 40941 (1 ea.)	330.50	35.51	14.04	5.27	22.59	571.13	4.00	1.00	16.54
Chicken Taco Trio (SFUSD 9-12) - 39463 (1 ea.)	396.88	57.32	11.08	3.54	40.00	500.19	6.06	1.07(M)	19.02
Sesame Chicken Wrap - 32092 (1 ea.)	400.15	32.78	19.44	2.46	51.56	331.31	2.84	4.68	24.02
Cholula Hot Sauce Packet - 3899 (1 ea.)	0.00	0.00	0.00	0.00	0.00	119.00	(M)	(M)	0.00
Ranch Dressing Packet - 4033 (1 ea.)	150.00	1.00	16.00	2.50	10.00	280.00	0.00	1.00	0.00
Condiment, Ranch Dressing PSN - 5035 (1 ea.)	150.00	1.00	16.00	2.50	10.00	280.00	0.00	1.00	0.00
Field Trip Meal Cheddar Cheese Sub Sandwich (SFUSD 9-12)	690.56	102.63	23.02	8.14	35.38	780.70	11.31(M)	58.82(M)	18.96
Field Trip Meal Chicken Salad Sub Sandwich (SFUSD 9-12)	680.79	96.44	24.59	3.17	31.50	553.34	14.41	47.02	24.87
Field Trip Meal Mighty Meaty Deli Combo Sandwich (SFUSD 9-12)	640.59	108.70	13.89	4.07	40.00	978.67	14.14	49.56	23.29
Field Trip Meal Turkey & Cheddar Sub Sandwich (SFUSD 9-12)	600.02	89.26	18.47	5.62	42.13	839.62	11.31	46.44	20.56
Field Trip Meal Yogurt and Rumbles (SFUSD 9-12) - 38338 (1 ea.)	666.43	124.78	13.86	5.06	23.00	667.81	13.16	75.13	18.94
Sandwich Turkey Allergen Free (SFUSD K-12) - 3831 (1 ea.)	220.00	31.00	2.00	0.00	35.00	690.00	2.50	5.00	18.00
Sandwich Chicken Salad (SFUSD DF 9-12) - 29601 (1 ea.)	359.63	31.89	13.79	2.09	59.70	365.96	2.87	4.47	25.09
4/18/2019									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	110.00	13.00	2.50	1.50	0.00	130.00	0.00	13.00	8.00
Soy Milk - 9004 (1 ea.)	150.00	18.00	5.00	1.00	0.00	180.00	0.00	17.00	9.00
Apple 1/2 cup - FR97 (2 ea.)	110.24	29.28	0.36	0.06	0.00	2.12	5.09	22.03	0.55
Black Beans, Edamame, Carrot, Corn (SFUSD) - 10625 (1 1/4 c.)	174.19	49.02	1.03	0.04	0.00	365.87	28.39	3.38	18.69
Chicken Teriyaki (SFUSD 9-12) - 39460 (1 ea.)	422.70	54.46	12.58	3.22	79.33	479.40	1.16	13.24(M)	21.27
Soup Gumbo Chicken with Cornbread (SFUSD 9-12) - 39475 (1 ea.)	431.40	48.34	17.34	1.75	67.11	688.50	2.16	16.69(M)	21.07
Tamale Cheese (SFUSD 9-12) - 39487 (1 ea.)	462.77	91.92	8.01	3.10	10.00	251.15	21.05	1.40(M)	24.60
Chicken Caesar Wrap - 32083 (1 ea.)	412.35	32.03	17.19	6.25	62.75	524.15	2.39	3.09	29.48
Chicken Teriyaki (SFUSD BULK 9-12) - 39405 (1 ea.)	477.00	66.32	12.87	3.21	78.62	486.27	1.54	13.15(M)	22.20
Cholula Hot Sauce Packet - 3899 (1 ea.)	0.00	0.00	0.00	0.00	0.00	119.00	(M)	(M)	0.00
Ranch Dressing Packet - 4033 (1 ea.)	150.00	1.00	16.00	2.50	10.00	280.00	0.00	1.00	0.00
Condiment, Ranch Dressing PSN - 5035 (1 ea.)	150.00	1.00	16.00	2.50	10.00	280.00	0.00	1.00	0.00
Field Trip Meal Cheddar Cheese Sub Sandwich (SFUSD 9-12)	690.56	102.63	23.02	8.14	35.38	780.70	11.31(M)	58.82(M)	18.96
Field Trip Meal Chicken Salad Sub Sandwich (SFUSD 9-12)	680.79	96.44	24.59	3.17	31.50	553.34	14.41	47.02	24.87
Field Trip Meal Mighty Meaty Deli Combo Sandwich (SFUSD 9-12)	640.59	108.70	13.89	4.07	40.00	978.67	14.14	49.56	23.29
Field Trip Meal Turkey & Cheddar Sub Sandwich (SFUSD 9-12)	600.02	89.26	18.47	5.62	42.13	839.62	11.31	46.44	20.56
Field Trip Meal Yogurt and Rumbles (SFUSD 9-12) - 38338 (1 ea.)	666.43	124.78	13.86	5.06	23.00	667.81	13.16	75.13	18.94
Sandwich Turkey Allergen Free (SFUSD K-12) - 3831 (1 ea.)	220.00	31.00	2.00	0.00	35.00	690.00	2.50	5.00	18.00
Sandwich Chicken Salad (SFUSD DF 9-12) - 29601 (1 ea.)	359.63	31.89	13.79	2.09	59.70	365.96	2.87	4.47	25.09
4/19/2019									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	110.00	13.00	2.50	1.50	0.00	130.00	0.00	13.00	8.00
Soy Milk - 9004 (1 ea.)	150.00	18.00	5.00	1.00	0.00	180.00	0.00	17.00	9.00
Apple 1/2 cup - FR97 (2 ea.)	110.24	29.28	0.36	0.06	0.00	2.12	5.09	22.03	0.55
Carrots Baby (SFUSD) - 3816 (1 1/4 c.)	61.69	14.52	0.23	0.04	0.00	137.47	5.11	8.39	1.13
Chicken Potstickers (SFUSD K-12) - 10718 (1 ea.)	250.00	31.00	5.00	1.00	20.00	750.00	5.00	3.00	19.00
Cheese Pizza Panada Pie - 5830 (1 ea.)	290.00	35.00	11.00	3.50	35.00	410.00	4.00	4.00	17.00

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Fat (g)	Sfat (g)	Chol (mg)	Na (mg)	TDF (g)	Sugars (g)	Pro (g)
Pasta Zesty Beef (SFUSD 9-12) - 40520 (1 ea.)	361.72	40.52	14.56	5.63	37.77	486.34	5.90	2.46	20.90
Pasta Zesty Beef (SFUSD BULK 9-12) - 40513 (1 ea.)	305.86	32.60	12.54	4.86	36.97	431.14	4.82	1.64	18.62
Salad Chicken Garden Ranch (SFUSD 9-12) - 39372 (1 ea.)	572.89	59.61	29.44	5.21	120.72	849.98	8.83	13.53	18.26
Cholula Hot Sauce Packet - 3899 (1 ea.)	0.00	0.00	0.00	0.00	0.00	119.00	(M)	(M)	0.00
Ranch Dressing Packet - 4033 (1 ea.)	150.00	1.00	16.00	2.50	10.00	280.00	0.00	1.00	0.00
Condiment, Ranch Dressing PSN - 5035 (1 ea.)	150.00	1.00	16.00	2.50	10.00	280.00	0.00	1.00	0.00
Field Trip Meal Cheddar Cheese Sub Sandwich (SFUSD 9-12)	690.56	102.63	23.02	8.14	35.38	780.70	11.31(M)	58.82(M)	18.96
Field Trip Meal Chicken Salad Sub Sandwich (SFUSD 9-12)	680.79	96.44	24.59	3.17	31.50	553.34	14.41	47.02	24.87
Field Trip Meal Mighty Meaty Deli Combo Sandwich (SFUSD 9-12)	640.59	108.70	13.89	4.07	40.00	978.67	14.14	49.56	23.29
Field Trip Meal Turkey & Cheddar Sub Sandwich (SFUSD 9-12)	600.02	89.26	18.47	5.62	42.13	839.62	11.31	46.44	20.56
Field Trip Meal Yogurt and Rumbles (SFUSD 9-12) - 38338 (1 ea.)	666.43	124.78	13.86	5.06	23.00	667.81	13.16	75.13	18.94
Sandwich Turkey Allergen Free (SFUSD K-12) - 3831 (1 ea.)	220.00	31.00	2.00	0.00	35.00	690.00	2.50	5.00	18.00
Sandwich Chicken Salad (SFUSD DF 9-12) - 29601 (1 ea.)	359.63	31.89	13.79	2.09	59.70	365.96	2.87	4.47	25.09
4/22/2019									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	110.00	13.00	2.50	1.50	0.00	130.00	0.00	13.00	8.00
Soy Milk - 9004 (1 ea.)	150.00	18.00	5.00	1.00	0.00	180.00	0.00	17.00	9.00
Apple 1/2 cup - FR97 (2 ea.)	110.24	29.28	0.36	0.06	0.00	2.12	5.09	22.03	0.55
Carrots Baby (SFUSD) - 3816 (1 1/4 c.)	61.69	14.52	0.23	0.04	0.00	137.47	5.11	8.39	1.13
Beef Mongolian (SFUSD 9-12) - 39160 (1 ea.)	469.98	73.07	11.52	3.52	115.80	991.77	2.46	9.57(M)	20.93
Hot Dog (SFUSD K-12) - 8468 (1 ea.)	330.00	33.00	17.00	6.00	35.00	565.00	2.50	6.00	12.00
Quesadilla Bean & Cheese (SFUSD K-12) - 10711 (1 ea.)	352.94	45.39	12.49	4.11	15.19	331.55	6.56	0.66	17.29
Mighty Meaty Deli Combo Sandwich - 30023 (1 ea.)	390.00	30.00	19.00	5.50	40.00	745.00	3.00	4.00	19.00
Beef Mongolian (SFUSD BULK 9-12) - 39220 (1 ea.)	445.14	69.61	10.43	3.44	114.85	980.36	2.23	9.35(M)	20.02
Cholula Hot Sauce Packet - 3899 (1 ea.)	0.00	0.00	0.00	0.00	0.00	119.00	(M)	(M)	0.00
Ranch Dressing Packet - 4033 (1 ea.)	150.00	1.00	16.00	2.50	10.00	280.00	0.00	1.00	0.00
Condiment, Ranch Dressing PSN - 5035 (1 ea.)	150.00	1.00	16.00	2.50	10.00	280.00	0.00	1.00	0.00
Field Trip Meal Cheddar Cheese Sub Sandwich (SFUSD 9-12)	690.56	102.63	23.02	8.14	35.38	780.70	11.31(M)	58.82(M)	18.96
Field Trip Meal Chicken Salad Sub Sandwich (SFUSD 9-12)	680.79	96.44	24.59	3.17	31.50	553.34	14.41	47.02	24.87
Field Trip Meal Mighty Meaty Deli Combo Sandwich (SFUSD 9-12)	640.59	108.70	13.89	4.07	40.00	978.67	14.14	49.56	23.29
Field Trip Meal Turkey & Cheddar Sub Sandwich (SFUSD 9-12)	600.02	89.26	18.47	5.62	42.13	839.62	11.31	46.44	20.56
Field Trip Meal Yogurt and Rumbles (SFUSD 9-12) - 38338 (1 ea.)	666.43	124.78	13.86	5.06	23.00	667.81	13.16	75.13	18.94
Sandwich Turkey Allergen Free (SFUSD K-12) - 3831 (1 ea.)	220.00	31.00	2.00	0.00	35.00	690.00	2.50	5.00	18.00
Sandwich Chicken Salad (SFUSD DF 9-12) - 29601 (1 ea.)	359.63	31.89	13.79	2.09	59.70	365.96	2.87	4.47	25.09
4/23/2019									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	110.00	13.00	2.50	1.50	0.00	130.00	0.00	13.00	8.00
Soy Milk - 9004 (1 ea.)	150.00	18.00	5.00	1.00	0.00	180.00	0.00	17.00	9.00
Apple 1/2 cup - FR97 (2 ea.)	110.24	29.28	0.36	0.06	0.00	2.12	5.09	22.03	0.55
Black Beans Chili Citrus & Corn (SFUSD) - 10537 (1 c.)	208.62	59.55	1.83	0.18	0.00	48.37	32.46	3.55	20.34
Breakfast for Lunch: Pancakes with Omelet (SFUSD 9-12) - 41098 (1 ea.)	425.00	58.00	13.00	4.00	170.00	640.00	3.00	19.00	14.00
Buffalo Chicken Crunchadilla - 30217 (1 ea.)	432.07	42.45	17.87	5.00	50.48	491.44	4.00	2.83	26.23
Tamale Chicken (SFUSD 9-12) - 39493 (1 ea.)	450.16	92.42	7.13	1.90	25.00	278.56	16.31	1.06(M)	24.21
Sesame Chicken Wrap - 32092 (1 ea.)	400.15	32.78	19.44	2.46	51.56	331.31	2.84	4.68	24.02
Cholula Hot Sauce Packet - 3899 (1 ea.)	0.00	0.00	0.00	0.00	0.00	119.00	(M)	(M)	0.00
Ranch Dressing Packet - 4033 (1 ea.)	150.00	1.00	16.00	2.50	10.00	280.00	0.00	1.00	0.00
Condiment, Ranch Dressing PSN - 5035 (1 ea.)	150.00	1.00	16.00	2.50	10.00	280.00	0.00	1.00	0.00
Field Trip Meal Cheddar Cheese Sub Sandwich (SFUSD 9-12)	690.56	102.63	23.02	8.14	35.38	780.70	11.31(M)	58.82(M)	18.96
Field Trip Meal Chicken Salad Sub Sandwich (SFUSD 9-12)	680.79	96.44	24.59	3.17	31.50	553.34	14.41	47.02	24.87
Field Trip Meal Mighty Meaty Deli Combo Sandwich (SFUSD 9-12)	640.59	108.70	13.89	4.07	40.00	978.67	14.14	49.56	23.29
Field Trip Meal Turkey & Cheddar Sub Sandwich (SFUSD 9-12)	600.02	89.26	18.47	5.62	42.13	839.62	11.31	46.44	20.56
Field Trip Meal Yogurt and Rumbles (SFUSD 9-12) - 38338 (1 ea.)	666.43	124.78	13.86	5.06	23.00	667.81	13.16	75.13	18.94
Sandwich Turkey Allergen Free (SFUSD K-12) - 3831 (1 ea.)	220.00	31.00	2.00	0.00	35.00	690.00	2.50	5.00	18.00
Sandwich Chicken Salad (SFUSD DF 9-12) - 29601 (1 ea.)	359.63	31.89	13.79	2.09	59.70	365.96	2.87	4.47	25.09
4/24/2019									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	110.00	13.00	2.50	1.50	0.00	130.00	0.00	13.00	8.00
Soy Milk - 9004 (1 ea.)	150.00	18.00	5.00	1.00	0.00	180.00	0.00	17.00	9.00

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Fat (g)	Sfat (g)	Chol (mg)	Na (mg)	TDF (g)	Sugars (g)	Pro (g)
Apple 1/2 cup - FR97 (2 ea.)	110.24	29.28	0.36	0.06	0.00	2.12	5.09	22.03	0.55
Broccoli Florets (SFUSD) - 3819 (1 c.)	31.51	6.52	0.35	0.07	0.00	34.82	2.86	1.20	2.07
Pizza Cheese (SFUSD K-12) - 10549 (1 ea.)	310.00	30.00	12.00	6.00	30.00	360.00	3.00	6.00	22.00
Pizza Pepperoni (SFUSD 9-12) - 40388 (1 ea.)	400.00	47.00	14.50	6.00	30.00	710.00	4.00	8.00	19.00
Cholula Hot Sauce Packet - 3899 (1 ea.)	0.00	0.00	0.00	0.00	0.00	119.00	(M)	(M)	0.00
Ranch Dressing Packet - 4033 (1 ea.)	150.00	1.00	16.00	2.50	10.00	280.00	0.00	1.00	0.00
Condiment, Ranch Dressing PSN - 5035 (1 ea.)	150.00	1.00	16.00	2.50	10.00	280.00	0.00	1.00	0.00
Field Trip Meal Cheddar Cheese Sub Sandwich (SFUSD 9-12)	690.56	102.63	23.02	8.14	35.38	780.70	11.31(M)	58.82(M)	18.96
Field Trip Meal Chicken Salad Sub Sandwich (SFUSD 9-12)	680.79	96.44	24.59	3.17	31.50	553.34	14.41	47.02	24.87
Field Trip Meal Mighty Meaty Deli Combo Sandwich (SFUSD 9-12)	640.59	108.70	13.89	4.07	40.00	978.67	14.14	49.56	23.29
Field Trip Meal Turkey & Cheddar Sub Sandwich (SFUSD 9-12)	600.02	89.26	18.47	5.62	42.13	839.62	11.31	46.44	20.56
Field Trip Meal Yogurt and Rumbles (SFUSD 9-12) - 38338 (1 ea.)	666.43	124.78	13.86	5.06	23.00	667.81	13.16	75.13	18.94
Sandwich Turkey Allergen Free (SFUSD K-12) - 3831 (1 ea.)	220.00	31.00	2.00	0.00	35.00	690.00	2.50	5.00	18.00
Sandwich Chicken Salad (SFUSD DF 9-12) - 29601 (1 ea.)	359.63	31.89	13.79	2.09	59.70	365.96	2.87	4.47	25.09
4/25/2019									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	110.00	13.00	2.50	1.50	0.00	130.00	0.00	13.00	8.00
Soy Milk - 9004 (1 ea.)	150.00	18.00	5.00	1.00	0.00	180.00	0.00	17.00	9.00
Apple 1/2 cup - FR97 (2 ea.)	110.24	29.28	0.36	0.06	0.00	2.12	5.09	22.03	0.55
Cucumber Slices (SFUSD) - 8581 (1 c.)	22.00	5.32	0.16	0.05	0.00	2.93	0.73	2.45	0.95
Chicken Kung Pao (SFUSD 9-12) - 38912 (1 ea.)	407.73	62.52	6.04	1.02	45.04	950.12	2.38	12.62(M)	20.09
Lasagna Cheese (SFUSD 9-12) - 40100 (1 ea.)	406.31	52.65	13.00	6.04	35.19	672.55	4.84	9.95	21.93
Sandwich Meatball Greek Flatbread (SFUSD 9-12) - 41187 (1 ea.)	389.75	40.19	17.56	4.38	32.05	625.46	6.43	3.60	18.81
Chicken Caesar Wrap - 32083 (1 ea.)	412.35	32.03	17.19	6.25	62.75	524.15	2.39	3.09	29.48
Cholula Hot Sauce Packet - 3899 (1 ea.)	0.00	0.00	0.00	0.00	0.00	119.00	(M)	(M)	0.00
Ranch Dressing Packet - 4033 (1 ea.)	150.00	1.00	16.00	2.50	10.00	280.00	0.00	1.00	0.00
Condiment, Ranch Dressing PSN - 5035 (1 ea.)	150.00	1.00	16.00	2.50	10.00	280.00	0.00	1.00	0.00
Field Trip Meal Cheddar Cheese Sub Sandwich (SFUSD 9-12)	690.56	102.63	23.02	8.14	35.38	780.70	11.31(M)	58.82(M)	18.96
Field Trip Meal Chicken Salad Sub Sandwich (SFUSD 9-12)	680.79	96.44	24.59	3.17	31.50	553.34	14.41	47.02	24.87
Field Trip Meal Mighty Meaty Deli Combo Sandwich (SFUSD 9-12)	640.59	108.70	13.89	4.07	40.00	978.67	14.14	49.56	23.29
Field Trip Meal Turkey & Cheddar Sub Sandwich (SFUSD 9-12)	600.02	89.26	18.47	5.62	42.13	839.62	11.31	46.44	20.56
Field Trip Meal Yogurt and Rumbles (SFUSD 9-12) - 38338 (1 ea.)	666.43	124.78	13.86	5.06	23.00	667.81	13.16	75.13	18.94
Sandwich Turkey Allergen Free (SFUSD K-12) - 3831 (1 ea.)	220.00	31.00	2.00	0.00	35.00	690.00	2.50	5.00	18.00
Sandwich Chicken Salad (SFUSD DF 9-12) - 29601 (1 ea.)	359.63	31.89	13.79	2.09	59.70	365.96	2.87	4.47	25.09
4/26/2019									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	110.00	13.00	2.50	1.50	0.00	130.00	0.00	13.00	8.00
Soy Milk - 9004 (1 ea.)	150.00	18.00	5.00	1.00	0.00	180.00	0.00	17.00	9.00
Apple 1/2 cup - FR97 (2 ea.)	110.24	29.28	0.36	0.06	0.00	2.12	5.09	22.03	0.55
Corn (SFUSD) - 8582 (1 c.)	145.20	34.17	1.29	0.20	0.00	4.95	3.46	4.13	4.98
Chicken Potstickers (SFUSD K-12) - 10718 (1 ea.)	250.00	31.00	5.00	1.00	20.00	750.00	5.00	3.00	19.00
Pasta Alfredo (SFUSD 9-12) - 40095 (1 ea.)	413.47	41.11	19.59	9.25	41.86	594.19	5.34	1.67	22.60
Chicken Taco Trio (SFUSD 9-12) - 39463 (1 ea.)	396.88	57.32	11.08	3.54	40.00	500.19	6.06	1.07(M)	19.02
Wrap Chicken Honey Mustard (SFUSD 9-12) - 40935 (1 ea.)	325.36	29.64	14.49	2.22	41.43	254.95	2.32(M)	2.43(M)	19.73
Pasta Alfredo (SFUSD BULK 9-12) - 40072 (1 ea.)	383.18	40.50	16.55	8.65	39.34	544.90	5.33	1.47	22.21
Cholula Hot Sauce Packet - 3899 (1 ea.)	0.00	0.00	0.00	0.00	0.00	119.00	(M)	(M)	0.00
Ranch Dressing Packet - 4033 (1 ea.)	150.00	1.00	16.00	2.50	10.00	280.00	0.00	1.00	0.00
Condiment, Ranch Dressing PSN - 5035 (1 ea.)	150.00	1.00	16.00	2.50	10.00	280.00	0.00	1.00	0.00
Field Trip Meal Cheddar Cheese Sub Sandwich (SFUSD 9-12)	690.56	102.63	23.02	8.14	35.38	780.70	11.31(M)	58.82(M)	18.96
Field Trip Meal Chicken Salad Sub Sandwich (SFUSD 9-12)	680.79	96.44	24.59	3.17	31.50	553.34	14.41	47.02	24.87
Field Trip Meal Mighty Meaty Deli Combo Sandwich (SFUSD 9-12)	640.59	108.70	13.89	4.07	40.00	978.67	14.14	49.56	23.29
Field Trip Meal Turkey & Cheddar Sub Sandwich (SFUSD 9-12)	600.02	89.26	18.47	5.62	42.13	839.62	11.31	46.44	20.56
Field Trip Meal Yogurt and Rumbles (SFUSD 9-12) - 38338 (1 ea.)	666.43	124.78	13.86	5.06	23.00	667.81	13.16	75.13	18.94
Sandwich Turkey Allergen Free (SFUSD K-12) - 3831 (1 ea.)	220.00	31.00	2.00	0.00	35.00	690.00	2.50	5.00	18.00
Sandwich Chicken Salad (SFUSD DF 9-12) - 29601 (1 ea.)	359.63	31.89	13.79	2.09	59.70	365.96	2.87	4.47	25.09
4/29/2019									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	110.00	13.00	2.50	1.50	0.00	130.00	0.00	13.00	8.00

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Fat (g)	Sfat (g)	Chol (mg)	Na (mg)	TDF (g)	Sugars (g)	Pro (g)
Soy Milk - 9004 (1 ea.)	150.00	18.00	5.00	1.00	0.00	180.00	0.00	17.00	9.00
Apple 1/2 cup - FR97 (2 ea.)	110.24	29.28	0.36	0.06	0.00	2.12	5.09	22.03	0.55
Romaine Chopped (SFUSD) - 8222 (1 c.)	6.31	1.22	0.11	0.01	0.00	2.97	0.78	0.44	0.46
Fresh Tomatoes - 8220 (1/2 c.)	16.23	3.51	0.18	0.03	0.00	4.51	1.08	2.37	0.79
Calzone VEG Philly Cheesesteak (SFUSD 9-12) - 38988 (1 ea.)	410.00	61.00	8.50	3.00	20.00	800.00	7.00	3.00	24.00
Sandwich Hamburger (SFUSD 9-12) - 40944 (1 ea.)	390.00	32.00	21.00	5.50	40.00	490.00	2.50	6.00	15.00
Flame-Broiled Beef Cheeseburger - 35113 (1 ea.)	339.55	32.00	15.22	6.24	46.09	591.00	2.50(M)	6.00(M)	17.10
Salad Chicken Sesame (SFUSD 9-12) - 40122 (1 ea.)	515.52	42.85	26.72	4.54	79.80	618.91	6.06	9.79	24.77
Cholula Hot Sauce Packet - 3899 (1 ea.)	0.00	0.00	0.00	0.00	0.00	119.00	(M)	(M)	0.00
Ranch Dressing Packet - 4033 (1 ea.)	150.00	1.00	16.00	2.50	10.00	280.00	0.00	1.00	0.00
Condiment, Ranch Dressing PSN - 5035 (1 ea.)	150.00	1.00	16.00	2.50	10.00	280.00	0.00	1.00	0.00
Field Trip Meal Cheddar Cheese Sub Sandwich (SFUSD 9-12)	690.56	102.63	23.02	8.14	35.38	780.70	11.31(M)	58.82(M)	18.96
Field Trip Meal Chicken Salad Sub Sandwich (SFUSD 9-12)	680.79	96.44	24.59	3.17	31.50	553.34	14.41	47.02	24.87
Field Trip Meal Mighty Meaty Deli Combo Sandwich (SFUSD 9-12)	640.59	108.70	13.89	4.07	40.00	978.67	14.14	49.56	23.29
Field Trip Meal Turkey & Cheddar Sub Sandwich (SFUSD 9-12)	600.02	89.26	18.47	5.62	42.13	839.62	11.31	46.44	20.56
Field Trip Meal Yogurt and Rumbles (SFUSD 9-12) - 38338 (1 ea.)	666.43	124.78	13.86	5.06	23.00	667.81	13.16	75.13	18.94
Sandwich Turkey Allergen Free (SFUSD K-12) - 3831 (1 ea.)	220.00	31.00	2.00	0.00	35.00	690.00	2.50	5.00	18.00
Sandwich Chicken Salad (SFUSD DF 9-12) - 29601 (1 ea.)	359.63	31.89	13.79	2.09	59.70	365.96	2.87	4.47	25.09
4/30/2019									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	110.00	13.00	2.50	1.50	0.00	130.00	0.00	13.00	8.00
Soy Milk - 9004 (1 ea.)	150.00	18.00	5.00	1.00	0.00	180.00	0.00	17.00	9.00
Apple 1/2 cup - FR97 (2 ea.)	110.24	29.28	0.36	0.06	0.00	2.12	5.09	22.03	0.55
Corn Chili Citrus (SFUSD) - 9235 (1 c.)	136.22	31.96	1.26	0.19	0.00	5.13	3.35	3.85	4.68
Hot Dog (SFUSD K-12) - 8468 (1 ea.)	330.00	33.00	17.00	6.00	35.00	565.00	2.50	6.00	12.00
Quesadilla Chicken (SFUSD 9-12) - 40114 (1 ea.)	436.23	44.48	20.07	6.12	57.29	381.71	3.65	0.02	22.24
Scoops Fiesta Three Layer Dip (SFUSD 9-12) - 39848 (1 ea.)	432.76	60.63	13.09	5.95	23.56	568.22	7.23	1.80(M)	21.03
Buffalo Chicken Wrap - 36472 (1 ea.)	393.98	33.24	17.23	5.28	53.31	481.46	2.14	3.93(M)	24.02
Cholula Hot Sauce Packet - 3899 (1 ea.)	0.00	0.00	0.00	0.00	0.00	119.00	(M)	(M)	0.00
Ranch Dressing Packet - 4033 (1 ea.)	150.00	1.00	16.00	2.50	10.00	280.00	0.00	1.00	0.00
Condiment, Ranch Dressing PSN - 5035 (1 ea.)	150.00	1.00	16.00	2.50	10.00	280.00	0.00	1.00	0.00
Field Trip Meal Cheddar Cheese Sub Sandwich (SFUSD 9-12)	690.56	102.63	23.02	8.14	35.38	780.70	11.31(M)	58.82(M)	18.96
Field Trip Meal Chicken Salad Sub Sandwich (SFUSD 9-12)	680.79	96.44	24.59	3.17	31.50	553.34	14.41	47.02	24.87
Field Trip Meal Mighty Meaty Deli Combo Sandwich (SFUSD 9-12)	640.59	108.70	13.89	4.07	40.00	978.67	14.14	49.56	23.29
Field Trip Meal Turkey & Cheddar Sub Sandwich (SFUSD 9-12)	600.02	89.26	18.47	5.62	42.13	839.62	11.31	46.44	20.56
Field Trip Meal Yogurt and Rumbles (SFUSD 9-12) - 38338 (1 ea.)	666.43	124.78	13.86	5.06	23.00	667.81	13.16	75.13	18.94
Sandwich Turkey Allergen Free (SFUSD K-12) - 3831 (1 ea.)	220.00	31.00	2.00	0.00	35.00	690.00	2.50	5.00	18.00
Sandwich Chicken Salad (SFUSD DF 9-12) - 29601 (1 ea.)	359.63	31.89	13.79	2.09	59.70	365.96	2.87	4.47	25.09