

Nutritional Information: CACFP Supper

- Nutritional information is current as of 1/1/19 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 - 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 - 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
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
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
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
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 - 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
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
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
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
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
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
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
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
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

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 (SFUSD) - 8582 (1 c.)	145.20	34.17	1.29	0.20	0.00	4.95	3.46	4.13	4.98
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
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
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
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
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 - 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
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
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
Chicken Bites Grilled with Ketchup (SFUSD) - 9580 (1 ea.)	312.69	36.02	8.09	1.86	60.12	279.22	3.76	6.07	23.38
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
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
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 - 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 Sausage (SFUSD 9-12) - 40091 (1 ea.)	393.36	58.07	7.23	0.85	76.09	846.08	3.00	20.38	21.22
Classic Turkey & Cheddar Sub Sandwich - 5310 (1 ea.)	383.19	31.16	18.11	5.55	46.50	781.13	2.68	4.86	20.00
Snacker Pack! Cinnamon Grahams, Celery, & Sunbutter - 8863 (1 ea.)	400.39	27.93	25.61	5.53	15.00	386.94	6.04	9.87	16.45
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
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 - 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
Mama's Tamale (Red Chili Chicken) - 38798 (1 ea.)	446.47	77.29	7.88	1.85	25.00	438.06	8.30	1.03	21.35

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Fat (g)	Sfat (g)	Chol (mg)	Na (mg)	TDF (g)	Sugars (g)	Pro (g)
Chicken Caesar Wrap - 32083 (1 ea.)	412.35	32.03	17.19	6.25	62.75	524.15	2.39	3.09	29.48
Snacker Pack! 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
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
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 - 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
Pasta Mac and Cheese & BBQ Beans (9-12) - 40004 (1 ea.)	496.63	77.90	13.21	4.28	20.02	809.96	7.89	20.48	19.99
Southwest Veggie Wrap - 28075 (1 ea.)	407.66	62.19	16.78	3.46	12.70	374.84	20.05	5.55(M)	21.37
Pasta Chicken Noodle Salad (SFUSD) - 9581 (1 ea.)	313.18	41.17	9.12	2.46	52.27(M)	450.33	5.20(M)	13.73(M)	17.93
Cholula Hot Sauce Packet - 3899 (1 ea.)	0.00	0.00	0.00	0.00	0.00	119.00	(M)	(M)	0.00
Ranch Dressing Packet - 4033 (1 ea.)	150.00	1.00	16.00	2.50	10.00	280.00	0.00	1.00	0.00
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
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 - FR03 (1 ea.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
Romaine Chopped Full Portion (SFUSD) - 8852 (1 1/2 c.)	9.49	1.84	0.17	0.02	0.00	4.47	1.17	0.67	0.69
Flame-Broiled Beef Cheeseburger - 35114 (1 ea.)	334.55	32.00	15.22	6.24	46.09	506.00	2.50	6.00	17.10
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
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
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 - 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
Kickin' Chicken Alfredo - 35664 (1 ea.)	350.00	40.08	9.44	2.60	49.79	262.76	5.91	1.66	21.97
Buffalo Chicken Wrap - 36472 (1 ea.)	393.98	33.24	17.23	5.28	53.31	481.46	2.14	3.93(M)	24.02
Snacker Pack! Crackers, Celery & Sunbutter - 8791 (1 ea.)	400.39	27.93	25.61	5.53	15.00	541.94	7.04	6.87	16.45
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

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Fat (g)	Sfat (g)	Chol (mg)	Na (mg)	TDF (g)	Sugars (g)	Pro (g)
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
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 - 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
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
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
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
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 - 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
Sesame Chicken Wrap - 32092 (1 ea.)	400.15	32.78	19.44	2.46	51.56	331.31	2.84	4.68	24.02
Snacker Pack! Cinnamon Rumbles & String Cheese - 8668 (1 ea.)	538.67	27.23	41.13	8.52	25.00	647.78	6.66	6.30	15.32
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
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 - 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
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
Taco Dippers Kit - 35734 (1 ea.)	336.93	42.07	11.85	4.37	18.48	439.51	4.97	0.74	18.91
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
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
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
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 - 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 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
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
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
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
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 - 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
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
Classic Turkey & Cheddar Sub Sandwich - 5310 (1 ea.)	383.19	31.16	18.11	5.55	46.50	781.13	2.68	4.86	20.00
Snacker Pack! Cinnamon Grahams, Celery, & Sunbutter - 8863 (1 ea.)	400.39	27.93	25.61	5.53	15.00	386.94	6.04	9.87	16.45
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
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 - 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
Buffalo Chicken Sandwich - 27463 (1 ea.)	374.04	43.73	12.43	2.12	53.01	490.45	4.50	6.73	19.02
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
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
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 - 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
Breakfast for Lunch: Pancakes with Sausage (SFUSD 9-12) - 40091 (1 ea.)	393.36	58.07	7.23	0.85	76.09	846.08	3.00	20.38	21.22
Mighty Meaty Deli Combo Sandwich - 30023 (1 ea.)	390.00	30.00	19.00	5.50	40.00	745.00	3.00	4.00	19.00
GNG 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
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
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
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 - 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
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
Buffalo Chicken Wrap - 36472 (1 ea.)	393.98	33.24	17.23	5.28	53.31	481.46	2.14	3.93(M)	24.02
Snacker Pack! Crackers, Celery & Sunbutter - 8791 (1 ea.)	400.39	27.93	25.61	5.53	15.00	541.94	7.04	6.87	16.45
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