

Nutritional Information: CACFP Supper

- Nutritional information is current as of 4/1/19 and will be updated as applicable.
- CACFP supper (6-12+) meals are served with: fruit (½ cup) and fat-free or 1% milk (1 cup/8 fl oz) on the side.
- The fruit and milk are not included within the nutritional information for the meals on this report. The information is provided on a separate fruit/milk 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 fruit and milk that may be served with the meal by using the appropriate reports, see below for an example.

Sample Supper 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.

Supper Nutritional Information

Recipe Description	Portion Size	Calories	Carb g
RG, SAMPLE SUPPER ENTRÉE	1 EACH	354	47.99

Fruit and Milk Nutritional Information

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:

Supper Entrée	47.99 g
Orange (1/2 cup)	11.28 g
Milk (8 fl oz)	13 g
Total Carbs for Sample Meal = 72.27 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 - FR03 (1 ea.)	55.12	14.64	0.18	0.03	0.00	1.06	2.54	11.01	0.28
Apple Juice (6 oz) - FR15 (1 ea.)	80.00	20.00	0.00	0.00	0.00	15.00	0.00	17.00	0.00
Corn (SFUSD) - 8582 (1 c.)	145.20	34.17	1.29	0.20	0.00	4.95	3.46	4.13	4.98
Enchilada Chicken (SFUSD 9-12) - 39478 (1 ea.)	323.54	37.30	9.66	4.19	49.39	488.25	2.78	1.66(M)	21.85
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
Snacker Pack! Pretzel Goldfish & Sunflower Seeds - 8782 (1 ea.)	385.80	29.07	23.60	5.52	15.00	587.49	6.14	4.51	16.47
Sandwich Chicken Salad (SFUSD) - 9518 (1 ea.)	333.40	35.01	11.41	1.67	47.24	373.14	4.08	6.26	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
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
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 - FR03 (1 ea.)	55.12	14.64	0.18	0.03	0.00	1.06	2.54	11.01	0.28
Apple Juice (6 oz) - FR15 (1 ea.)	80.00	20.00	0.00	0.00	0.00	15.00	0.00	17.00	0.00
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
Scoops Chicken Chili Cheese Dip (SFUSD 9-12) - 40022 (1 ea.)	421.59	48.15	14.44	6.64	68.47	707.98	2.74	2.23(M)	25.80
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
Snacker Pack! Crackers, Celery & Sunbutter - 8791 (1 ea.)	400.39	27.93	25.61	5.53	15.00	541.94	7.04	6.87	16.45
Sandwich Chicken Salad (SFUSD) - 9518 (1 ea.)	333.40	35.01	11.41	1.67	47.24	373.14	4.08	6.26	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
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
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 - FR03 (1 ea.)	55.12	14.64	0.18	0.03	0.00	1.06	2.54	11.01	0.28
Apple Juice (6 oz) - FR15 (1 ea.)	80.00	20.00	0.00	0.00	0.00	15.00	0.00	17.00	0.00
Crunchy Celery Sticks - 8583 (1 c.)	20.77	3.86	0.22	0.06	0.00	103.87	2.08	1.74	0.90
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 Drumstick Jerk and Pineapple (SFUSD 9-12)	447.93	69.38	9.46	1.63	100.00	273.23	9.71	9.21(M)	29.07
Santa Fe Chicken & Black Bean Wrap - 34867 (1 ea.)	365.76	41.33	13.30	4.12	57.14	214.27	7.76	2.23	21.75
GNG Pizza Cheese & Celery Kit - 10678 (1 ea.)	279.96	21.17	14.69	7.06	30.19	772.07	2.65	5.37	18.44
Sandwich Chicken Salad (SFUSD) - 9518 (1 ea.)	333.40	35.01	11.41	1.67	47.24	373.14	4.08	6.26	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
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
Lunch, Gluten Free (K-12) (SFUSD) 2017_09 - 3830 (1 ea.)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
4/4/2019									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Fat (g)	Sfat (g)	Chol (mg)	Na (mg)	TDF (g)	Sugars (g)	Pro (g)
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 - FR03 (1 ea.)	55.12	14.64	0.18	0.03	0.00	1.06	2.54	11.01	0.28
Apple Juice (6 oz) - FR15 (1 ea.)	80.00	20.00	0.00	0.00	0.00	15.00	0.00	17.00	0.00
Romaine Chopped Full Portion (SFUSD) - 8852 (1 1/2 c.)	9.49	1.84	0.17	0.02	0.00	4.47	1.17	0.67	0.69
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 Veggie Taco (SFUSD 9-12) - 39377 (1 ea.)	572.32	77.78	15.38	5.02	110.81	747.41	15.10	9.17(M)	30.98
Snacker Pack! Ranch Rumbles & Sunflower Seeds - 8649 (1 ea.)	385.80	27.07	25.10	5.52	15.00	497.49	7.14	6.51	16.47
Sandwich Chicken Salad (SFUSD) - 9518 (1 ea.)	333.40	35.01	11.41	1.67	47.24	373.14	4.08	6.26	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
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
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 - FR03 (1 ea.)	55.12	14.64	0.18	0.03	0.00	1.06	2.54	11.01	0.28
Apple Juice (6 oz) - FR15 (1 ea.)	80.00	20.00	0.00	0.00	0.00	15.00	0.00	17.00	0.00
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
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
Sunny Sandwich Kit - 6973 (1 ea.)	475.00	59.00	19.00	2.50	5.00	430.00	6.50	28.00	16.00
GNG Slider Turkey & Celery - 10688 (1 ea.)	440.39	30.43	27.61	3.53	17.50	647.94	6.04	5.37	17.95
Sandwich Chicken Salad (SFUSD) - 9518 (1 ea.)	333.40	35.01	11.41	1.67	47.24	373.14	4.08	6.26	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
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
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 - FR03 (1 ea.)	55.12	14.64	0.18	0.03	0.00	1.06	2.54	11.01	0.28
Apple Juice (6 oz) - FR15 (1 ea.)	80.00	20.00	0.00	0.00	0.00	15.00	0.00	17.00	0.00
Corn (SFUSD) - 8582 (1 c.)	145.20	34.17	1.29	0.20	0.00	4.95	3.46	4.13	4.98
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
Snacker Pack! Cheddar Goldfish & Sunflower Seeds - 8341 (1 ea.)	395.80	27.07	25.60	6.52	18.00	557.49	6.14	4.51	17.47
Sandwich Chicken Salad (SFUSD) - 9518 (1 ea.)	333.40	35.01	11.41	1.67	47.24	373.14	4.08	6.26	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
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
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 - FR03 (1 ea.)	55.12	14.64	0.18	0.03	0.00	1.06	2.54	11.01	0.28
Apple Juice (6 oz) - FR15 (1 ea.)	80.00	20.00	0.00	0.00	0.00	15.00	0.00	17.00	0.00
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 Ranchero Con Queso (SFUSD 9-12) - 39257 (1 ea.)	407.86	56.15	8.81	3.31	49.60	423.13	3.06	2.39(M)	23.36
Chicken Caesar Wrap - 32083 (1 ea.)	412.35	32.03	17.19	6.25	62.75	524.15	2.39	3.09	29.48

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Fat (g)	Sfat (g)	Chol (mg)	Na (mg)	TDF (g)	Sugars (g)	Pro (g)
GNG Educational Crackers & Sunflower Seeds - 9794 (1 ea.)	415.80	35.07	26.10	5.52	15.00	452.49	7.14	10.51	16.47
Sandwich Chicken Salad (SFUSD) - 9518 (1 ea.)	333.40	35.01	11.41	1.67	47.24	373.14	4.08	6.26	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
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
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 - FR03 (1 ea.)	55.12	14.64	0.18	0.03	0.00	1.06	2.54	11.01	0.28
Apple Juice (6 oz) - FR15 (1 ea.)	80.00	20.00	0.00	0.00	0.00	15.00	0.00	17.00	0.00
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
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
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
GNG Pizza Cheese & Celery Kit - 10678 (1 ea.)	279.96	21.17	14.69	7.06	30.19	772.07	2.65	5.37	18.44
Sandwich Chicken Salad (SFUSD) - 9518 (1 ea.)	333.40	35.01	11.41	1.67	47.24	373.14	4.08	6.26	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
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
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 - FR03 (1 ea.)	55.12	14.64	0.18	0.03	0.00	1.06	2.54	11.01	0.28
Apple Juice (6 oz) - FR15 (1 ea.)	80.00	20.00	0.00	0.00	0.00	15.00	0.00	17.00	0.00
Corn (SFUSD) - 8582 (1 c.)	145.20	34.17	1.29	0.20	0.00	4.95	3.46	4.13	4.98
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
Sesame Chicken Wrap - 32092 (1 ea.)	400.15	32.78	19.44	2.46	51.56	331.31	2.84	4.68	24.02
Snacker Pack! Cinnamon Grahams, Celery, & Sunbutter - 8863 (1 ea.)	400.39	27.93	25.61	5.53	15.00	386.94	6.04	9.87	16.45
Sandwich Chicken Salad (SFUSD) - 9518 (1 ea.)	333.40	35.01	11.41	1.67	47.24	373.14	4.08	6.26	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
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
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 - FR03 (1 ea.)	55.12	14.64	0.18	0.03	0.00	1.06	2.54	11.01	0.28
Apple Juice (6 oz) - FR15 (1 ea.)	80.00	20.00	0.00	0.00	0.00	15.00	0.00	17.00	0.00
Green Beans (SFUSD) - 6284 (1 c.)	63.79	12.43	0.34	0.07	0.00	23.71	4.18	3.50	2.90
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
Honey Mustard Salad with Grilled Chicken Bites - 32284 (1 ea.)	530.18	48.22	23.13	5.33	66.50	849.99	6.84(M)	10.77(M)	32.52
Snacker Pack! Pretzel Goldfish & Sunflower Seeds - 8782 (1 ea.)	385.80	29.07	23.60	5.52	15.00	587.49	6.14	4.51	16.47
Sandwich Chicken Salad (SFUSD) - 9518 (1 ea.)	333.40	35.01	11.41	1.67	47.24	373.14	4.08	6.26	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
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
4/15/2019									

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 - FR03 (1 ea.)	55.12	14.64	0.18	0.03	0.00	1.06	2.54	11.01	0.28
Apple Juice (6 oz) - FR15 (1 ea.)	80.00	20.00	0.00	0.00	0.00	15.00	0.00	17.00	0.00
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
Sandwich Cheeseburger Pepper Jack (SFUSD 9-12)	338.64	32.11	15.05	6.45	45.91	592.06	2.50(M)	6.08(M)	17.47
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
Snacker Pack! Cinnamon Grahams, Celery, & Sunbutter	400.39	27.93	25.61	5.53	15.00	386.94	6.04	9.87	16.45
Sandwich Chicken Salad (SFUSD) - 9518 (1 ea.)	333.40	35.01	11.41	1.67	47.24	373.14	4.08	6.26	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
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
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 - FR03 (1 ea.)	55.12	14.64	0.18	0.03	0.00	1.06	2.54	11.01	0.28
Apple Juice (6 oz) - FR15 (1 ea.)	80.00	20.00	0.00	0.00	0.00	15.00	0.00	17.00	0.00
Cucumber Slices (SFUSD) - 8581 (3/4 c.)	16.50	3.99	0.12	0.04	0.00	2.20	0.55	1.84	0.72
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
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
Snacker Pack! Cheddar Goldfish & Sunflower Seeds - 8341 (1 ea.)	395.80	27.07	25.60	6.52	18.00	557.49	6.14	4.51	17.47
Sandwich Chicken Salad (SFUSD) - 9518 (1 ea.)	333.40	35.01	11.41	1.67	47.24	373.14	4.08	6.26	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
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
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 - FR03 (1 ea.)	55.12	14.64	0.18	0.03	0.00	1.06	2.54	11.01	0.28
Apple Juice (6 oz) - FR15 (1 ea.)	80.00	20.00	0.00	0.00	0.00	15.00	0.00	17.00	0.00
Corn (SFUSD) - 8582 (1 c.)	145.20	34.17	1.29	0.20	0.00	4.95	3.46	4.13	4.98
Hot Meatball Sub - 30739 (1 ea.)	394.15	38.52	16.55	6.38	44.24	823.67	4.30	7.25	22.64
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
Snacker Pack! Cinnamon Rumbles & String Cheese - 8668 (1 ea.)	538.67	27.23	41.13	8.52	25.00	647.78	6.66	6.30	15.32
Sandwich Chicken Salad (SFUSD) - 9518 (1 ea.)	333.40	35.01	11.41	1.67	47.24	373.14	4.08	6.26	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
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
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 - FR03 (1 ea.)	55.12	14.64	0.18	0.03	0.00	1.06	2.54	11.01	0.28
Apple Juice (6 oz) - FR15 (1 ea.)	80.00	20.00	0.00	0.00	0.00	15.00	0.00	17.00	0.00
Broccoli Florets (SFUSD) - 3819 (1 c.)	31.51	6.52	0.35	0.07	0.00	34.82	2.86	1.20	2.07

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Fat (g)	Sfat (g)	Chol (mg)	Na (mg)	TDF (g)	Sugars (g)	Pro (g)
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
Sunny Sandwich Kit - 6973 (1 ea.)	475.00	59.00	19.00	2.50	5.00	430.00	6.50	28.00	16.00
GNG Wrap Turkey Pesto - 10571 (1 ea.)	273.75	29.49	9.40	1.95	42.85	586.71	2.98	2.18	18.24
Sandwich Chicken Salad (SFUSD) - 9518 (1 ea.)	333.40	35.01	11.41	1.67	47.24	373.14	4.08	6.26	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
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
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 - FR03 (1 ea.)	55.12	14.64	0.18	0.03	0.00	1.06	2.54	11.01	0.28
Apple Juice (6 oz) - FR15 (1 ea.)	80.00	20.00	0.00	0.00	0.00	15.00	0.00	17.00	0.00
Green Peas (SFUSD) - 10443 (1 c.)	142.98	25.29	0.74	0.12	0.00	200.55	8.36	9.29	9.69
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
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
Pizza Chicken BBQ Chef Kit (SFUSD) - 9522 (1 ea.)	308.36	38.77	9.69	3.84	36.62	456.60	3.10	8.53	20.80
Sandwich Chicken Salad (SFUSD) - 9518 (1 ea.)	333.40	35.01	11.41	1.67	47.24	373.14	4.08	6.26	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
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
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 - FR03 (1 ea.)	55.12	14.64	0.18	0.03	0.00	1.06	2.54	11.01	0.28
Apple Juice (6 oz) - FR15 (1 ea.)	80.00	20.00	0.00	0.00	0.00	15.00	0.00	17.00	0.00
Corn (SFUSD) - 8582 (1 c.)	145.20	34.17	1.29	0.20	0.00	4.95	3.46	4.13	4.98
Enchilada Chicken (SFUSD 9-12) - 39478 (1 ea.)	323.54	37.30	9.66	4.19	49.39	488.25	2.78	1.66(M)	21.85
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
Snacker Pack! Ranch Rumbles & Sunflower Seeds - 8649 (1 ea.)	385.80	27.07	25.10	5.52	15.00	497.49	7.14	6.51	16.47
Sandwich Chicken Salad (SFUSD) - 9518 (1 ea.)	333.40	35.01	11.41	1.67	47.24	373.14	4.08	6.26	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
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
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 - FR03 (1 ea.)	55.12	14.64	0.18	0.03	0.00	1.06	2.54	11.01	0.28
Apple Juice (6 oz) - FR15 (1 ea.)	80.00	20.00	0.00	0.00	0.00	15.00	0.00	17.00	0.00
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
Scoops Chicken Chili Cheese Dip (SFUSD 9-12) - 40022 (1 ea.)	421.59	48.15	14.44	6.64	68.47	707.98	2.74	2.23(M)	25.80
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
Snacker Pack! Crackers, Celery & Sunbutter - 8791 (1 ea.)	400.39	27.93	25.61	5.53	15.00	541.94	7.04	6.87	16.45
Sandwich Chicken Salad (SFUSD) - 9518 (1 ea.)	333.40	35.01	11.41	1.67	47.24	373.14	4.08	6.26	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

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Fat (g)	Sfat (g)	Chol (mg)	Na (mg)	TDF (g)	Sugars (g)	Pro (g)
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
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
Apple - FR03 (1 ea.)	55.12	14.64	0.18	0.03	0.00	1.06	2.54	11.01	0.28
Apple Juice (6 oz) - FR15 (1 ea.)	80.00	20.00	0.00	0.00	0.00	15.00	0.00	17.00	0.00
Apple 1/2 cup - FR97 (1 ea.)	55.12	14.64	0.18	0.03	0.00	1.06	2.54	11.01	0.28
Apple Slices - FR70 (1 ea.)	34.00	8.00	0.00	0.00	0.00	0.00	2.00	6.00	0.00
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 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
Santa Fe Chicken & Black Bean Wrap - 34867 (1 ea.)	365.76	41.33	13.30	4.12	57.14	214.27	7.76	2.23	21.75
Snacker Pack! Pretzel Goldfish, Celery, & Sunbutter - 8348 (1 ea.)	380.39	24.93	23.61	5.53	15.00	571.94	6.04	3.87	16.45
Sandwich Chicken Salad (SFUSD) - 9518 (1 ea.)	333.40	35.01	11.41	1.67	47.24	373.14	4.08	6.26	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
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
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 - FR03 (1 ea.)	55.12	14.64	0.18	0.03	0.00	1.06	2.54	11.01	0.28
Apple Juice (6 oz) - FR15 (1 ea.)	80.00	20.00	0.00	0.00	0.00	15.00	0.00	17.00	0.00
Romaine Chopped Full Portion (SFUSD) - 8852 (1 1/2 c.)	9.49	1.84	0.17	0.02	0.00	4.47	1.17	0.67	0.69
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 Veggie Taco (SFUSD 9-12) - 39377 (1 ea.)	572.32	77.78	15.38	5.02	110.81	747.41	15.10	9.17(M)	30.98
GNG Educational Crackers & Sunflower Seeds - 9794 (1 ea.)	415.80	35.07	26.10	5.52	15.00	452.49	7.14	10.51	16.47
Sandwich Chicken Salad (SFUSD) - 9518 (1 ea.)	333.40	35.01	11.41	1.67	47.24	373.14	4.08	6.26	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
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
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 - FR03 (1 ea.)	55.12	14.64	0.18	0.03	0.00	1.06	2.54	11.01	0.28
Apple Juice (6 oz) - FR15 (1 ea.)	80.00	20.00	0.00	0.00	0.00	15.00	0.00	17.00	0.00
Corn Chili Citrus (SFUSD) - 9243 (1 c.)	136.22	31.96	1.26	0.19	0.00	5.13	3.35	3.85	4.68
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
Sunny Sandwich Kit - 6973 (1 ea.)	475.00	59.00	19.00	2.50	5.00	430.00	6.50	28.00	16.00
GNG Pasta Chicken Pesto - 10635 (1 ea.)	428.12	23.27	26.26	5.00	60.19	523.66	3.66	3.34	20.11
Sandwich Chicken Salad (SFUSD) - 9518 (1 ea.)	333.40	35.01	11.41	1.67	47.24	373.14	4.08	6.26	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
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
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 - FR03 (1 ea.)	55.12	14.64	0.18	0.03	0.00	1.06	2.54	11.01	0.28
Apple Juice (6 oz) - FR15 (1 ea.)	80.00	20.00	0.00	0.00	0.00	15.00	0.00	17.00	0.00
Corn (SFUSD) - 8582 (1 c.)	145.20	34.17	1.29	0.20	0.00	4.95	3.46	4.13	4.98
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
Snacker Pack! Cinnamon Rumbles & String Cheese - 8668 (1 ea.)	538.67	27.23	41.13	8.52	25.00	647.78	6.66	6.30	15.32
Sandwich Chicken Salad (SFUSD) - 9518 (1 ea.)	333.40	35.01	11.41	1.67	47.24	373.14	4.08	6.26	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
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
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 - FR03 (1 ea.)	55.12	14.64	0.18	0.03	0.00	1.06	2.54	11.01	0.28
Apple Juice (6 oz) - FR15 (1 ea.)	80.00	20.00	0.00	0.00	0.00	15.00	0.00	17.00	0.00
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 Ranchero Con Queso (SFUSD 9-12) - 39257 (1 ea.)	407.86	56.15	8.81	3.31	49.60	423.13	3.06	2.39(M)	23.36
Chicken Caesar Wrap - 32083 (1 ea.)	412.35	32.03	17.19	6.25	62.75	524.15	2.39	3.09	29.48
Snacker Pack! Hot 'n Spicy Goldfish & Sunflower Seeds - 8664 (1 ea.)	395.80	27.07	26.10	6.02	15.00	557.49	6.14	4.51	16.47
Sandwich Chicken Salad (SFUSD) - 9518 (1 ea.)	333.40	35.01	11.41	1.67	47.24	373.14	4.08	6.26	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
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