

# Santa Cruz City Schools Elementary School Menu

Mar 8, 2018

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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
			Mar - 1  Teriyaki Beefy Rice Bowl Tofu Stir Fry with Rice Salad Bar Thursday APPLES, 138ct 1c PEARS,FRESH 150ct 1/2 Milk FF PLAIN producers MILK,1% Lowfat Produce	Mar - 2  Pizza, Galaxy Cheese Piz Pizza Roll Up (no cheese) Salad Bar Friday APPLES, 138ct 1c MILK,1% Lowfat Produce Milk FF PLAIN producers	Avg Nutrients    Target Cals...            570        100% Chol...            38 mg    38% Sodium...        783 mg Fiber...        10.9 g    182% Iron...            3.2 mg    92% Calcium 582.2 mg 204% Vit A            12329 IU101% Vit C            35.5 mg 237% Sugar 27.1*g    19.0%Cal Prot            29.4g    20.6%Cal Carb            86.9g    61.0%Cal T.Fat            12.7g    20.1%Cal S.Fat            4.8g     7.6%Cal
Mar - 5  VEGETABLE CHILI Corn Muffin IW Salad Bar Monday ORANGES 138ct or 1/2c STRAWBERRIES,FRES Milk FF PLAIN producers MILK,1% Lowfat Produce	Mar - 6  Taco Stick Bean Burrito (no cheese) Salad Bar Tuesday BANANAS 150ct 1/2c ORANGES 138ct or 1/2c Milk FF PLAIN producers MILK,1% Lowfat Produce Taco Sauce	Mar - 7  Macaroni and Cheese RF SPAGHETTI AND MEAT Salad bar Wednesday PEACHES APPLES, 138ct 1c Milk FF PLAIN producers MILK,1% Lowfat Produce	Mar - 8  Chicken Breaded Drumsti Veggie Chik'n Nuggets 4 Ranch Rice Salad Bar Thursday APPLES, 138ct 1c PEARS,FRESH 150ct 1/2 Milk FF PLAIN producers MILK,1% Lowfat Produce	Mar - 9  Pizza Longboard Pepper Pizza, Galaxy Cheese Piz Pizza Roll Up (no cheese) Salad Bar Friday APPLES, 138ct 1c MILK,1% Lowfat Produce Milk FF PLAIN producers	Avg Nutrients    Target Cals...            639        100% Chol...            55 mg    55% Sodium...        1155 mg Fiber...        13.0 g    216% Iron...            5.2 mg    147% Calcium 709.4 mg 248% Vit A            9769 IU 872% Vit C            61.2 mg 408% Sugar 16.6*g    10.4%Cal Prot            36.7g    23.0%Cal Carb            92.0g    57.6%Cal T.Fat            15.4g    21.7%Cal S.Fat            6.3g     8.9%Cal
Mar - 12  Sloppy Joe on a bun Vegetarian Burger Don L Salad Bar Monday ORANGES 138ct or 1/2c STRAWBERRIES,FRES Milk FF PLAIN producers MILK,1% Lowfat Produce	Mar - 13  Mini Chicken Taco Bean and Cheese Burrito Bean Burrito (no cheese) Salad Bar Tuesday ORANGES 138ct or 1/2c BANANAS 150ct 1/2c Milk FF PLAIN producers MILK,1% Lowfat Produce	Mar - 14  Corn Dog Jumbo Chicken Grilled Cheese WG Sand Salad bar Wednesday PEACHES APPLES, 138ct 1c Milk FF PLAIN producers MILK,1% Lowfat Produce	Mar - 15  SPAGHETTI AND MEAT Spaghetti w/sauce & che Salad Bar Thursday APPLES, 138ct 1c Milk FF PLAIN producers MILK,1% Lowfat Produce Ranch Dressing PKT	Mar - 16  Pizza, Galaxy Cheese Piz Pizza Roll Up (no cheese) Salad Bar Friday APPLES, 138ct 1c MILK,1% Lowfat Produce Milk FF PLAIN producers	Avg Nutrients    Target Cals...            569        100% Chol...            63 mg    63% Sodium...        980 mg Fiber...        12.7 g    212% Iron...            5.1 mg    146% Calcium 569.4 mg 199% Vit A            9196 IU 821% Vit C            56.7 mg 378% Sugar 19.0*g    13.4%Cal Prot            31.9g    22.4%Cal Carb            85.1g    59.9%Cal T.Fat            13.6g    21.5%Cal S.Fat            4.7g     7.4%Cal

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.

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Mar - 26  Cheeseburger 100% beef Hamburger 100% on bun Vegetarian Burger Don L Salad Bar Monday ORANGES 138ct or 1/2c STRAWBERRIES,FRES Milk FF PLAIN producers MILK,1% Lowfat Produce	Mar - 27  Taco Pocket 5oz Bean and Cheese Burrito Bean Burrito (no cheese) Salad Bar Tuesday ORANGES 138ct or 1/2c BANANAS 150ct 1/2c Milk FF PLAIN producers MILK,1% Lowfat Produce Taco Sauce	Mar - 28  Grilled Cheese WG Sand Turkey Sandwich (no che Salad bar Wednesday PEACHES APPLES, 138ct 1c Milk FF PLAIN producers MILK,1% Lowfat Produce Ranch Dressing PKT	Mar - 29  meatloaf w/ potatoes and Vegetarian Burger Don L Salad Bar Thursday APPLES, 138ct 1c PEARS,FRESH 150ct 1/2 Milk FF PLAIN producers MILK,1% Lowfat Produce	Mar - 30  Pizza, Galaxy Cheese Piz Pizza Roll Up (no cheese) Salad Bar Friday APPLES, 138ct 1c MILK,1% Lowfat Produce Milk FF PLAIN producers	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Avg Nutrients</th> <th style="text-align: right;">Target</th> </tr> </thead> <tbody> <tr> <td>Cals...</td> <td style="text-align: right;">593 100%</td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">44 mg 44%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1054 mg</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">12.8 g 214%</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">4.9 mg 140%</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">650.8 mg 228%</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">9502 IU 848%</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">56.5 mg 377%</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">18.8*g 12.7%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">33.7g 22.7%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">85.8g 57.9%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">15.0g 22.8%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">5.8g 8.8%Cal</td> </tr> </tbody> </table>	Avg Nutrients	Target	Cals...	593 100%	Chol...	44 mg 44%	Sodium.	1054 mg	Fiber..	12.8 g 214%	Iron...	4.9 mg 140%	Calcium	650.8 mg 228%	Vit A	9502 IU 848%	Vit C	56.5 mg 377%	Sugar	18.8*g 12.7%Cal	Prot	33.7g 22.7%Cal	Carb	85.8g 57.9%Cal	T.Fat	15.0g 22.8%Cal	S.Fat	5.8g 8.8%Cal
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