

Nutritional Information: CACFP Supper

- Nutritional information is current as of 5/1/19 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 - May, 2019

Date: 05/01/2019 - 05/31/2019

| Item Name (Serving Size) | Calories (Kcal) | Carb (g) | Fat (g) | Sfat (g) | Chol (mg) | Na (mg) | TDF (g) | Sugars (g) | Pro (g) |
|---|--------------------|-------------|------------|-------------|--------------|------------|------------|---------------|------------|
| 5/1/2019 | | | | | | | | | |
| Milk 0% - 9002 (1 ea.) | 90.00 | 13.00 | 0.00 | 0.00 | 0.00 | 135.00 | 0.00 | 13.00 | 9.00 |
| Milk 1% - 9001 (1 ea.) | 110.00 | 13.00 | 2.50 | 1.50 | 0.00 | 130.00 | 0.00 | 13.00 | 8.00 |
| Soy Milk - 9004 (1 ea.) | 150.00 | 18.00 | 5.00 | 1.00 | 0.00 | 180.00 | 0.00 | 17.00 | 9.00 |
| Apple - FR03 (1 ea.) | 55.12 | 14.64 | 0.18 | 0.03 | 0.00 | 1.06 | 2.54 | 11.01 | 0.28 |
| Apple Juice (6 oz) - FR15 (1 ea.) | 80.00 | 20.00 | 0.00 | 0.00 | 0.00 | 15.00 | 0.00 | 17.00 | 0.00 |
| Applesauce Variety - FR55 (1 ea.) | 50.00 | 14.00 | 0.00 | 0.00 | 0.00 | 15.00 | 1.00 | 12.00 | 0.00 |
| Orange Juice - FR14 (1 ea.) | 60.00 | 14.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 12.00 | 0.00 |
| Pineapple Juice - FR96 (1 ea.) | 60.00 | 16.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 14.00 | 0.00 |
| Pineapple (Lunch) - FR01 (1/2 c.) | 38.27 | 10.04 | 0.09 | 0.01 | 0.00 | 0.77 | 1.07 | 7.54 | 0.41 |
| Raisins 1/4 Cup - FR25 (1 ea.) | 106.05 | 28.28 | 0.00 | 0.00 | 0.00 | 3.54 | 1.77 | 21.21 | 0.88 |
| Carrots Corn Peas Seasoned (SFUSD) - 10579 (1 1/8 c.) | 110.78 | 23.24 | 0.84 | 0.13 | 0.00 | 85.95 | 4.99 | 5.86 | 5.19 |
| 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 |
| Mighty Meaty Deli Combo Sandwich - 30023 (1 ea.) | 390.00 | 30.00 | 19.00 | 5.50 | 40.00 | 745.00 | 3.00 | 4.00 | 19.00 |
| GNG Pizza Cheese & Celery Kit - 10678 (1 ea.) | 279.96 | 21.17 | 14.69 | 7.06 | 30.19 | 772.07 | 2.65 | 5.37 | 18.44 |
| Sandwich Chicken Salad (SFUSD) - 9518 (1 ea.) | 333.40 | 35.01 | 11.41 | 1.67 | 47.24 | 373.14 | 4.08 | 6.26 | 21.37 |
| Cholula Hot Sauce Packet - 3899 (1 ea.) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 119.00 | (M) | (M) | 0.00 |
| Ranch Dressing Packet - 4033 (1 ea.) | 150.00 | 1.00 | 16.00 | 2.50 | 10.00 | 280.00 | 0.00 | 1.00 | 0.00 |
| Sandwich Turkey Allergen Free (SFUSD K-12) - 3831 (1 ea.) | 220.00 | 31.00 | 2.00 | 0.00 | 35.00 | 690.00 | 2.50 | 5.00 | 18.00 |
| 5/2/2019 | | | | | | | | | |
| Milk 0% - 9002 (1 ea.) | 90.00 | 13.00 | 0.00 | 0.00 | 0.00 | 135.00 | 0.00 | 13.00 | 9.00 |
| Milk 1% - 9001 (1 ea.) | 110.00 | 13.00 | 2.50 | 1.50 | 0.00 | 130.00 | 0.00 | 13.00 | 8.00 |
| Soy Milk - 9004 (1 ea.) | 150.00 | 18.00 | 5.00 | 1.00 | 0.00 | 180.00 | 0.00 | 17.00 | 9.00 |
| Apple - FR03 (1 ea.) | 55.12 | 14.64 | 0.18 | 0.03 | 0.00 | 1.06 | 2.54 | 11.01 | 0.28 |
| 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 |
| 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 Pepperoni (SFUSD 9-12) - 40388 (1 ea.) | 400.00 | 47.00 | 14.50 | 6.00 | 30.00 | 710.00 | 4.00 | 8.00 | 19.00 |
| Sesame Chicken Wrap - 32092 (1 ea.) | 400.15 | 32.78 | 19.44 | 2.46 | 51.56 | 331.31 | 2.84 | 4.68 | 24.02 |
| GNG Wrap Turkey Pesto - 10571 (1 ea.) | 273.75 | 29.49 | 9.40 | 1.95 | 42.85 | 586.71 | 2.98 | 2.18 | 18.24 |
| Sandwich Chicken Salad (SFUSD) - 9518 (1 ea.) | 333.40 | 35.01 | 11.41 | 1.67 | 47.24 | 373.14 | 4.08 | 6.26 | 21.37 |
| Cholula Hot Sauce Packet - 3899 (1 ea.) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 119.00 | (M) | (M) | 0.00 |
| Ranch Dressing Packet - 4033 (1 ea.) | 150.00 | 1.00 | 16.00 | 2.50 | 10.00 | 280.00 | 0.00 | 1.00 | 0.00 |
| Sandwich Turkey Allergen Free (SFUSD K-12) - 3831 (1 ea.) | 220.00 | 31.00 | 2.00 | 0.00 | 35.00 | 690.00 | 2.50 | 5.00 | 18.00 |
| 5/3/2019 | | | | | | | | | |
| Milk 0% - 9002 (1 ea.) | 90.00 | 13.00 | 0.00 | 0.00 | 0.00 | 135.00 | 0.00 | 13.00 | 9.00 |
| Milk 1% - 9001 (1 ea.) | 110.00 | 13.00 | 2.50 | 1.50 | 0.00 | 130.00 | 0.00 | 13.00 | 8.00 |
| Soy Milk - 9004 (1 ea.) | 150.00 | 18.00 | 5.00 | 1.00 | 0.00 | 180.00 | 0.00 | 17.00 | 9.00 |
| Apple - FR03 (1 ea.) | 55.12 | 14.64 | 0.18 | 0.03 | 0.00 | 1.06 | 2.54 | 11.01 | 0.28 |
| Green Beans (SFUSD) - 6284 (1 c.) | 63.79 | 12.43 | 0.34 | 0.07 | 0.00 | 23.71 | 4.18 | 3.50 | 2.90 |
| Pancake, Sausage & Omelet (SFUSD 9-12) - 40820 (1 ea.) | 455.00 | 56.00 | 14.00 | 4.00 | 120.00 | 910.00 | 3.00 | 19.00 | 21.00 |
| Wrap Chicken Honey Mustard (SFUSD 9-12) - 40935 (1 ea.) | 325.36 | 29.64 | 14.49 | 2.22 | 41.43 | 254.95 | 2.32(M) | 2.43(M) | 19.73 |
| Snacker Pack! Pretzel Goldfish & Sunflower Seeds - 8782 (1 ea.) | 385.80 | 29.07 | 23.60 | 5.52 | 15.00 | 587.49 | 6.14 | 4.51 | 16.47 |
| Sandwich Chicken Salad (SFUSD) - 9518 (1 ea.) | 333.40 | 35.01 | 11.41 | 1.67 | 47.24 | 373.14 | 4.08 | 6.26 | 21.37 |
| Cholula Hot Sauce Packet - 3899 (1 ea.) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 119.00 | (M) | (M) | 0.00 |
| Ranch Dressing Packet - 4033 (1 ea.) | 150.00 | 1.00 | 16.00 | 2.50 | 10.00 | 280.00 | 0.00 | 1.00 | 0.00 |
| Sandwich Turkey Allergen Free (SFUSD K-12) - 3831 (1 ea.) | 220.00 | 31.00 | 2.00 | 0.00 | 35.00 | 690.00 | 2.50 | 5.00 | 18.00 |
| 5/6/2019 | | | | | | | | | |
| 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.) | 110.00 | 13.00 | 2.50 | 1.50 | 0.00 | 130.00 | 0.00 | 13.00 | 8.00 |
| Soy Milk - 9004 (1 ea.) | 150.00 | 18.00 | 5.00 | 1.00 | 0.00 | 180.00 | 0.00 | 17.00 | 9.00 |
| Apple - FR03 (1 ea.) | 55.12 | 14.64 | 0.18 | 0.03 | 0.00 | 1.06 | 2.54 | 11.01 | 0.28 |

| Item Name (Serving Size) | Calories (Kcal) | Carb (g) | Fat (g) | Sfat (g) | Chol (mg) | Na (mg) | TDF (g) | Sugars (g) | Pro (g) |
|---|--------------------|-------------|------------|-------------|--------------|------------|------------|---------------|------------|
| 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 |
| 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 |
| Sandwich Cheeseburger Pepper Jack (SFUSD 9-12) - 40548 (1 ea.) | 338.64 | 32.11 | 15.05 | 6.45 | 45.91 | 592.06 | 2.50(M) | 6.08(M) | 17.47 |
| 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! Ranch Rumbles & Sunflower Seeds - 8649 (1 ea.) | 385.80 | 27.07 | 25.10 | 5.52 | 15.00 | 497.49 | 7.14 | 6.51 | 16.47 |
| Sandwich Chicken Salad (SFUSD) - 9518 (1 ea.) | 333.40 | 35.01 | 11.41 | 1.67 | 47.24 | 373.14 | 4.08 | 6.26 | 21.37 |
| Cholula Hot Sauce Packet - 3899 (1 ea.) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 119.00 | (M) | (M) | 0.00 |
| Ranch Dressing Packet - 4033 (1 ea.) | 150.00 | 1.00 | 16.00 | 2.50 | 10.00 | 280.00 | 0.00 | 1.00 | 0.00 |
| Sandwich Turkey Allergen Free (SFUSD K-12) - 3831 (1 ea.) | 220.00 | 31.00 | 2.00 | 0.00 | 35.00 | 690.00 | 2.50 | 5.00 | 18.00 |
| 5/7/2019 | | | | | | | | | |
| 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.) | 110.00 | 13.00 | 2.50 | 1.50 | 0.00 | 130.00 | 0.00 | 13.00 | 8.00 |
| Soy Milk - 9004 (1 ea.) | 150.00 | 18.00 | 5.00 | 1.00 | 0.00 | 180.00 | 0.00 | 17.00 | 9.00 |
| Apple - FR03 (1 ea.) | 55.12 | 14.64 | 0.18 | 0.03 | 0.00 | 1.06 | 2.54 | 11.01 | 0.28 |
| Corn Chili Citrus (SFUSD) - 9235 (1 c.) | 136.22 | 31.96 | 1.26 | 0.19 | 0.00 | 5.13 | 3.35 | 3.85 | 4.68 |
| Pasta Alfredo (SFUSD 9-12) - 40095 (1 ea.) | 413.47 | 41.11 | 19.59 | 9.25 | 41.86 | 594.19 | 5.34 | 1.67 | 22.60 |
| Southwest Veggie Wrap - 28075 (1 ea.) | 407.66 | 62.19 | 16.78 | 3.46 | 12.70 | 374.84 | 20.05 | 5.55(M) | 21.37 |
| GNG Slider Turkey & Celery - 10688 (1 ea.) | 440.39 | 30.43 | 27.61 | 3.53 | 17.50 | 647.94 | 6.04 | 5.37 | 17.95 |
| Sandwich Chicken Salad (SFUSD) - 9518 (1 ea.) | 333.40 | 35.01 | 11.41 | 1.67 | 47.24 | 373.14 | 4.08 | 6.26 | 21.37 |
| Cholula Hot Sauce Packet - 3899 (1 ea.) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 119.00 | (M) | (M) | 0.00 |
| Ranch Dressing Packet - 4033 (1 ea.) | 150.00 | 1.00 | 16.00 | 2.50 | 10.00 | 280.00 | 0.00 | 1.00 | 0.00 |
| Sandwich Turkey Allergen Free (SFUSD K-12) - 3831 (1 ea.) | 220.00 | 31.00 | 2.00 | 0.00 | 35.00 | 690.00 | 2.50 | 5.00 | 18.00 |
| 5/8/2019 | | | | | | | | | |
| Milk 0% - 9002 (1 ea.) | 90.00 | 13.00 | 0.00 | 0.00 | 0.00 | 135.00 | 0.00 | 13.00 | 9.00 |
| Milk 1% - 9001 (1 ea.) | 110.00 | 13.00 | 2.50 | 1.50 | 0.00 | 130.00 | 0.00 | 13.00 | 8.00 |
| Soy Milk - 9004 (1 ea.) | 150.00 | 18.00 | 5.00 | 1.00 | 0.00 | 180.00 | 0.00 | 17.00 | 9.00 |
| Apple - FR03 (1 ea.) | 55.12 | 14.64 | 0.18 | 0.03 | 0.00 | 1.06 | 2.54 | 11.01 | 0.28 |
| 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 |
| 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! Cheddar Goldfish & Sunflower Seeds - 8341 (1 ea.) | 395.80 | 27.07 | 25.60 | 6.52 | 18.00 | 557.49 | 6.14 | 4.51 | 17.47 |
| Sandwich Chicken Salad (SFUSD) - 9518 (1 ea.) | 333.40 | 35.01 | 11.41 | 1.67 | 47.24 | 373.14 | 4.08 | 6.26 | 21.37 |
| Cholula Hot Sauce Packet - 3899 (1 ea.) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 119.00 | (M) | (M) | 0.00 |
| Ranch Dressing Packet - 4033 (1 ea.) | 150.00 | 1.00 | 16.00 | 2.50 | 10.00 | 280.00 | 0.00 | 1.00 | 0.00 |
| Sandwich Turkey Allergen Free (SFUSD K-12) - 3831 (1 ea.) | 220.00 | 31.00 | 2.00 | 0.00 | 35.00 | 690.00 | 2.50 | 5.00 | 18.00 |
| 5/9/2019 | | | | | | | | | |
| Milk 0% - 9002 (1 ea.) | 90.00 | 13.00 | 0.00 | 0.00 | 0.00 | 135.00 | 0.00 | 13.00 | 9.00 |
| Milk 1% - 9001 (1 ea.) | 110.00 | 13.00 | 2.50 | 1.50 | 0.00 | 130.00 | 0.00 | 13.00 | 8.00 |
| Soy Milk - 9004 (1 ea.) | 150.00 | 18.00 | 5.00 | 1.00 | 0.00 | 180.00 | 0.00 | 17.00 | 9.00 |
| Apple - FR03 (1 ea.) | 55.12 | 14.64 | 0.18 | 0.03 | 0.00 | 1.06 | 2.54 | 11.01 | 0.28 |
| Carrots Baby (SFUSD) - 3816 (1 1/4 c.) | 61.69 | 14.52 | 0.23 | 0.04 | 0.00 | 137.47 | 5.11 | 8.39 | 1.13 |
| Quesadilla Bean & Cheese (SFUSD K-12) - 10711 (1 ea.) | 352.94 | 45.39 | 12.49 | 4.11 | 15.19 | 331.55 | 6.56 | 0.66 | 17.29 |
| Sunny Sandwich Kit - 6973 (1 ea.) | 475.00 | 59.00 | 19.00 | 2.50 | 5.00 | 430.00 | 6.50 | 28.00 | 16.00 |
| Snacker Pack! Crackers, Celery & Sunbutter - 8791 (1 ea.) | 400.39 | 27.93 | 25.61 | 5.53 | 15.00 | 541.94 | 7.04 | 6.87 | 16.45 |
| Sandwich Chicken Salad (SFUSD) - 9518 (1 ea.) | 333.40 | 35.01 | 11.41 | 1.67 | 47.24 | 373.14 | 4.08 | 6.26 | 21.37 |
| Cholula Hot Sauce Packet - 3899 (1 ea.) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 119.00 | (M) | (M) | 0.00 |
| Ranch Dressing Packet - 4033 (1 ea.) | 150.00 | 1.00 | 16.00 | 2.50 | 10.00 | 280.00 | 0.00 | 1.00 | 0.00 |
| Sandwich Turkey Allergen Free (SFUSD K-12) - 3831 (1 ea.) | 220.00 | 31.00 | 2.00 | 0.00 | 35.00 | 690.00 | 2.50 | 5.00 | 18.00 |
| 5/10/2019 | | | | | | | | | |
| Milk 0% - 9002 (1 ea.) | 90.00 | 13.00 | 0.00 | 0.00 | 0.00 | 135.00 | 0.00 | 13.00 | 9.00 |
| Milk 1% - 9001 (1 ea.) | 110.00 | 13.00 | 2.50 | 1.50 | 0.00 | 130.00 | 0.00 | 13.00 | 8.00 |
| Soy Milk - 9004 (1 ea.) | 150.00 | 18.00 | 5.00 | 1.00 | 0.00 | 180.00 | 0.00 | 17.00 | 9.00 |
| Apple - FR03 (1 ea.) | 55.12 | 14.64 | 0.18 | 0.03 | 0.00 | 1.06 | 2.54 | 11.01 | 0.28 |

| Item Name (Serving Size) | Calories (Kcal) | Carb (g) | Fat (g) | Sfat (g) | Chol (mg) | Na (mg) | TDF (g) | Sugars (g) | Pro (g) |
|--|--------------------|-------------|------------|-------------|--------------|------------|------------|---------------|------------|
| 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 | 565.00 | 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 |
| GNG Educational Crackers & Sunflower Seeds - 9794 (1 ea.) | 415.80 | 35.07 | 26.10 | 5.52 | 15.00 | 452.49 | 7.14 | 10.51 | 16.47 |
| Sandwich Chicken Salad (SFUSD) - 9518 (1 ea.) | 333.40 | 35.01 | 11.41 | 1.67 | 47.24 | 373.14 | 4.08 | 6.26 | 21.37 |
| Cholula Hot Sauce Packet - 3899 (1 ea.) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 119.00 | (M) | (M) | 0.00 |
| Ranch Dressing Packet - 4033 (1 ea.) | 150.00 | 1.00 | 16.00 | 2.50 | 10.00 | 280.00 | 0.00 | 1.00 | 0.00 |
| Sandwich Turkey Allergen Free (SFUSD K-12) - 3831 (1 ea.) | 220.00 | 31.00 | 2.00 | 0.00 | 35.00 | 690.00 | 2.50 | 5.00 | 18.00 |
| 5/13/2019 | | | | | | | | | |
| 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.) | 110.00 | 13.00 | 2.50 | 1.50 | 0.00 | 130.00 | 0.00 | 13.00 | 8.00 |
| Soy Milk - 9004 (1 ea.) | 150.00 | 18.00 | 5.00 | 1.00 | 0.00 | 180.00 | 0.00 | 17.00 | 9.00 |
| Apple - FR03 (1 ea.) | 55.12 | 14.64 | 0.18 | 0.03 | 0.00 | 1.06 | 2.54 | 11.01 | 0.28 |
| Corn (SFUSD) - 8582 (1 c.) | 145.20 | 34.17 | 1.29 | 0.20 | 0.00 | 4.95 | 3.46 | 4.13 | 4.98 |
| Enchilada Chicken (SFUSD 9-12) - 39478 (1 ea.) | 323.54 | 37.30 | 9.66 | 4.19 | 49.39 | 488.25 | 2.78 | 1.66(M) | 21.85 |
| BBQ Chicken Wrap - 32068 (1 ea.) | 400.69 | 36.83 | 15.05 | 4.87 | 67.27 | 391.04 | 2.86 | 7.34(M) | 30.77 |
| Snacker Pack! Ranch Rumbles & Sunflower Seeds - 8649 (1 ea.) | 385.80 | 27.07 | 25.10 | 5.52 | 15.00 | 497.49 | 7.14 | 6.51 | 16.47 |
| Sandwich Chicken Salad (SFUSD) - 9518 (1 ea.) | 333.40 | 35.01 | 11.41 | 1.67 | 47.24 | 373.14 | 4.08 | 6.26 | 21.37 |
| Cholula Hot Sauce Packet - 3899 (1 ea.) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 119.00 | (M) | (M) | 0.00 |
| Ranch Dressing Packet - 4033 (1 ea.) | 150.00 | 1.00 | 16.00 | 2.50 | 10.00 | 280.00 | 0.00 | 1.00 | 0.00 |
| Sandwich Turkey Allergen Free (SFUSD K-12) - 3831 (1 ea.) | 220.00 | 31.00 | 2.00 | 0.00 | 35.00 | 690.00 | 2.50 | 5.00 | 18.00 |
| 5/14/2019 | | | | | | | | | |
| 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.) | 110.00 | 13.00 | 2.50 | 1.50 | 0.00 | 130.00 | 0.00 | 13.00 | 8.00 |
| Soy Milk - 9004 (1 ea.) | 150.00 | 18.00 | 5.00 | 1.00 | 0.00 | 180.00 | 0.00 | 17.00 | 9.00 |
| Apple - FR03 (1 ea.) | 55.12 | 14.64 | 0.18 | 0.03 | 0.00 | 1.06 | 2.54 | 11.01 | 0.28 |
| Carrots Baby (SFUSD) - 3816 (1 1/4 c.) | 61.69 | 14.52 | 0.23 | 0.04 | 0.00 | 137.47 | 5.11 | 8.39 | 1.13 |
| Scoops Chicken Chili Cheese Dip (SFUSD 9-12) - 40022 (1 ea.) | 421.59 | 48.15 | 14.44 | 6.64 | 68.47 | 707.98 | 2.74 | 2.23(M) | 25.80 |
| Classic Turkey & Cheddar Sub Sandwich - 5310 (1 ea.) | 383.19 | 31.16 | 18.11 | 5.55 | 46.50 | 781.13 | 2.68 | 4.86 | 20.00 |
| Snacker Pack! Pretzel Goldfish, Celery, & Sunbutter - 8348 (1 ea.) | 380.39 | 24.93 | 23.61 | 5.53 | 15.00 | 571.94 | 6.04 | 3.87 | 16.45 |
| Sandwich Chicken Salad (SFUSD) - 9518 (1 ea.) | 333.40 | 35.01 | 11.41 | 1.67 | 47.24 | 373.14 | 4.08 | 6.26 | 21.37 |
| Cholula Hot Sauce Packet - 3899 (1 ea.) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 119.00 | (M) | (M) | 0.00 |
| Ranch Dressing Packet - 4033 (1 ea.) | 150.00 | 1.00 | 16.00 | 2.50 | 10.00 | 280.00 | 0.00 | 1.00 | 0.00 |
| Sandwich Turkey Allergen Free (SFUSD K-12) - 3831 (1 ea.) | 220.00 | 31.00 | 2.00 | 0.00 | 35.00 | 690.00 | 2.50 | 5.00 | 18.00 |
| 5/15/2019 | | | | | | | | | |
| 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.) | 110.00 | 13.00 | 2.50 | 1.50 | 0.00 | 130.00 | 0.00 | 13.00 | 8.00 |
| Soy Milk - 9004 (1 ea.) | 150.00 | 18.00 | 5.00 | 1.00 | 0.00 | 180.00 | 0.00 | 17.00 | 9.00 |
| Apple - FR03 (1 ea.) | 55.12 | 14.64 | 0.18 | 0.03 | 0.00 | 1.06 | 2.54 | 11.01 | 0.28 |
| Cucumber Slices (SFUSD) - 8581 (3/4 c.) | 16.50 | 3.99 | 0.12 | 0.04 | 0.00 | 2.20 | 0.55 | 1.84 | 0.72 |
| Chicken Drumstick Jerk and Pineapple (SFUSD 9-12) | 447.93 | 69.38 | 9.46 | 1.63 | 100.00 | 273.23 | 9.71 | 9.21(M) | 29.07 |
| Santa Fe Chicken & Black Bean Wrap - 34867 (1 ea.) | 365.76 | 41.33 | 13.30 | 4.12 | 57.14 | 214.27 | 7.76 | 2.23 | 21.75 |
| GNG Rumbles Cinnamon, Cheese & Side Salad - 10681 (1 ea.) | 532.45 | 25.63 | 41.15 | 8.52 | 25.00 | 620.89 | 6.04 | 5.52 | 15.41 |
| 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 |
| 5/16/2019 | | | | | | | | | |
| Milk 0% - 9002 (1 ea.) | 90.00 | 13.00 | 0.00 | 0.00 | 0.00 | 135.00 | 0.00 | 13.00 | 9.00 |
| Milk 1% - 9001 (1 ea.) | 110.00 | 13.00 | 2.50 | 1.50 | 0.00 | 130.00 | 0.00 | 13.00 | 8.00 |
| Soy Milk - 9004 (1 ea.) | 150.00 | 18.00 | 5.00 | 1.00 | 0.00 | 180.00 | 0.00 | 17.00 | 9.00 |
| Apple - FR03 (1 ea.) | 55.12 | 14.64 | 0.18 | 0.03 | 0.00 | 1.06 | 2.54 | 11.01 | 0.28 |
| 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 |

| Item Name (Serving Size) | Calories (Kcal) | Carb (g) | Fat (g) | Sfat (g) | Chol (mg) | Na (mg) | TDF (g) | Sugars (g) | Pro (g) |
|---|--------------------|-------------|------------|-------------|--------------|------------|------------|---------------|------------|
| 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 |
| Chicken Salad SandwichSub - 29574 (1 ea.) | 359.63 | 31.89 | 13.79 | 2.09 | 59.70 | 365.96 | 2.87 | 4.47 | 25.09 |
| GNG Goldfish Crackers, Cheese, Sunflower Seeds & Broccoli | 384.69 | 24.01 | 26.17 | 6.03 | 15.00 | 517.20 | 5.38 | 1.58 | 17.00 |
| 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 |
| 5/17/2019 | | | | | | | | | |
| Milk 0% - 9002 (1 ea.) | 90.00 | 13.00 | 0.00 | 0.00 | 0.00 | 135.00 | 0.00 | 13.00 | 9.00 |
| Milk 1% - 9001 (1 ea.) | 110.00 | 13.00 | 2.50 | 1.50 | 0.00 | 130.00 | 0.00 | 13.00 | 8.00 |
| Soy Milk - 9004 (1 ea.) | 150.00 | 18.00 | 5.00 | 1.00 | 0.00 | 180.00 | 0.00 | 17.00 | 9.00 |
| Apple - FR03 (1 ea.) | 55.12 | 14.64 | 0.18 | 0.03 | 0.00 | 1.06 | 2.54 | 11.01 | 0.28 |
| Corn Chili Citrus (SFUSD) - 9235 (1 c.) | 136.22 | 31.96 | 1.26 | 0.19 | 0.00 | 5.13 | 3.35 | 3.85 | 4.68 |
| 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 |
| Sunny Sandwich Kit - 6973 (1 ea.) | 475.00 | 59.00 | 19.00 | 2.50 | 5.00 | 430.00 | 6.50 | 28.00 | 16.00 |
| Pizza Chicken BBQ Chef Kit (SFUSD) - 9522 (1 ea.) | 308.36 | 38.77 | 9.69 | 3.84 | 36.62 | 456.60 | 3.10 | 8.53 | 20.80 |
| Sandwich Chicken Salad (SFUSD) - 9518 (1 ea.) | 333.40 | 35.01 | 11.41 | 1.67 | 47.24 | 373.14 | 4.08 | 6.26 | 21.37 |
| Cholula Hot Sauce Packet - 3899 (1 ea.) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 119.00 | (M) | (M) | 0.00 |
| Ranch Dressing Packet - 4033 (1 ea.) | 150.00 | 1.00 | 16.00 | 2.50 | 10.00 | 280.00 | 0.00 | 1.00 | 0.00 |
| Sandwich Turkey Allergen Free (SFUSD K-12) - 3831 (1 ea.) | 220.00 | 31.00 | 2.00 | 0.00 | 35.00 | 690.00 | 2.50 | 5.00 | 18.00 |
| 5/20/2019 | | | | | | | | | |
| 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.) | 110.00 | 13.00 | 2.50 | 1.50 | 0.00 | 130.00 | 0.00 | 13.00 | 8.00 |
| Soy Milk - 9004 (1 ea.) | 150.00 | 18.00 | 5.00 | 1.00 | 0.00 | 180.00 | 0.00 | 17.00 | 9.00 |
| Apple - FR03 (1 ea.) | 55.12 | 14.64 | 0.18 | 0.03 | 0.00 | 1.06 | 2.54 | 11.01 | 0.28 |
| Corn (SFUSD) - 8582 (1 c.) | 145.20 | 34.17 | 1.29 | 0.20 | 0.00 | 4.95 | 3.46 | 4.13 | 4.98 |
| Pasta Zesty Beef (SFUSD 9-12) - 40520 (1 ea.) | 361.72 | 40.52 | 14.56 | 5.63 | 37.77 | 486.34 | 5.90 | 2.46 | 20.90 |
| Snacker Pack! Cinnamon Grahams, Celery, & Sunbutter | 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 |
| 5/21/2019 | | | | | | | | | |
| 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.) | 110.00 | 13.00 | 2.50 | 1.50 | 0.00 | 130.00 | 0.00 | 13.00 | 8.00 |
| Soy Milk - 9004 (1 ea.) | 150.00 | 18.00 | 5.00 | 1.00 | 0.00 | 180.00 | 0.00 | 17.00 | 9.00 |
| Apple - FR03 (1 ea.) | 55.12 | 14.64 | 0.18 | 0.03 | 0.00 | 1.06 | 2.54 | 11.01 | 0.28 |
| Cucumber Slices (SFUSD) - 8581 (3/4 c.) | 16.50 | 3.99 | 0.12 | 0.04 | 0.00 | 2.20 | 0.55 | 1.84 | 0.72 |
| Chicken Ranchero Con Queso (SFUSD 9-12) - 39257 (1 ea.) | 407.86 | 56.15 | 8.81 | 3.31 | 49.60 | 423.13 | 3.06 | 2.39(M) | 23.36 |
| Chicken Caesar Wrap - 32083 (1 ea.) | 412.35 | 32.03 | 17.19 | 6.25 | 62.75 | 524.15 | 2.39 | 3.09 | 29.48 |
| Snacker Pack! Crackers, Celery & Sunbutter - 8791 (1 ea.) | 400.39 | 27.93 | 25.61 | 5.53 | 15.00 | 541.94 | 7.04 | 6.87 | 16.45 |
| Sandwich Chicken Salad (SFUSD) - 9518 (1 ea.) | 333.40 | 35.01 | 11.41 | 1.67 | 47.24 | 373.14 | 4.08 | 6.26 | 21.37 |
| Cholula Hot Sauce Packet - 3899 (1 ea.) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 119.00 | (M) | (M) | 0.00 |
| Ranch Dressing Packet - 4033 (1 ea.) | 150.00 | 1.00 | 16.00 | 2.50 | 10.00 | 280.00 | 0.00 | 1.00 | 0.00 |
| Sandwich Turkey Allergen Free (SFUSD K-12) - 3831 (1 ea.) | 220.00 | 31.00 | 2.00 | 0.00 | 35.00 | 690.00 | 2.50 | 5.00 | 18.00 |
| 5/22/2019 | | | | | | | | | |
| Milk 0% - 9002 (1 ea.) | 90.00 | 13.00 | 0.00 | 0.00 | 0.00 | 135.00 | 0.00 | 13.00 | 9.00 |
| Milk 1% - 9001 (1 ea.) | 110.00 | 13.00 | 2.50 | 1.50 | 0.00 | 130.00 | 0.00 | 13.00 | 8.00 |
| Soy Milk - 9004 (1 ea.) | 150.00 | 18.00 | 5.00 | 1.00 | 0.00 | 180.00 | 0.00 | 17.00 | 9.00 |
| Apple - FR03 (1 ea.) | 55.12 | 14.64 | 0.18 | 0.03 | 0.00 | 1.06 | 2.54 | 11.01 | 0.28 |
| Carrots Corn Peas Seasoned (SFUSD) - 10579 (1 1/8 c.) | 110.78 | 23.24 | 0.84 | 0.13 | 0.00 | 85.95 | 4.99 | 5.86 | 5.19 |
| 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 |
| 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! 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 |

| 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) - 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 |
| 5/23/2019 | | | | | | | | | |
| Milk 0% - 9002 (1 ea.) | 90.00 | 13.00 | 0.00 | 0.00 | 0.00 | 135.00 | 0.00 | 13.00 | 9.00 |
| Milk 1% - 9001 (1 ea.) | 110.00 | 13.00 | 2.50 | 1.50 | 0.00 | 130.00 | 0.00 | 13.00 | 8.00 |
| Soy Milk - 9004 (1 ea.) | 150.00 | 18.00 | 5.00 | 1.00 | 0.00 | 180.00 | 0.00 | 17.00 | 9.00 |
| Apple - FR03 (1 ea.) | 55.12 | 14.64 | 0.18 | 0.03 | 0.00 | 1.06 | 2.54 | 11.01 | 0.28 |
| 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 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 |
| Sunny Sandwich Kit - 6973 (1 ea.) | 475.00 | 59.00 | 19.00 | 2.50 | 5.00 | 430.00 | 6.50 | 28.00 | 16.00 |
| GNG Wrap Turkey Pesto - 10571 (1 ea.) | 273.75 | 29.49 | 9.40 | 1.95 | 42.85 | 586.71 | 2.98 | 2.18 | 18.24 |
| Sandwich Chicken Salad (SFUSD) - 9518 (1 ea.) | 333.40 | 35.01 | 11.41 | 1.67 | 47.24 | 373.14 | 4.08 | 6.26 | 21.37 |
| Cholula Hot Sauce Packet - 3899 (1 ea.) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 119.00 | (M) | (M) | 0.00 |
| Ranch Dressing Packet - 4033 (1 ea.) | 150.00 | 1.00 | 16.00 | 2.50 | 10.00 | 280.00 | 0.00 | 1.00 | 0.00 |
| Sandwich Turkey Allergen Free (SFUSD K-12) - 3831 (1 ea.) | 220.00 | 31.00 | 2.00 | 0.00 | 35.00 | 690.00 | 2.50 | 5.00 | 18.00 |
| 5/24/2019 | | | | | | | | | |
| Milk 0% - 9002 (1 ea.) | 90.00 | 13.00 | 0.00 | 0.00 | 0.00 | 135.00 | 0.00 | 13.00 | 9.00 |
| Milk 1% - 9001 (1 ea.) | 110.00 | 13.00 | 2.50 | 1.50 | 0.00 | 130.00 | 0.00 | 13.00 | 8.00 |
| Soy Milk - 9004 (1 ea.) | 150.00 | 18.00 | 5.00 | 1.00 | 0.00 | 180.00 | 0.00 | 17.00 | 9.00 |
| Apple - FR03 (1 ea.) | 55.12 | 14.64 | 0.18 | 0.03 | 0.00 | 1.06 | 2.54 | 11.01 | 0.28 |
| Corn (SFUSD) - 8582 (1 c.) | 145.20 | 34.17 | 1.29 | 0.20 | 0.00 | 4.95 | 3.46 | 4.13 | 4.98 |
| Pancake, Sausage & Omelet (SFUSD 9-12) - 40820 (1 ea.) | 455.00 | 56.00 | 14.00 | 4.00 | 120.00 | 910.00 | 3.00 | 19.00 | 21.00 |
| Wrap Chicken Honey Mustard (SFUSD 9-12) - 40935 (1 ea.) | 325.36 | 29.64 | 14.49 | 2.22 | 41.43 | 254.95 | 2.32(M) | 2.43(M) | 19.73 |
| Snacker Pack! Pretzel Goldfish, Celery, & Sunbutter - 8348 (1 ea.) | 380.39 | 24.93 | 23.61 | 5.53 | 15.00 | 571.94 | 6.04 | 3.87 | 16.45 |
| Sandwich Chicken Salad (SFUSD) - 9518 (1 ea.) | 333.40 | 35.01 | 11.41 | 1.67 | 47.24 | 373.14 | 4.08 | 6.26 | 21.37 |
| Cholula Hot Sauce Packet - 3899 (1 ea.) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 119.00 | (M) | (M) | 0.00 |
| Ranch Dressing Packet - 4033 (1 ea.) | 150.00 | 1.00 | 16.00 | 2.50 | 10.00 | 280.00 | 0.00 | 1.00 | 0.00 |
| Sandwich Turkey Allergen Free (SFUSD K-12) - 3831 (1 ea.) | 220.00 | 31.00 | 2.00 | 0.00 | 35.00 | 690.00 | 2.50 | 5.00 | 18.00 |
| 5/28/2019 | | | | | | | | | |
| 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.) | 110.00 | 13.00 | 2.50 | 1.50 | 0.00 | 130.00 | 0.00 | 13.00 | 8.00 |
| Soy Milk - 9004 (1 ea.) | 150.00 | 18.00 | 5.00 | 1.00 | 0.00 | 180.00 | 0.00 | 17.00 | 9.00 |
| Apple - FR03 (1 ea.) | 55.12 | 14.64 | 0.18 | 0.03 | 0.00 | 1.06 | 2.54 | 11.01 | 0.28 |
| Corn Chili Citrus (SFUSD) - 9235 (1 c.) | 136.22 | 31.96 | 1.26 | 0.19 | 0.00 | 5.13 | 3.35 | 3.85 | 4.68 |
| Pasta Alfredo (SFUSD 9-12) - 40095 (1 ea.) | 413.47 | 41.11 | 19.59 | 9.25 | 41.86 | 594.19 | 5.34 | 1.67 | 22.60 |
| Southwest Veggie Wrap - 28075 (1 ea.) | 407.66 | 62.19 | 16.78 | 3.46 | 12.70 | 374.84 | 20.05 | 5.55(M) | 21.37 |
| GNG Pasta Chicken Pesto - 10635 (1 ea.) | 428.12 | 23.27 | 26.26 | 5.00 | 60.19 | 523.66 | 3.66 | 3.34 | 20.11 |
| Sandwich Chicken Salad (SFUSD) - 9518 (1 ea.) | 333.40 | 35.01 | 11.41 | 1.67 | 47.24 | 373.14 | 4.08 | 6.26 | 21.37 |
| Cholula Hot Sauce Packet - 3899 (1 ea.) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 119.00 | (M) | (M) | 0.00 |
| Ranch Dressing Packet - 4033 (1 ea.) | 150.00 | 1.00 | 16.00 | 2.50 | 10.00 | 280.00 | 0.00 | 1.00 | 0.00 |
| Sandwich Turkey Allergen Free (SFUSD K-12) - 3831 (1 ea.) | 220.00 | 31.00 | 2.00 | 0.00 | 35.00 | 690.00 | 2.50 | 5.00 | 18.00 |
| 5/29/2019 | | | | | | | | | |
| Milk 0% - 9002 (1 ea.) | 90.00 | 13.00 | 0.00 | 0.00 | 0.00 | 135.00 | 0.00 | 13.00 | 9.00 |
| Milk 1% - 9001 (1 ea.) | 110.00 | 13.00 | 2.50 | 1.50 | 0.00 | 130.00 | 0.00 | 13.00 | 8.00 |
| Soy Milk - 9004 (1 ea.) | 150.00 | 18.00 | 5.00 | 1.00 | 0.00 | 180.00 | 0.00 | 17.00 | 9.00 |
| Apple - FR03 (1 ea.) | 55.12 | 14.64 | 0.18 | 0.03 | 0.00 | 1.06 | 2.54 | 11.01 | 0.28 |
| Apple Juice (6 oz) - FR15 (1 ea.) | 80.00 | 20.00 | 0.00 | 0.00 | 0.00 | 15.00 | 0.00 | 17.00 | 0.00 |
| Broccoli Florets (SFUSD) - 3819 (1 c.) | 31.51 | 6.52 | 0.35 | 0.07 | 0.00 | 34.82 | 2.86 | 1.20 | 2.07 |
| Hot Meatball Sub - 30739 (1 ea.) | 394.15 | 38.52 | 16.55 | 6.38 | 44.24 | 823.67 | 4.30 | 7.25 | 22.64 |
| Buffalo Chicken Wrap - 36472 (1 ea.) | 393.98 | 33.24 | 17.23 | 5.28 | 53.31 | 481.46 | 2.14 | 3.93(M) | 24.02 |
| GNG Pizza Cheese & Celery Kit - 10678 (1 ea.) | 279.96 | 21.17 | 14.69 | 7.06 | 30.19 | 772.07 | 2.65 | 5.37 | 18.44 |

| 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) - 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 |
| 5/30/2019 | | | | | | | | | |
| Milk 0% - 9002 (1 ea.) | 90.00 | 13.00 | 0.00 | 0.00 | 0.00 | 135.00 | 0.00 | 13.00 | 9.00 |
| Milk 1% - 9001 (1 ea.) | 110.00 | 13.00 | 2.50 | 1.50 | 0.00 | 130.00 | 0.00 | 13.00 | 8.00 |
| Soy Milk - 9004 (1 ea.) | 150.00 | 18.00 | 5.00 | 1.00 | 0.00 | 180.00 | 0.00 | 17.00 | 9.00 |
| Apple - FR03 (1 ea.) | 55.12 | 14.64 | 0.18 | 0.03 | 0.00 | 1.06 | 2.54 | 11.01 | 0.28 |
| Carrots Baby (SFUSD) - 3816 (1 1/4 c.) | 61.69 | 14.52 | 0.23 | 0.04 | 0.00 | 137.47 | 5.11 | 8.39 | 1.13 |
| Quesadilla Bean & Cheese (SFUSD K-12) - 10711 (1 ea.) | 352.94 | 45.39 | 12.49 | 4.11 | 15.19 | 331.55 | 6.56 | 0.66 | 17.29 |
| 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! Pretzel Goldfish, Celery, & Sunbutter - 8348 (1 ea.) | 380.39 | 24.93 | 23.61 | 5.53 | 15.00 | 571.94 | 6.04 | 3.87 | 16.45 |
| Sandwich Chicken Salad (SFUSD) - 9518 (1 ea.) | 333.40 | 35.01 | 11.41 | 1.67 | 47.24 | 373.14 | 4.08 | 6.26 | 21.37 |
| Cholula Hot Sauce Packet - 3899 (1 ea.) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 119.00 | (M) | (M) | 0.00 |
| Ranch Dressing Packet - 4033 (1 ea.) | 150.00 | 1.00 | 16.00 | 2.50 | 10.00 | 280.00 | 0.00 | 1.00 | 0.00 |
| Sandwich Turkey Allergen Free (SFUSD K-12) - 3831 (1 ea.) | 220.00 | 31.00 | 2.00 | 0.00 | 35.00 | 690.00 | 2.50 | 5.00 | 18.00 |
| 5/31/2019 | | | | | | | | | |
| 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.) | 110.00 | 13.00 | 2.50 | 1.50 | 0.00 | 130.00 | 0.00 | 13.00 | 8.00 |
| Soy Milk - 9004 (1 ea.) | 150.00 | 18.00 | 5.00 | 1.00 | 0.00 | 180.00 | 0.00 | 17.00 | 9.00 |
| Apple - FR03 (1 ea.) | 55.12 | 14.64 | 0.18 | 0.03 | 0.00 | 1.06 | 2.54 | 11.01 | 0.28 |
| 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 | 565.00 | 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 |
| GNG Goldfish Crackers, Cheese, Sunflower Seeds & Broccoli | 384.69 | 24.01 | 26.17 | 6.03 | 15.00 | 517.20 | 5.38 | 1.58 | 17.00 |
| 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 |