

Nutritional Information: NSLP Lunch

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

Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Fat (g)	Sfat (g)	Chol (mg)	Na (mg)	TDF (g)	Sugars (g)	Pro (g)
1/7/2019									
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
Apple Slices (Lunch) - FR99 (2 ea.)	68.00	16.00	0.00	0.00	0.00	0.00	4.00	12.00	0.00
Applesauce (Lunch) - FR89 (1 ea.)	50.00	14.00	0.00	0.00	0.00	15.00	1.00	12.00	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
Mighty Meaty Deli Combo Sandwich - 30023 (1 ea.)	390.00	30.00	19.00	5.50	40.00	745.00	3.00	4.00	19.00
Sunny Sandwich Kit - 6973 (1 ea.)	475.00	59.00	19.00	2.50	5.00	430.00	6.50	28.00	16.00
Cholula Hot Sauce Packet - 3899 (1 ea.)	0.00	0.00	0.00	0.00	0.00	119.00	(M)	(M)	0.00
Ranch Dressing Packet - 4033 (1 ea.)	150.00	1.00	16.00	2.50	10.00	280.00	0.00	1.00	0.00
Field Trip Meal Cheddar Cheese Sub Sandwich (SFUSD 9-12)	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)	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)	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)	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)	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
Lunch, Gluten Free (K-12) (SFUSD) 2017_09 - 3830 (1 ea.)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
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
1/8/2019									
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
Corn (SFUSD) - 8582 (1 c.)	145.20	34.17	1.29	0.20	0.00	4.95	3.46	4.13	4.98
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
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
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
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)	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)	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)	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)	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)	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
Lunch, Gluten Free (K-12) (SFUSD) 2017_09 - 3830 (1 ea.)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
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
1/9/2019									
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.)	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

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Fat (g)	Sfat (g)	Chol (mg)	Na (mg)	TDF (g)	Sugars (g)	Pro (g)
Apple 1/2 cup - FR97 (2 ea.)	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
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
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
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)	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)	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)	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)	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)	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
Lunch, Gluten Free (K-12) (SFUSD) 2017_09 - 3830 (1 ea.)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
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
1/10/2019									
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.)	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 Full Portion (SFUSD) - 8852 (2 c.)	12.66	2.45	0.22	0.03	0.00	5.96	1.56	0.89	0.92
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
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
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
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
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)	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)	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)	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)	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)	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
Lunch, Gluten Free (K-12) (SFUSD) 2017_09 - 3830 (1 ea.)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
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
1/11/2019									
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
Zesty Black Beans - 8230 (1 c.)	201.95	61.24	1.56	0.11	0.00	57.88	39.59	2.77	23.76
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
Poppin' Pintos - 4897 (1 c.)	311.11	56.07	1.26	0.21	0.00	317.51	13.93	2.02	18.92

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Fat (g)	Sfat (g)	Chol (mg)	Na (mg)	TDF (g)	Sugars (g)	Pro (g)
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 - 35681 (1 ea.)	389.27	41.31	16.10	6.05	16.32	397.72	6.88	2.51	22.57
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
Sandwich Egg Salad (SFUSD 9-12) - 39384 (1 ea.)	397.36	46.87	15.71	2.89	192.42	477.80	4.83(M)	7.33(M)	12.18
Pasta with Zesty Beef (Bulk)	428.57	47.18	17.11	6.00	14.93	459.09	7.59	3.78	24.38
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)	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)	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)	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)	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)	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
Lunch, Gluten Free (K-12) (SFUSD) 2017_09 - 3830 (1 ea.)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
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
1/14/2019									
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
Green Peas (SFUSD) - 10443 (1 c.)	142.98	25.29	0.74	0.12	0.00	200.55	8.36	9.29	9.69
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
Cheese Pizza - 30302 (1 ea.)	410.00	44.00	15.50	7.00	33.00	530.00	4.00	6.00	25.00
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
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)	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)	657.66	90.30	24.52	3.15	31.50	552.89	13.34	42.40	24.76
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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)
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
1/15/2019									
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
Zesty Black Beans - 8230 (1 c.)	201.95	61.24	1.56	0.11	0.00	57.88	39.59	2.77	23.76
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
Poppin' Pintos - 4897 (1 c.)	311.11	56.07	1.26	0.21	0.00	317.51	13.93	2.02	18.92
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
Quesadilla Chicken (SFUSD 9-12) - 40114 (1 ea.)	436.23	44.48	20.07	6.12	57.29	381.71	3.65	0.02	22.24
Scoops Fiesta Three Layer Dip (SFUSD 9-12) - 39848 (1 ea.)	432.76	60.63	13.09	5.95	23.56	568.22	7.23	1.80(M)	21.03

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Fat (g)	Sfat (g)	Chol (mg)	Na (mg)	TDF (g)	Sugars (g)	Pro (g)
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)	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)	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)	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)	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)	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
Lunch, Gluten Free (K-12) (SFUSD) 2017_09 - 3830 (1 ea.)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
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
1/16/2019									
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.)	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
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
Cheese Pizza - 30302 (1 ea.)	410.00	44.00	15.50	7.00	33.00	530.00	4.00	6.00	25.00
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
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)	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)	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)	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)	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)	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
Lunch, Gluten Free (K-12) (SFUSD) 2017_09 - 3830 (1 ea.)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
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
1/17/2019									
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.)	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
Salad Broccoli & Carrot (SFUSD) - 9588 (1 1/8 c.)	62.28	12.81	0.79	0.14	0.00	57.77	4.14	5.49	2.83
Calzone Italian Meatless (9-12) - 37659 (1 ea.)	450.00	60.00	13.50	4.50	15.00	505.00	5.00	10.00	25.00
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
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
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 Grilled Bites Orange (SFUSD BV 9-12) - 39699 (1 ea.)	445.46	68.65	6.03	1.33	60.12	570.28	2.36	17.59(M)	25.37
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
Field Trip Meal Cheddar Cheese Sub Sandwich (SFUSD 9-12)	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)	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)	617.46	102.55	13.81	4.05	40.00	978.23	13.07	44.94	23.17

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 Turkey & Cheddar Sub Sandwich (SFUSD 9-12)	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)	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
Lunch, Gluten Free (K-12) (SFUSD) 2017_09 - 3830 (1 ea.)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
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
1/18/2019									
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.)	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
Crunchy Celery Sticks - 8583 (1 c.)	20.77	3.86	0.22	0.06	0.00	103.87	2.08	1.74	0.90
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
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
Turkey & Cheese Flatbread Sandwich - 26282 (1 ea.)	334.09	31.50	14.63	6.08	47.88	647.99	1.00	5.50	19.09
Salad Chicken Sesame (SFUSD 9-12) - 40122 (1 ea.)	515.52	42.85	26.72	4.54	79.80	618.91	6.06	9.79	24.77
Cholula Hot Sauce Packet - 3899 (1 ea.)	0.00	0.00	0.00	0.00	0.00	119.00	(M)	(M)	0.00
Ranch Dressing Packet - 4033 (1 ea.)	150.00	1.00	16.00	2.50	10.00	280.00	0.00	1.00	0.00
Field Trip Meal Cheddar Cheese Sub Sandwich (SFUSD 9-12)	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)	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)	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)	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)	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
Lunch, Gluten Free (K-12) (SFUSD) 2017_09 - 3830 (1 ea.)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
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
1/22/2019									
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
Romaine Chopped Full Portion (SFUSD) - 8852 (2 c.)	12.66	2.45	0.22	0.03	0.00	5.96	1.56	0.89	0.92
Romaine Chopped (SFUSD) - 8222 (1 c.)	6.31	1.22	0.11	0.01	0.00	2.97	0.78	0.44	0.46
Fresh Tomatoes - 8220 (1/2 c.)	16.23	3.51	0.18	0.03	0.00	4.51	1.08	2.37	0.79
Calzone VEG Philly Cheesesteak (SFUSD 9-12) - 38988 (1 ea.)	410.00	61.00	8.50	3.00	20.00	800.00	7.00	3.00	24.00
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
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)	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)	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)	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)	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)	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
Lunch, Gluten Free (K-12) (SFUSD) 2017_09 - 3830 (1 ea.)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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 (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
1/23/2019									
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.)	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
Chicken Tomato Curry (SFUSD 9-12) - 39457 (1 ea.)	439.47	62.52	9.06	3.28	64.16	703.07	2.27	2.57(M)	24.60
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
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
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)	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)	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)	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)	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)	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
Lunch, Gluten Free (K-12) (SFUSD) 2017_09 - 3830 (1 ea.)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
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
1/24/2019									
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.)	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) - 10443 (1 c.)	142.98	25.29	0.74	0.12	0.00	200.55	8.36	9.29	9.69
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
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
Scoops Black Bean and Chili Cheese Dip (SFUSD 9-12) - 40040 (1 ea.)	434.19	73.36	14.19	6.69	30.03	722.84	20.22	3.47(M)	22.33
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)	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)	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)	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)	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)	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
Lunch, Gluten Free (K-12) (SFUSD) 2017_09 - 3830 (1 ea.)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
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
1/25/2019									
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

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Fat (g)	Sfat (g)	Chol (mg)	Na (mg)	TDF (g)	Sugars (g)	Pro (g)
Soy Milk - 9004 (1 ea.)	150.00	18.00	5.00	1.00	0.00	180.00	0.00	17.00	9.00
Apple 1/2 cup - FR97 (2 ea.)	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
Bean & Cheese Burrito - 29816 (1 ea.)	443.07	50.76	17.45	6.96	27.34	503.26	7.70	0.83	24.50
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
Buffalo Chicken Crunchadilla - 30217 (1 ea.)	432.07	42.45	17.87	5.00	50.48	491.44	4.00	2.83	26.23
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
Field Trip Meal Cheddar Cheese Sub Sandwich (SFUSD 9-12)	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)	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)	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)	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)	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
Lunch, Gluten Free (K-12) (SFUSD) 2017_09 - 3830 (1 ea.)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
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
1/28/2019									
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 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
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
Pasta Mac and Cheese with Chicken Sausage (SFUSD 9-12) - 39954 (1	400.97	45.93	15.38	4.79	72.01	870.64	2.61	7.23	23.36
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
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)	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)	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)	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)	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)	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
Lunch, Gluten Free (K-12) (SFUSD) 2017_09 - 3830 (1 ea.)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
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
1/29/2019									
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.)	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
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
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

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)	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)	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)	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)	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)	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
Lunch, Gluten Free (K-12) (SFUSD) 2017_09 - 3830 (1 ea.)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
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
1/30/2019									
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.)	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 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
Pepper Jack Cheeseburger - 34838 (1 ea.)	428.64	48.11	16.55	6.45	45.91	792.06	3.50(M)	6.08(M)	19.47
Scoops Black Bean and Chili Cheese Dip (SFUSD 9-12) - 40040 (1 ea.)	434.19	73.36	14.19	6.69	30.03	722.84	20.22	3.47(M)	22.33
Chicken Grilled Bites Orange (SFUSD BV 9-12) - 39699 (1 ea.)	445.46	68.65	6.03	1.33	60.12	570.28	2.36	17.59(M)	25.37
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
Field Trip Meal Cheddar Cheese Sub Sandwich (SFUSD 9-12)	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)	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)	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)	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)	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
Lunch, Gluten Free (K-12) (SFUSD) 2017_09 - 3830 (1 ea.)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
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
1/31/2019									
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
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
Kickin' Chicken Alfredo - 35664 (1 ea.)	350.00	40.08	9.44	2.60	49.79	262.76	5.91	1.66	21.97
Rice Sausage Bowl (SFUSD 9-12) - 39433 (1 ea.)	308.94	47.47	5.13	0.81	68.34	713.07	1.30	4.13(M)	17.37
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
Kickin' Chicken Alfredo (Bulk)	346.98	48.98	7.29	2.55	44.95	276.27	6.90	2.01	22.20
Smoky Sausage Rice Bowl (Bulk)	347.75	54.60	6.17	0.83	68.34	524.14	1.71	3.15(M)	18.50
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)	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)	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)	617.46	102.55	13.81	4.05	40.00	978.23	13.07	44.94	23.17

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 Turkey & Cheddar Sub Sandwich (SFUSD 9-12)	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)	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
Lunch, Gluten Free (K-12) (SFUSD) 2017_09 - 3830 (1 ea.)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
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