

Nutritional Information: NSLP Lunch

- Nutritional information is current as of 2/1/19 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 - February, 2019

Date: 02/01/2019 - 02/28/2019

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Fat (g)	Sfat (g)	Chol (mg)	Na (mg)	TDF (g)	Sugars (g)	Pro (g)
2/1/2019									
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.)	130.00	13.00	2.50	1.50	0.00	135.00	0.00	13.00	9.00
Milk Chocolate 0% - 9003 (1 ea.)	120.00	22.00	0.00	0.00	0.00	180.00	0.00	19.00	9.00
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.)	63.98	16.99	0.21	0.03	0.00	1.23	2.95	12.78	0.32
Beans Garbanzo (SFUSD UV) - 10585 (1/2 c.)	107.89	16.23	0.85	0.01	0.00	71.76	3.38	0.89	4.14
Tomato Grapes (SFUSD) - 8219 (1/2 c.)	13.37	2.89	0.15	0.02	0.00	3.71	0.89	1.95	0.65
Beans Black (SFUSD) - 6908 (1/2 c.)	100.97	30.62	0.78	0.05	0.00	28.94	19.80	1.39	11.88
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
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
Sandwich Chicken Oven Roasted (SFUSD K-12) - 8463 (1 ea.)	360.00	30.00	14.50	2.50	55.00	475.00	2.50	5.00	24.00
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
Field Trip Meal Cheddar Cheese Sub Sandwich (SFUSD 9-12) - 20947 (1 ea.)	667.43	96.49	22.94	8.13	35.38	780.26	10.24(M)	54.20(M)	18.85
Field Trip Meal Chicken Salad Sub Sandwich (SFUSD 9-12) - 29590 (1 ea.)	657.66	90.30	24.52	3.15	31.50	552.89	13.34	42.40	24.76
Field Trip Meal Mighty Meaty Deli Combo Sandwich (SFUSD 9-12) - 30146 (1 ea.)	617.46	102.55	13.81	4.05	40.00	978.23	13.07	44.94	23.17
Field Trip Meal Turkey & Cheddar Sub Sandwich (SFUSD 9-12) - 24216 (1 ea.)	576.89	83.11	18.40	5.60	42.13	839.18	10.24	41.82	20.44
Field Trip Meal Yogurt and Rumbles (SFUSD 9-12) - 38338 (1 ea.)	643.30	118.64	13.79	5.05	23.00	667.37	12.09	70.50	18.83
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
Sandwich Egg Salad (SFUSD DF 9-12) - 39380 (1 ea.)	397.36	46.87	15.71	2.89	192.42	477.80	4.83(M)	7.33(M)	12.18
2/4/2019									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	130.00	13.00	2.50	1.50	0.00	135.00	0.00	13.00	9.00
Milk Chocolate 0% - 9003 (1 ea.)	120.00	22.00	0.00	0.00	0.00	180.00	0.00	19.00	9.00
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.)	63.98	16.99	0.21	0.03	0.00	1.23	2.95	12.78	0.32
Broccoli Florets (SFUSD) - 3819 (1 c.)	31.51	6.52	0.35	0.07	0.00	34.82	2.86	1.20	2.07
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
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
Quesadilla Bean and Cheese (SFUSD 9-12) - 38424 (1 ea.)	472.94	67.39	16.49	4.11	15.19	396.55	8.56	6.66	19.29
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
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) - 20947 (1 ea.)	667.43	96.49	22.94	8.13	35.38	780.26	10.24(M)	54.20(M)	18.85
Field Trip Meal Chicken Salad Sub Sandwich (SFUSD 9-12) - 29590 (1 ea.)	657.66	90.30	24.52	3.15	31.50	552.89	13.34	42.40	24.76
Field Trip Meal Mighty Meaty Deli Combo Sandwich (SFUSD 9-12) - 30146 (1 ea.)	617.46	102.55	13.81	4.05	40.00	978.23	13.07	44.94	23.17
Field Trip Meal Turkey & Cheddar Sub Sandwich (SFUSD 9-12) - 24216 (1 ea.)	576.89	83.11	18.40	5.60	42.13	839.18	10.24	41.82	20.44
Field Trip Meal Yogurt and Rumbles (SFUSD 9-12) - 38338 (1 ea.)	643.30	118.64	13.79	5.05	23.00	667.37	12.09	70.50	18.83
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
Sandwich Egg Salad (SFUSD DF 9-12) - 39380 (1 ea.)	397.36	46.87	15.71	2.89	192.42	477.80	4.83(M)	7.33(M)	12.18
2/6/2019									
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.)	130.00	13.00	2.50	1.50	0.00	135.00	0.00	13.00	9.00
Milk Chocolate 0% - 9003 (1 ea.)	120.00	22.00	0.00	0.00	0.00	180.00	0.00	19.00	9.00
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.)	63.98	16.99	0.21	0.03	0.00	1.23	2.95	12.78	0.32
Celery Sticks (SFUSD) - 3818 (1 c.)	20.77	3.86	0.22	0.06	0.00	103.87	2.08	1.74	0.90

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Fat (g)	Sfat (g)	Chol (mg)	Na (mg)	TDF (g)	Sugars (g)	Pro (g)
Hot Dog (SFUSD K-12) - 8468 (1 ea.)	330.00	33.00	17.00	6.00	35.00	327.47	2.50	6.00	12.00
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
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
Field Trip Meal Cheddar Cheese Sub Sandwich (SFUSD 9-12) - 20947 (1 ea.)	667.43	96.49	22.94	8.13	35.38	780.26	10.24(M)	54.20(M)	18.85
Field Trip Meal Chicken Salad Sub Sandwich (SFUSD 9-12) - 29590 (1 ea.)	657.66	90.30	24.52	3.15	31.50	552.89	13.34	42.40	24.76
Field Trip Meal Mighty Meaty Deli Combo Sandwich (SFUSD 9-12) - 30146 (1 ea.)	617.46	102.55	13.81	4.05	40.00	978.23	13.07	44.94	23.17
Field Trip Meal Turkey & Cheddar Sub Sandwich (SFUSD 9-12) - 24216 (1 ea.)	576.89	83.11	18.40	5.60	42.13	839.18	10.24	41.82	20.44
Field Trip Meal Yogurt and Rumbles (SFUSD 9-12) - 38338 (1 ea.)	643.30	118.64	13.79	5.05	23.00	667.37	12.09	70.50	18.83
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
Sandwich Egg Salad (SFUSD DF 9-12) - 39380 (1 ea.)	397.36	46.87	15.71	2.89	192.42	477.80	4.83(M)	7.33(M)	12.18
2/7/2019									
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.)	130.00	13.00	2.50	1.50	0.00	135.00	0.00	13.00	9.00
Milk Chocolate 0% - 9003 (1 ea.)	120.00	22.00	0.00	0.00	0.00	180.00	0.00	19.00	9.00
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.)	63.98	16.99	0.21	0.03	0.00	1.23	2.95	12.78	0.32
Beans Black Chili Citrus & Corn (SFUSD) - 10538 (1 c.)	208.62	59.55	1.83	0.18	0.00	48.37	32.46	3.55	20.34
Chicken Drumstick Chili Citrus (SFUSD 9-12) - 39445 (1 ea.)	449.15	63.60	9.35	1.66	100.00	321.59	4.29	7.35(M)	27.77
Breakfast for Lunch: Pancakes with Omelet (SFUSD 9-12) - 38440 (1 ea.)	455.00	62.00	16.00	4.00	170.00	520.00	4.00	20.00	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
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) - 20947 (1 ea.)	667.43	96.49	22.94	8.13	35.38	780.26	10.24(M)	54.20(M)	18.85
Field Trip Meal Chicken Salad Sub Sandwich (SFUSD 9-12) - 29590 (1 ea.)	657.66	90.30	24.52	3.15	31.50	552.89	13.34	42.40	24.76
Field Trip Meal Mighty Meaty Deli Combo Sandwich (SFUSD 9-12) - 30146 (1 ea.)	617.46	102.55	13.81	4.05	40.00	978.23	13.07	44.94	23.17
Field Trip Meal Turkey & Cheddar Sub Sandwich (SFUSD 9-12) - 24216 (1 ea.)	576.89	83.11	18.40	5.60	42.13	839.18	10.24	41.82	20.44
Field Trip Meal Yogurt and Rumbles (SFUSD 9-12) - 38338 (1 ea.)	643.30	118.64	13.79	5.05	23.00	667.37	12.09	70.50	18.83
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
Sandwich Egg Salad (SFUSD DF 9-12) - 39380 (1 ea.)	397.36	46.87	15.71	2.89	192.42	477.80	4.83(M)	7.33(M)	12.18
2/8/2019									
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.)	130.00	13.00	2.50	1.50	0.00	135.00	0.00	13.00	9.00
Milk Chocolate 0% - 9003 (1 ea.)	120.00	22.00	0.00	0.00	0.00	180.00	0.00	19.00	9.00
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.)	63.98	16.99	0.21	0.03	0.00	1.23	2.95	12.78	0.32
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 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
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
Chicken Sausage & Cheddar Eggel Sandwich - 35143 (1 ea.)	294.06	35.28	9.88	3.73	132.73	458.72	3.00	10.28	15.77
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
Chicken Sausage & Cheddar Eggel Sandwich - 31964 (1 ea.)	294.06	35.28	9.88	3.73	132.73	458.72	3.00	10.28	15.77
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
Field Trip Meal Cheddar Cheese Sub Sandwich (SFUSD 9-12) - 20947 (1 ea.)	667.43	96.49	22.94	8.13	35.38	780.26	10.24(M)	54.20(M)	18.85
Field Trip Meal Chicken Salad Sub Sandwich (SFUSD 9-12) - 29590 (1 ea.)	657.66	90.30	24.52	3.15	31.50	552.89	13.34	42.40	24.76
Field Trip Meal Mighty Meaty Deli Combo Sandwich (SFUSD 9-12) - 30146 (1 ea.)	617.46	102.55	13.81	4.05	40.00	978.23	13.07	44.94	23.17
Field Trip Meal Turkey & Cheddar Sub Sandwich (SFUSD 9-12) - 24216 (1 ea.)	576.89	83.11	18.40	5.60	42.13	839.18	10.24	41.82	20.44

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.)	643.30	118.64	13.79	5.05	23.00	667.37	12.09	70.50	18.83
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
Sandwich Egg Salad (SFUSD DF 9-12) - 39380 (1 ea.)	397.36	46.87	15.71	2.89	192.42	477.80	4.83(M)	7.33(M)	12.18
2/11/2019									
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.)	130.00	13.00	2.50	1.50	0.00	135.00	0.00	13.00	9.00
Milk Chocolate 0% - 9003 (1 ea.)	120.00	22.00	0.00	0.00	0.00	180.00	0.00	19.00	9.00
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.)	63.98	16.99	0.21	0.03	0.00	1.23	2.95	12.78	0.32
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
Chopped Romaine - 6532 (2 c.)	12.66	2.45	0.22	0.03	0.00	5.96	1.56	0.89	0.92
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
Hamburger (SFUSD 9-12) - 39611 (1 ea.)	490.00	47.00	24.00	6.00	40.00	495.00	4.50	8.00	15.72
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
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
Field Trip Meal Cheddar Cheese Sub Sandwich (SFUSD 9-12) - 20947 (1 ea.)	667.43	96.49	22.94	8.13	35.38	780.26	10.24(M)	54.20(M)	18.85
Field Trip Meal Chicken Salad Sub Sandwich (SFUSD 9-12) - 29590 (1 ea.)	657.66	90.30	24.52	3.15	31.50	552.89	13.34	42.40	24.76
Field Trip Meal Mighty Meaty Deli Combo Sandwich (SFUSD 9-12) - 30146 (1 ea.)	617.46	102.55	13.81	4.05	40.00	978.23	13.07	44.94	23.17
Field Trip Meal Turkey & Cheddar Sub Sandwich (SFUSD 9-12) - 24216 (1 ea.)	576.89	83.11	18.40	5.60	42.13	839.18	10.24	41.82	20.44
Field Trip Meal Yogurt and Rumbles (SFUSD 9-12) - 38338 (1 ea.)	643.30	118.64	13.79	5.05	23.00	667.37	12.09	70.50	18.83
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
Sandwich Egg Salad (SFUSD DF 9-12) - 39380 (1 ea.)	397.36	46.87	15.71	2.89	192.42	477.80	4.83(M)	7.33(M)	12.18
2/12/2019									
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.)	130.00	13.00	2.50	1.50	0.00	135.00	0.00	13.00	9.00
Milk Chocolate 0% - 9003 (1 ea.)	120.00	22.00	0.00	0.00	0.00	180.00	0.00	19.00	9.00
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.)	63.98	16.99	0.21	0.03	0.00	1.23	2.95	12.78	0.32
Green Peas (SFUSD UV) - 10445 (1 c.)	142.98	25.29	0.74	0.12	0.00	200.55	8.36	9.29	9.69
Chicken Potstickers (SFUSD 9-12) - 27177 (1 ea.)	350.00	46.00	8.00	1.50	20.00	755.00	7.00	5.00	19.72
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
Kickin' Chicken Alfredo - 35664 (1 ea.)	350.00	40.08	9.44	2.60	49.79	262.76	5.91	1.66	21.97
Honey Mustard Chicken Wrap - 28068 (1 ea.)	415.36	45.64	15.99	2.22	41.43	454.95	3.32(M)	2.43(M)	21.73
Chicken Potstickers (SFUSD 9-12) - 27183 (1 ea.)	350.00	46.00	8.00	1.50	20.00	755.00	7.00	5.00	19.72
Kickin' Chicken Alfredo BULK- 27515 (1 ea.)	346.98	48.98	7.29	2.55	44.95	276.27	6.90	2.01	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
Field Trip Meal Cheddar Cheese Sub Sandwich (SFUSD 9-12) - 20947 (1 ea.)	667.43	96.49	22.94	8.13	35.38	780.26	10.24(M)	54.20(M)	18.85
Field Trip Meal Chicken Salad Sub Sandwich (SFUSD 9-12) - 29590 (1 ea.)	657.66	90.30	24.52	3.15	31.50	552.89	13.34	42.40	24.76
Field Trip Meal Mighty Meaty Deli Combo Sandwich (SFUSD 9-12) - 30146 (1 ea.)	617.46	102.55	13.81	4.05	40.00	978.23	13.07	44.94	23.17
Field Trip Meal Turkey & Cheddar Sub Sandwich (SFUSD 9-12) - 24216 (1 ea.)	576.89	83.11	18.40	5.60	42.13	839.18	10.24	41.82	20.44
Field Trip Meal Yogurt and Rumbles (SFUSD 9-12) - 38338 (1 ea.)	643.30	118.64	13.79	5.05	23.00	667.37	12.09	70.50	18.83
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
Sandwich Egg Salad (SFUSD DF 9-12) - 39380 (1 ea.)	397.36	46.87	15.71	2.89	192.42	477.80	4.83(M)	7.33(M)	12.18
2/13/2019									
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.)	130.00	13.00	2.50	1.50	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 Chocolate 0% - 9003 (1 ea.)	120.00	22.00	0.00	0.00	0.00	180.00	0.00	19.00	9.00
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.)	63.98	16.99	0.21	0.03	0.00	1.23	2.95	12.78	0.32
Celery Sticks (SFUSD) - 3818 (1 c.)	20.77	3.86	0.22	0.06	0.00	103.87	2.08	1.74	0.90
Pizza Veggie (SFUSD 9-12) - 40111 (1 ea.)	470.00	32.00	28.00	8.50	40.00	640.00	3.00	8.00	22.00
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
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) - 20947 (1 ea.)	667.43	96.49	22.94	8.13	35.38	780.26	10.24(M)	54.20(M)	18.85
Field Trip Meal Chicken Salad Sub Sandwich (SFUSD 9-12) - 29590 (1 ea.)	657.66	90.30	24.52	3.15	31.50	552.89	13.34	42.40	24.76
Field Trip Meal Mighty Meaty Deli Combo Sandwich (SFUSD 9-12) - 30146 (1 ea.)	617.46	102.55	13.81	4.05	40.00	978.23	13.07	44.94	23.17
Field Trip Meal Turkey & Cheddar Sub Sandwich (SFUSD 9-12) - 24216 (1 ea.)	576.89	83.11	18.40	5.60	42.13	839.18	10.24	41.82	20.44
Field Trip Meal Yogurt and Rumbles (SFUSD 9-12) - 38338 (1 ea.)	643.30	118.64	13.79	5.05	23.00	667.37	12.09	70.50	18.83
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
Sandwich Egg Salad (SFUSD DF 9-12) - 39380 (1 ea.)	397.36	46.87	15.71	2.89	192.42	477.80	4.83(M)	7.33(M)	12.18
2/14/2019									
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.)	130.00	13.00	2.50	1.50	0.00	135.00	0.00	13.00	9.00
Milk Chocolate 0% - 9003 (1 ea.)	120.00	22.00	0.00	0.00	0.00	180.00	0.00	19.00	9.00
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.)	63.98	16.99	0.21	0.03	0.00	1.23	2.95	12.78	0.32
Beans Pinto (SFUSD) - 8226 (1/2 c.)	155.44	28.02	0.63	0.11	0.00	158.64	6.96	1.01	9.45
Tomato Grapes (SFUSD) - 8219 (1/2 c.)	13.37	2.89	0.15	0.02	0.00	3.71	0.89	1.95	0.65
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 Beef Cheese Dip (9-12) - 40224 (1 ea.)	424.85	52.27	16.08	6.93	41.24	796.29	3.02	2.38(M)	20.69
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
Salad Chef Veggie (SFUSD 9-12) - 39368 (1 ea.)	593.63	99.30	18.96	5.83	203.98	634.76	44.76	12.34(M)	43.98
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) - 20947 (1 ea.)	667.43	96.49	22.94	8.13	35.38	780.26	10.24(M)	54.20(M)	18.85
Field Trip Meal Chicken Salad Sub Sandwich (SFUSD 9-12) - 29590 (1 ea.)	657.66	90.30	24.52	3.15	31.50	552.89	13.34	42.40	24.76
Field Trip Meal Mighty Meaty Deli Combo Sandwich (SFUSD 9-12) - 30146 (1 ea.)	617.46	102.55	13.81	4.05	40.00	978.23	13.07	44.94	23.17
Field Trip Meal Turkey & Cheddar Sub Sandwich (SFUSD 9-12) - 24216 (1 ea.)	576.89	83.11	18.40	5.60	42.13	839.18	10.24	41.82	20.44
Field Trip Meal Yogurt and Rumbles (SFUSD 9-12) - 38338 (1 ea.)	643.30	118.64	13.79	5.05	23.00	667.37	12.09	70.50	18.83
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
Sandwich Egg Salad (SFUSD DF 9-12) - 39380 (1 ea.)	397.36	46.87	15.71	2.89	192.42	477.80	4.83(M)	7.33(M)	12.18
2/15/2019									
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.)	130.00	13.00	2.50	1.50	0.00	135.00	0.00	13.00	9.00
Milk Chocolate 0% - 9003 (1 ea.)	120.00	22.00	0.00	0.00	0.00	180.00	0.00	19.00	9.00
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.)	63.98	16.99	0.21	0.03	0.00	1.23	2.95	12.78	0.32
Baby Carrots - 8580 (1 1/4 c.)	37.01	8.71	0.14	0.02	0.00	82.48	3.07	5.03	0.68
Chicken General Tso (SFUSD 9-12) - 39439 (1 ea.)	451.91	65.36	9.31	1.95	127.44	763.38	1.86	12.56(M)	25.61
Hot Dog (SFUSD K-12) - 8468 (1 ea.)	330.00	33.00	17.00	6.00	35.00	327.47	2.50	6.00	12.00
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
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
Field Trip Meal Cheddar Cheese Sub Sandwich (SFUSD 9-12) - 20947 (1 ea.)	667.43	96.49	22.94	8.13	35.38	780.26	10.24(M)	54.20(M)	18.85

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) - 29590 (1 ea.)	657.66	90.30	24.52	3.15	31.50	552.89	13.34	42.40	24.76
Field Trip Meal Mighty Meaty Deli Combo Sandwich (SFUSD 9-12) - 30146 (1 ea.)	617.46	102.55	13.81	4.05	40.00	978.23	13.07	44.94	23.17
Field Trip Meal Turkey & Cheddar Sub Sandwich (SFUSD 9-12) - 24216 (1 ea.)	576.89	83.11	18.40	5.60	42.13	839.18	10.24	41.82	20.44
Field Trip Meal Yogurt and Rumbles (SFUSD 9-12) - 38338 (1 ea.)	643.30	118.64	13.79	5.05	23.00	667.37	12.09	70.50	18.83
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
Sandwich Egg Salad (SFUSD DF 9-12) - 39380 (1 ea.)	397.36	46.87	15.71	2.89	192.42	477.80	4.83(M)	7.33(M)	12.18
2/19/2019									
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.)	130.00	13.00	2.50	1.50	0.00	135.00	0.00	13.00	9.00
Milk Chocolate 0% - 9003 (1 ea.)	120.00	22.00	0.00	0.00	0.00	180.00	0.00	19.00	9.00
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.)	63.98	16.99	0.21	0.03	0.00	1.23	2.95	12.78	0.32
Corn (SFUSD) - 8582 (1 c.)	145.20	34.17	1.29	0.20	0.00	4.95	3.46	4.13	4.98
Lone Star BBQ Chicken Sandwich - 35073 (1 ea.)	420.18	56.16	10.28	1.10	54.92	743.57	4.80(M)	13.64(M)	26.12
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
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
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
Chicken Taco Trio (SFUSD BULK 9-12) - 39397 (1 ea.)	406.98	59.47	11.15	3.54	40.00	502.14	6.13	1.08(M)	19.21
Oven Roasted Chicken Sandwich with Mayonnaise (BV) - 6545 (1 ea.)	360.00	30.00	14.50	2.50	55.00	475.00	2.50	5.00	24.00
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) - 20947 (1 ea.)	667.43	96.49	22.94	8.13	35.38	780.26	10.24(M)	54.20(M)	18.85
Field Trip Meal Chicken Salad Sub Sandwich (SFUSD 9-12) - 29590 (1 ea.)	657.66	90.30	24.52	3.15	31.50	552.89	13.34	42.40	24.76
Field Trip Meal Mighty Meaty Deli Combo Sandwich (SFUSD 9-12) - 30146 (1 ea.)	617.46	102.55	13.81	4.05	40.00	978.23	13.07	44.94	23.17
Field Trip Meal Turkey & Cheddar Sub Sandwich (SFUSD 9-12) - 24216 (1 ea.)	576.89	83.11	18.40	5.60	42.13	839.18	10.24	41.82	20.44
Field Trip Meal Yogurt and Rumbles (SFUSD 9-12) - 38338 (1 ea.)	643.30	118.64	13.79	5.05	23.00	667.37	12.09	70.50	18.83
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
Sandwich Egg Salad (SFUSD DF 9-12) - 39380 (1 ea.)	397.36	46.87	15.71	2.89	192.42	477.80	4.83(M)	7.33(M)	12.18
2/20/2019									
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.)	130.00	13.00	2.50	1.50	0.00	135.00	0.00	13.00	9.00
Milk Chocolate 0% - 9003 (1 ea.)	120.00	22.00	0.00	0.00	0.00	180.00	0.00	19.00	9.00
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.)	63.98	16.99	0.21	0.03	0.00	1.23	2.95	12.78	0.32
Green Beans (SFUSD) - 6284 (1 c.)	63.79	12.43	0.34	0.07	0.00	23.71	4.18	3.50	2.90
Hot Dog (SFUSD K-12) - 8468 (1 ea.)	330.00	33.00	17.00	6.00	35.00	327.47	2.50	6.00	12.00
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
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
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) - 20947 (1 ea.)	667.43	96.49	22.94	8.13	35.38	780.26	10.24(M)	54.20(M)	18.85
Field Trip Meal Chicken Salad Sub Sandwich (SFUSD 9-12) - 29590 (1 ea.)	657.66	90.30	24.52	3.15	31.50	552.89	13.34	42.40	24.76
Field Trip Meal Mighty Meaty Deli Combo Sandwich (SFUSD 9-12) - 30146 (1 ea.)	617.46	102.55	13.81	4.05	40.00	978.23	13.07	44.94	23.17
Field Trip Meal Turkey & Cheddar Sub Sandwich (SFUSD 9-12) - 24216 (1 ea.)	576.89	83.11	18.40	5.60	42.13	839.18	10.24	41.82	20.44
Field Trip Meal Yogurt and Rumbles (SFUSD 9-12) - 38338 (1 ea.)	643.30	118.64	13.79	5.05	23.00	667.37	12.09	70.50	18.83
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
Sandwich Egg Salad (SFUSD DF 9-12) - 39380 (1 ea.)	397.36	46.87	15.71	2.89	192.42	477.80	4.83(M)	7.33(M)	12.18
2/21/2019									
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.)	130.00	13.00	2.50	1.50	0.00	135.00	0.00	13.00	9.00
Milk Chocolate 0% - 9003 (1 ea.)	120.00	22.00	0.00	0.00	0.00	180.00	0.00	19.00	9.00
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.)	63.98	16.99	0.21	0.03	0.00	1.23	2.95	12.78	0.32
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 Grilled Bites & BBQ Beans (SFUSD 9-12) - 40325 (1 ea.)	482.02	73.97	9.64	1.01	42.88	728.96	8.85	19.84	25.30
Hamburger (SFUSD 9-12) - 39611 (1 ea.)	490.00	47.00	24.00	6.00	40.00	495.00	4.50	8.00	15.72
Soup Chili Veggie and Cornbread (SFUSD 9-12) - 39454 (1 ea.)	377.16	62.36	8.82	2.25	22.14	639.64	8.78	18.48(M)	14.41
Soup Chili Veggie and Cornbread (SFUSD BULK 9-12) - 39410 (1 ea.)	452.43	78.35	9.34	2.27	22.14	653.74	9.27	18.49(M)	15.86
Salad Chicken Caesar (SFUSD 9-12) - 40121 (1 ea.)	535.56	41.47	18.47	6.93	99.22	791.18	5.56	6.75	44.77
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
Field Trip Meal Cheddar Cheese Sub Sandwich (SFUSD 9-12) - 20947 (1 ea.)	667.43	96.49	22.94	8.13	35.38	780.26	10.24(M)	54.20(M)	18.85
Field Trip Meal Chicken Salad Sub Sandwich (SFUSD 9-12) - 29590 (1 ea.)	657.66	90.30	24.52	3.15	31.50	552.89	13.34	42.40	24.76
Field Trip Meal Mighty Meaty Deli Combo Sandwich (SFUSD 9-12) - 30146 (1 ea.)	617.46	102.55	13.81	4.05	40.00	978.23	13.07	44.94	23.17
Field Trip Meal Turkey & Cheddar Sub Sandwich (SFUSD 9-12) - 24216 (1 ea.)	576.89	83.11	18.40	5.60	42.13	839.18	10.24	41.82	20.44
Field Trip Meal Yogurt and Rumbles (SFUSD 9-12) - 38338 (1 ea.)	643.30	118.64	13.79	5.05	23.00	667.37	12.09	70.50	18.83
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
Sandwich Egg Salad (SFUSD DF 9-12) - 39380 (1 ea.)	397.36	46.87	15.71	2.89	192.42	477.80	4.83(M)	7.33(M)	12.18
2/22/2019									
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.)	130.00	13.00	2.50	1.50	0.00	135.00	0.00	13.00	9.00
Milk Chocolate 0% - 9003 (1 ea.)	120.00	22.00	0.00	0.00	0.00	180.00	0.00	19.00	9.00
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.)	63.98	16.99	0.21	0.03	0.00	1.23	2.95	12.78	0.32
Cucumber Slices (SFUSD) - 8581 (1 c.)	22.00	5.32	0.16	0.05	0.00	2.93	0.73	2.45	0.95
Edamame (SFUSD) - 8225 (1/2 c.)	113.40	9.07	3.97	0.00	0.00	5.67	4.54	1.13	10.21
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
Breakfast for Lunch: Pancakes with Omelet (SFUSD 9-12) - 38440 (1 ea.)	455.00	62.00	16.00	4.00	170.00	520.00	4.00	20.00	14.00
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
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
Field Trip Meal Cheddar Cheese Sub Sandwich (SFUSD 9-12) - 20947 (1 ea.)	667.43	96.49	22.94	8.13	35.38	780.26	10.24(M)	54.20(M)	18.85
Field Trip Meal Chicken Salad Sub Sandwich (SFUSD 9-12) - 29590 (1 ea.)	657.66	90.30	24.52	3.15	31.50	552.89	13.34	42.40	24.76
Field Trip Meal Mighty Meaty Deli Combo Sandwich (SFUSD 9-12) - 30146 (1 ea.)	617.46	102.55	13.81	4.05	40.00	978.23	13.07	44.94	23.17
Field Trip Meal Turkey & Cheddar Sub Sandwich (SFUSD 9-12) - 24216 (1 ea.)	576.89	83.11	18.40	5.60	42.13	839.18	10.24	41.82	20.44
Field Trip Meal Yogurt and Rumbles (SFUSD 9-12) - 38338 (1 ea.)	643.30	118.64	13.79	5.05	23.00	667.37	12.09	70.50	18.83
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
Sandwich Egg Salad (SFUSD DF 9-12) - 39380 (1 ea.)	397.36	46.87	15.71	2.89	192.42	477.80	4.83(M)	7.33(M)	12.18
2/25/2019									
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.)	130.00	13.00	2.50	1.50	0.00	135.00	0.00	13.00	9.00
Milk Chocolate 0% - 9003 (1 ea.)	120.00	22.00	0.00	0.00	0.00	180.00	0.00	19.00	9.00
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.)	63.98	16.99	0.21	0.03	0.00	1.23	2.95	12.78	0.32
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
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
Hamburger (SFUSD 9-12) - 39611 (1 ea.)	490.00	47.00	24.00	6.00	40.00	495.00	4.50	8.00	15.72
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
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
Field Trip Meal Cheddar Cheese Sub Sandwich (SFUSD 9-12) - 20947 (1 ea.)	667.43	96.49	22.94	8.13	35.38	780.26	10.24(M)	54.20(M)	18.85
Field Trip Meal Chicken Salad Sub Sandwich (SFUSD 9-12) - 29590 (1 ea.)	657.66	90.30	24.52	3.15	31.50	552.89	13.34	42.40	24.76
Field Trip Meal Mighty Meaty Deli Combo Sandwich (SFUSD 9-12) - 30146 (1 ea.)	617.46	102.55	13.81	4.05	40.00	978.23	13.07	44.94	23.17
Field Trip Meal Turkey & Cheddar Sub Sandwich (SFUSD 9-12) - 24216 (1 ea.)	576.89	83.11	18.40	5.60	42.13	839.18	10.24	41.82	20.44
Field Trip Meal Yogurt and Rumbles (SFUSD 9-12) - 38338 (1 ea.)	643.30	118.64	13.79	5.05	23.00	667.37	12.09	70.50	18.83
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
Sandwich Egg Salad (SFUSD DF 9-12) - 39380 (1 ea.)	397.36	46.87	15.71	2.89	192.42	477.80	4.83(M)	7.33(M)	12.18
2/26/2019									
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.)	130.00	13.00	2.50	1.50	0.00	135.00	0.00	13.00	9.00
Milk Chocolate 0% - 9003 (1 ea.)	120.00	22.00	0.00	0.00	0.00	180.00	0.00	19.00	9.00
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.)	63.98	16.99	0.21	0.03	0.00	1.23	2.95	12.78	0.32
Carrot, Corn, & Peas Seasoned - 10466 (1 1/8 c.)	110.78	23.24	0.84	0.13	0.00	85.95	4.99	5.86	5.19
Burrito Beef Smothered (9-12) - 40154 (1 ea.)	391.34	43.51	15.96	5.56	34.35	485.79	5.74	1.76(M)	21.70
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
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) - 20947 (1 ea.)	667.43	96.49	22.94	8.13	35.38	780.26	10.24(M)	54.20(M)	18.85
Field Trip Meal Chicken Salad Sub Sandwich (SFUSD 9-12) - 29590 (1 ea.)	657.66	90.30	24.52	3.15	31.50	552.89	13.34	42.40	24.76
Field Trip Meal Mighty Meaty Deli Combo Sandwich (SFUSD 9-12) - 30146 (1 ea.)	617.46	102.55	13.81	4.05	40.00	978.23	13.07	44.94	23.17
Field Trip Meal Turkey & Cheddar Sub Sandwich (SFUSD 9-12) - 24216 (1 ea.)	576.89	83.11	18.40	5.60	42.13	839.18	10.24	41.82	20.44
Field Trip Meal Yogurt and Rumbles (SFUSD 9-12) - 38338 (1 ea.)	643.30	118.64	13.79	5.05	23.00	667.37	12.09	70.50	18.83
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
Sandwich Egg Salad (SFUSD DF 9-12) - 39380 (1 ea.)	397.36	46.87	15.71	2.89	192.42	477.80	4.83(M)	7.33(M)	12.18
2/27/2019									
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.)	130.00	13.00	2.50	1.50	0.00	135.00	0.00	13.00	9.00
Milk Chocolate 0% - 9003 (1 ea.)	120.00	22.00	0.00	0.00	0.00	180.00	0.00	19.00	9.00
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.)	63.98	16.99	0.21	0.03	0.00	1.23	2.95	12.78	0.32
Broccoli Florets (SFUSD) - 3819 (1 c.)	31.51	6.52	0.35	0.07	0.00	34.82	2.86	1.20	2.07
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
Pizza Veggie (SFUSD 9-12) - 40111 (1 ea.)	470.00	32.00	28.00	8.50	40.00	640.00	3.00	8.00	22.00
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
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
Field Trip Meal Cheddar Cheese Sub Sandwich (SFUSD 9-12) - 20947 (1 ea.)	667.43	96.49	22.94	8.13	35.38	780.26	10.24(M)	54.20(M)	18.85
Field Trip Meal Chicken Salad Sub Sandwich (SFUSD 9-12) - 29590 (1 ea.)	657.66	90.30	24.52	3.15	31.50	552.89	13.34	42.40	24.76
Field Trip Meal Mighty Meaty Deli Combo Sandwich (SFUSD 9-12) - 30146 (1 ea.)	617.46	102.55	13.81	4.05	40.00	978.23	13.07	44.94	23.17
Field Trip Meal Turkey & Cheddar Sub Sandwich (SFUSD 9-12) - 24216 (1 ea.)	576.89	83.11	18.40	5.60	42.13	839.18	10.24	41.82	20.44
Field Trip Meal Yogurt and Rumbles (SFUSD 9-12) - 38338 (1 ea.)	643.30	118.64	13.79	5.05	23.00	667.37	12.09	70.50	18.83
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
Sandwich Egg Salad (SFUSD DF 9-12) - 39380 (1 ea.)	397.36	46.87	15.71	2.89	192.42	477.80	4.83(M)	7.33(M)	12.18
2/28/2019									
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.)	130.00	13.00	2.50	1.50	0.00	135.00	0.00	13.00	9.00
Milk Chocolate 0% - 9003 (1 ea.)	120.00	22.00	0.00	0.00	0.00	180.00	0.00	19.00	9.00
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.)	63.98	16.99	0.21	0.03	0.00	1.23	2.95	12.78	0.32
Coleslaw UV (SFUSD) - 9218 (1 c.)	156.75	11.25	12.08	1.86	7.34	123.93	3.54	6.99	1.88
Chicken Drumstick Chili Citrus (SFUSD 9-12) - 39445 (1 ea.)	449.15	63.60	9.35	1.66	100.00	321.59	4.29	7.35(M)	27.77
Hot Dog (SFUSD K-12) - 8468 (1 ea.)	330.00	33.00	17.00	6.00	35.00	327.47	2.50	6.00	12.00
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
Sunny Sandwich Kit - 6973 (1 ea.)	475.00	59.00	19.00	2.50	5.00	430.00	6.50	28.00	16.00
Chicken Drumstick Chili Citrus (SFUSD BV 9-12) - 39599 (1 ea.)	455.73	65.00	9.40	1.66	100.00	322.82	4.34	7.35(M)	27.90
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) - 20947 (1 ea.)	667.43	96.49	22.94	8.13	35.38	780.26	10.24(M)	54.20(M)	18.85
Field Trip Meal Chicken Salad Sub Sandwich (SFUSD 9-12) - 29590 (1 ea.)	657.66	90.30	24.52	3.15	31.50	552.89	13.34	42.40	24.76
Field Trip Meal Mighty Meaty Deli Combo Sandwich (SFUSD 9-12) - 30146 (1 ea.)	617.46	102.55	13.81	4.05	40.00	978.23	13.07	44.94	23.17
Field Trip Meal Turkey & Cheddar Sub Sandwich (SFUSD 9-12) - 24216 (1 ea.)	576.89	83.11	18.40	5.60	42.13	839.18	10.24	41.82	20.44
Field Trip Meal Yogurt and Rumbles (SFUSD 9-12) - 38338 (1 ea.)	643.30	118.64	13.79	5.05	23.00	667.37	12.09	70.50	18.83
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
Sandwich Egg Salad (SFUSD DF 9-12) - 39380 (1 ea.)	397.36	46.87	15.71	2.89	192.42	477.80	4.83(M)	7.33(M)	12.18