

Nutritional Information: CACFP Supper

- Nutritional information is current as of 2/1/19 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 - 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 - FR03 (1 ea.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
Corn Steamed (SFUSD) - 3823 (1 c.)	145.20	34.17	1.29	0.20	0.00	4.95	3.46	4.13	4.98
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
Taco Dippers Kit - 35734 (1 ea.)	336.93	42.07	11.85	4.37	18.48	439.51	4.97	0.74	18.91
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
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 - 36616 (1 ea.)	394.81	46.41	16.02	3.02	193.95	479.84	4.83(M)	6.88(M)	12.44
Ranch Chicken Slider Snacker Pack - 8760 (1 ea.)	396.08	26.65	22.10	3.52	65.00	656.24	3.46	6.98	23.47
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 - FR03 (1 ea.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
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 Steamed (SFUSD) - 3823 (1 c.)	145.20	34.17	1.29	0.20	0.00	4.95	3.46	4.13	4.98
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
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
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
Sandwich Egg Salad - 36616 (1 ea.)	394.81	46.41	16.02	3.02	193.95	479.84	4.83(M)	6.88(M)	12.44
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
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 - FR03 (1 ea.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
Green Beans (SFUSD) - 9219 (1 c.)	63.22	12.32	0.34	0.07	0.00	23.50	4.15	3.47	2.87
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
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
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 - 36616 (1 ea.)	394.81	46.41	16.02	3.02	193.95	479.84	4.83(M)	6.88(M)	12.44
Cheese Please! Pizza Chef Kit - 8586 (1 ea.)	287.78	23.26	14.69	7.05	30.19	775.60	3.20	6.71	18.45
2/7/2019									

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.)	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 - FR03 (1 ea.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
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
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
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
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 - 36616 (1 ea.)	394.81	46.41	16.02	3.02	193.95	479.84	4.83(M)	6.88(M)	12.44
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
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 - FR03 (1 ea.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
Corn Steamed (SFUSD) - 3823 (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	327.47	2.50	6.00	12.00
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
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 - 36616 (1 ea.)	394.81	46.41	16.02	3.02	193.95	479.84	4.83(M)	6.88(M)	12.44
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
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 - FR03 (1 ea.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
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
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
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
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 - 36616 (1 ea.)	394.81	46.41	16.02	3.02	193.95	479.84	4.83(M)	6.88(M)	12.44
GNG Wrap Turkey Pesto - 10515 (1 ea.)	273.75	29.49	9.40	1.95	42.85	586.71	2.98	2.18	18.24
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 - FR03 (1 ea.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Fat (g)	Sfat (g)	Chol (mg)	Na (mg)	TDF (g)	Sugars (g)	Pro (g)
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
Meatball Beef Hawaiian (SFUSD 9-12) - 39469 (1 ea.)	399.56	49.84	13.89	4.77	42.67	565.60	2.52	6.19(M)	18.27
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
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 - 36616 (1 ea.)	394.81	46.41	16.02	3.02	193.95	479.84	4.83(M)	6.88(M)	12.44
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
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
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 - FR03 (1 ea.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
Broccoli Florets (SFUSD) - 3819 (1 c.)	31.51	6.52	0.35	0.07	0.00	34.82	2.86	1.20	2.07
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
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
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 - 36616 (1 ea.)	394.81	46.41	16.02	3.02	193.95	479.84	4.83(M)	6.88(M)	12.44
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
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 - FR03 (1 ea.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
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
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
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 - 36616 (1 ea.)	394.81	46.41	16.02	3.02	193.95	479.84	4.83(M)	6.88(M)	12.44
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
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 - FR03 (1 ea.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
Green Beans (SFUSD) - 6284 (1 c.)	63.79	12.43	0.34	0.07	0.00	23.71	4.18	3.50	2.90
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
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

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Fat (g)	Sfat (g)	Chol (mg)	Na (mg)	TDF (g)	Sugars (g)	Pro (g)
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 - 36616 (1 ea.)	394.81	46.41	16.02	3.02	193.95	479.84	4.83(M)	6.88(M)	12.44
Turkey Slider Snacker Pack - 8600 (1 ea.)	455.80	34.57	27.60	3.52	17.50	653.49	7.14	8.01	17.97
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 - FR03 (1 ea.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
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
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
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
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 - 36616 (1 ea.)	394.81	46.41	16.02	3.02	193.95	479.84	4.83(M)	6.88(M)	12.44
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
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 - FR03 (1 ea.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
Corn Steamed (SFUSD) - 3823 (1 c.)	145.20	34.17	1.29	0.20	0.00	4.95	3.46	4.13	4.98
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
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
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 - 36616 (1 ea.)	394.81	46.41	16.02	3.02	193.95	479.84	4.83(M)	6.88(M)	12.44
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
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
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 - FR03 (1 ea.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
Green Beans (SFUSD) - 6284 (1 c.)	63.79	12.43	0.34	0.07	0.00	23.71	4.18	3.50	2.90
Chicken Drumstick Jerk and Pineapple (SFUSD 9-12) - 39444 (1	447.93	69.38	9.46	1.63	100.00	273.23	9.71	9.21(M)	29.07
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
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 - 36616 (1 ea.)	394.81	46.41	16.02	3.02	193.95	479.84	4.83(M)	6.88(M)	12.44
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
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

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 - FR03 (1 ea.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
Corn Steamed (SFUSD) - 3823 (1 c.)	145.20	34.17	1.29	0.20	0.00	4.95	3.46	4.13	4.98
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
Hummus Dippers (SFUSD 9-12) - 40088 (1 ea.)	384.33	49.87	12.23	0.62	0.00	600.82	6.99	3.32	12.61
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
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 - 36616 (1 ea.)	394.81	46.41	16.02	3.02	193.95	479.84	4.83(M)	6.88(M)	12.44
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
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 - FR03 (1 ea.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
Corn Steamed (SFUSD) - 3823 (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	327.47	2.50	6.00	12.00
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
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 - 36616 (1 ea.)	394.81	46.41	16.02	3.02	193.95	479.84	4.83(M)	6.88(M)	12.44
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
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 - FR03 (1 ea.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
Broccoli Florets (SFUSD) - 3819 (1 c.)	31.51	6.52	0.35	0.07	0.00	34.82	2.86	1.20	2.07
Hot Meatball Sub - 30739 (1 ea.)	394.15	38.52	16.55	6.38	44.24	823.67	4.30	7.25	22.64
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
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 - 36616 (1 ea.)	394.81	46.41	16.02	3.02	193.95	479.84	4.83(M)	6.88(M)	12.44
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
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 - FR03 (1 ea.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
Corn Steamed (SFUSD) - 3823 (1 c.)	145.20	34.17	1.29	0.20	0.00	4.95	3.46	4.13	4.98
Kickin' Chicken Alfredo - 35664 (1 ea.)	350.00	40.08	9.44	2.60	49.79	262.76	5.91	1.66	21.97

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Fat (g)	Sfat (g)	Chol (mg)	Na (mg)	TDF (g)	Sugars (g)	Pro (g)
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
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 - 36616 (1 ea.)	394.81	46.41	16.02	3.02	193.95	479.84	4.83(M)	6.88(M)	12.44
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
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
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 - FR03 (1 ea.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
Chopped Romaine - 6532 (1 1/2 c.)	9.49	1.84	0.17	0.02	0.00	4.47	1.17	0.67	0.69
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
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
Cheese Please! Pizza Chef Kit - 8586 (1 ea.)	287.78	23.26	14.69	7.05	30.19	775.60	3.20	6.71	18.45
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
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 - 36616 (1 ea.)	394.81	46.41	16.02	3.02	193.95	479.84	4.83(M)	6.88(M)	12.44
Cheese Please! Pizza Chef Kit - 8586 (1 ea.)	287.78	23.26	14.69	7.05	30.19	775.60	3.20	6.71	18.45