

Santa Cruz City Schools

High School Lunch

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Apr 26, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
May - 7	May - 8	May - 9	May - 10	May - 11	Avg Nutrients Target
Bosco Stick's	Teriyaki Chicken Rice Bo	Chicken Bake Ranch Cal	Chicken Pesto Sandwich	Spicy Chicken Sandwich	Cals... 750 100%
Pizza Cheese Big Daddy	TofuTeriyaki Rice Bowl	Calzone Cheese	Grilled Cheese Sandwich	Vegetarian Burger Don L	Chol... 62 mg 62%
Pizza Pepperoni Big Dad	Pizza Cheese Big Daddy	Pizza Cheese Big Daddy	Pizza Cheese Big Daddy	Pizza Cheese Big Daddy	Sodium. 1290 mg
Turkey Sandwich	Pizza Hawaiian Big Dadd	Pizza Pepperoni Big Dad	Pizza Veggie Big Daddy	Pizza Pepperoni Big Dad	Fiber.. 9.5 g 159%
Tuna Salad Sandwich (P	Turkey Sandwich	Turkey Sandwich	Turkey Sandwich	Turkey Sandwich	Iron... 3.6 mg 102%
Chicken Caesar Salad	Egg Salad Sandwich	Turkey Ham Sandwich	Wrap Chicken Ranch	Turkey Submarine Sandw	Calcium667.2* mg 233%
Salad Garden Large bx	Chicken Caesar Salad	Chicken Caesar Salad	Chicken Caesar Salad	Chicken Caesar Salad	Vit A 8691* IU 776%
Salad, Chinese Chicken	Salad Garden Large bx	Salad Garden Large bx	Salad Garden Large bx	Salad Garden Large bx	Vit C 47.5* mg 317%
POTATO WEDGES	Salad, Chinese Chicken	Salad, Chinese Chicken	Salad, Chinese Chicken	Salad, Chinese Chicken	Sugar 27.7*g 14.8%Cal
CARROT STICKS	POTATO WEDGES	POTATO WEDGES	POTATO WEDGES	POTATO WEDGES	Prot 36.5g 19.5%Cal
APPLES, 138ct 1c	CARROT STICKS	CARROT STICKS	CARROT STICKS	CARROT STICKS	Carb 106.5g 56.8%Cal
ORANGES 138ct or 1/2c	APPLES, 138ct 1c	APPLES, 138ct 1c	APPLES, 138ct 1c	APPLES, 138ct 1c	T.Fat 23.1g 27.7%Cal
PEACHES	ORANGES 138ct or 1/2c	ORANGES 138ct or 1/2c	ORANGES 138ct or 1/2c	ORANGES 138ct or 1/2c	S.Fat 7.3g 8.8%Cal
RAISINS	PEACHES	PEACHES	PEACHES	PEACHES	
Milk Chocolate FF Produ	RAISINS	RAISINS	RAISINS	RAISINS	
MILK,1% Lowfat Produce	Milk Chocolate FF Produ	Milk Chocolate FF Produ	Milk Chocolate FF Produ	Milk Chocolate FF Produ	
KETCHUP	MILK,1% Lowfat Produce	MILK,1% Lowfat Produce	MILK,1% Lowfat Produce	MILK,1% Lowfat Produce	
MUSTARD	KETCHUP	KETCHUP	KETCHUP	KETCHUP	
MAYONNAISE	MUSTARD	MUSTARD	MUSTARD	MUSTARD	
BBQ Sauce PKT	MAYONNAISE	MAYONNAISE	MAYONNAISE	MAYONNAISE	
Taco Sauce	BBQ Sauce PKT	BBQ Sauce PKT	Taco Sauce	Ranch Dressing PKT	
Bosco Sauce Cup	Taco Sauce	Taco Sauce	BBQ Sauce PKT	BBQ Sauce PKT	

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.