

Santa Cruz City Schools

Elementary School Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients																												
	May - 1 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	May - 2 Corn Dog Jumbo Chicken Grilled Cheese WG Sand Salad bar Wednesday PEACHES APPLES, 138ct 1c Milk FF PLAIN producers MILK,1% Lowfat Produce	May - 3 SPAGHETTI AND MEAT Spaghetti w/sauce & che Salad Bar Thursday APPLES, 138ct 1c Milk FF PLAIN producers MILK,1% Lowfat Produce Ranch Dressing PKT	May - 4 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;">572 100%</td></tr> <tr><td>Chol...</td><td style="text-align: right;">66 mg 66%</td></tr> <tr><td>Sodium.</td><td style="text-align: right;">955 mg</td></tr> <tr><td>Fiber..</td><td style="text-align: right;">12.5 g 208%</td></tr> <tr><td>Iron...</td><td style="text-align: right;">5.4 mg 153%</td></tr> <tr><td>Calcium</td><td style="text-align: right;">580.4 mg 203%</td></tr> <tr><td>Vit A</td><td style="text-align: right;">9736 IU 869%</td></tr> <tr><td>Vit C</td><td style="text-align: right;">52.1 mg 347%</td></tr> <tr><td>Sugar</td><td style="text-align: right;">20.1*g 14.1%Cal</td></tr> <tr><td>Prot</td><td style="text-align: right;">31.2g 21.8%Cal</td></tr> <tr><td>Carb</td><td style="text-align: right;">84.7g 59.2%Cal</td></tr> <tr><td>T.Fat</td><td style="text-align: right;">14.0g 22.1%Cal</td></tr> <tr><td>S.Fat</td><td style="text-align: right;">5.0g 7.9%Cal</td></tr> </tbody> </table>	Avg Nutrients	Target	Cals...	572 100%	Chol...	66 mg 66%	Sodium.	955 mg	Fiber..	12.5 g 208%	Iron...	5.4 mg 153%	Calcium	580.4 mg 203%	Vit A	9736 IU 869%	Vit C	52.1 mg 347%	Sugar	20.1*g 14.1%Cal	Prot	31.2g 21.8%Cal	Carb	84.7g 59.2%Cal	T.Fat	14.0g 22.1%Cal	S.Fat	5.0g 7.9%Cal
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May - 7 Chick WM Tender 2pc Veggie Chik'n Nuggets 4 POTATO WEDGES Salad Bar Monday ORANGES 138ct or 1/2c STRAWBERRIES,FRES Milk FF PLAIN producers MILK,1% Lowfat Produce BBQ Sauce PKT KETCHUP Ranch Dressing PKT	May - 8 Bean and Cheese Burrito 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	May - 9 Calzone 3 Cheese Eleme Spaghetti w/sauce & Mea Salad bar Wednesday PEACHES APPLES, 138ct 1c Milk FF PLAIN producers MILK,1% Lowfat Produce Ranch Dressing PKT	May - 10 Teriyaki Chicken Noodle TofuTeriyaki Noodle Bowl Salad Bar Thursday APPLES, 138ct 1c PEARS,FRESH 150ct 1/2 Milk FF PLAIN producers MILK,1% Lowfat Produce	May - 11 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;">590 100%</td></tr> <tr><td>Chol...</td><td style="text-align: right;">37 mg 37%</td></tr> <tr><td>Sodium.</td><td style="text-align: right;">999 mg</td></tr> <tr><td>Fiber..</td><td style="text-align: right;">14.8 g 247%</td></tr> <tr><td>Iron...</td><td style="text-align: right;">5.8 mg 165%</td></tr> <tr><td>Calcium</td><td style="text-align: right;">618.7 mg 216%</td></tr> <tr><td>Vit A</td><td style="text-align: right;">11317 IU1010%</td></tr> <tr><td>Vit C</td><td style="text-align: right;">62.1 mg 414%</td></tr> <tr><td>Sugar</td><td style="text-align: right;">20.5*g 13.9%Cal</td></tr> <tr><td>Prot</td><td style="text-align: right;">32.6g 22.1%Cal</td></tr> <tr><td>Carb</td><td style="text-align: right;">91.5g 62.0%Cal</td></tr> <tr><td>T.Fat</td><td style="text-align: right;">12.9g 19.7%Cal</td></tr> <tr><td>S.Fat</td><td style="text-align: right;">4.0g 6.2%Cal</td></tr> </tbody> </table>	Avg Nutrients	Target	Cals...	590 100%	Chol...	37 mg 37%	Sodium.	999 mg	Fiber..	14.8 g 247%	Iron...	5.8 mg 165%	Calcium	618.7 mg 216%	Vit A	11317 IU1010%	Vit C	62.1 mg 414%	Sugar	20.5*g 13.9%Cal	Prot	32.6g 22.1%Cal	Carb	91.5g 62.0%Cal	T.Fat	12.9g 19.7%Cal	S.Fat	4.0g 6.2%Cal
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May - 14 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	May - 15 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	May - 16 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	May - 17 Chicken BBQ Drumstick Veggie Chik'n Nuggets 4 Chicken Rice Salad Bar Thursday APPLES, 138ct 1c PEARS,FRESH 150ct 1/2 Milk FF PLAIN producers MILK,1% Lowfat Produce	May - 18 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;">574 100%</td></tr> <tr><td>Chol...</td><td style="text-align: right;">57 mg 57%</td></tr> <tr><td>Sodium.</td><td style="text-align: right;">1024 mg</td></tr> <tr><td>Fiber..</td><td style="text-align: right;">12.5 g 208%</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;">646.7 mg 226%</td></tr> <tr><td>Vit A</td><td style="text-align: right;">9376 IU 837%</td></tr> <tr><td>Vit C</td><td style="text-align: right;">57.0 mg 380%</td></tr> <tr><td>Sugar</td><td style="text-align: right;">18.5*g 12.9%Cal</td></tr> <tr><td>Prot</td><td style="text-align: right;">34.9g 24.3%Cal</td></tr> <tr><td>Carb</td><td style="text-align: right;">84.1g 58.6%Cal</td></tr> <tr><td>T.Fat</td><td style="text-align: right;">13.3g 20.9%Cal</td></tr> <tr><td>S.Fat</td><td style="text-align: right;">5.0g 7.8%Cal</td></tr> </tbody> </table>	Avg Nutrients	Target	Cals...	574 100%	Chol...	57 mg 57%	Sodium.	1024 mg	Fiber..	12.5 g 208%	Iron...	4.9 mg 140%	Calcium	646.7 mg 226%	Vit A	9376 IU 837%	Vit C	57.0 mg 380%	Sugar	18.5*g 12.9%Cal	Prot	34.9g 24.3%Cal	Carb	84.1g 58.6%Cal	T.Fat	13.3g 20.9%Cal	S.Fat	5.0g 7.8%Cal
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**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient.*

** - denotes combined nutrient totals with either missing or incomplete nutrient data.*

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
May - 21 Bosco Stick's Turkey Sandwich (no che Salad Bar Monday ORANGES 138ct or 1/2c STRAWBERRIES,FRES MILK FF PLAIN producers MILK,1% Lowfat Produce Bosco Sauce Cup	May - 22 Taco Stick Bean and Cheese Burrito 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	May - 23 Chicken Sandwich (bread Grilled Cheese WG Sand Salad bar Wednesday PEACHES APPLES, 138ct 1c MILK FF PLAIN producers MILK,1% Lowfat Produce	May - 24 HOT DOG ON A BUN Veggie Hot Dog POTATO WEDGES Salad Bar Thursday PEARS,FRESH 150ct 1/2 APPLES, 138ct 1c MILK FF PLAIN producers MILK,1% Lowfat Produce	May - 25 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... 650 100% Chol... 51 mg 51% Sodium. 1206 mg Fiber.. 13.9 g 232% Iron... 5.1 mg 146% Calcium 659.8 mg 231% Vit A 9432 IU 842% Vit C 61.5 mg 410% Sugar 18.6*g 11.5%Cal Prot 35.3g 21.7%Cal Carb 95.4g 58.7%Cal T.Fat 15.9g 22.0%Cal S.Fat 5.9g 8.2%Cal
May - 28	May - 29 Quesadilla Cheese 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	May - 30 Chick WM Tender 2pc Veggie Chik'n Nuggets 4 POTATO WEDGES Salad bar Wednesday PEACHES APPLES, 138ct 1c MILK FF PLAIN producers MILK,1% Lowfat Produce	May - 31 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	Avg Nutrients Target Cals... 639 100% Chol... 43 mg 43% Sodium. 959 mg Fiber.. 14.7 g 245% Iron... 5.1 mg 146% Calcium 664.2 mg 232% Vit A 8465 IU 756% Vit C 68.1 mg 454% Sugar 18.2*g 11.4%Cal Prot 36.1g 22.6%Cal Carb 95.6g 59.8%Cal T.Fat 14.0g 19.7%Cal S.Fat 5.6g 7.9%Cal	

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