

# Santa Cruz City Schools

## Middle School Lunch

Page 1

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	Beef & Chili Cheese Flau	Chicken & Waffles Spicy	Chicken Pesto Sandwich	Pizza Pepperoni Big Dad	Cals... 657 100%
Turkey Sandwich	Bean and Cheese Burrito	Grilled Cheese WG Sand	Vegetarian Burger Don L	Pizza Hawaiian Big Dadd	Chol... 62 mg 62%
Tuna Salad Sandwich (P	Turkey Sandwich	Turkey Sandwich	Turkey Sandwich	Pizza Cheese Big Daddy	Sodium. 1149 mg
Salad Garden Large bx	Egg Salad Sandwich	Turkey Ham Sandwich	Wrap Chicken Ranch	Turkey Submarine Sandw	Fiber.. 9.1 g 152%
Chicken Caesar Salad	Salad Garden Large bx	Salad Garden Large bx	Salad Garden Large bx	Salad Garden Large bx	Iron... 3.4 mg 96%
CELERY STICKS	Chicken Caesar Salad	Chicken Caesar Salad	Chicken Caesar Salad	Chicken Caesar Salad	Calcium701.5* mg 245%
CARROT STICKS	CELERY STICKS	CELERY STICKS	POTATO WEDGES	CELERY STICKS	Vit A 8751* IU 781%
APPLES, 138ct 1c	CARROT STICKS	CARROT STICKS	CELERY STICKS	CARROT STICKS	Vit C 48.6* mg 324%
ORANGES 138ct or 1/2c	APPLES, 138ct 1c	APPLES, 138ct 1c	CARROT STICKS	APPLES, 138ct 1c	Sugar 19.1*g 11.6%Cal
Milk Chocolate FF Produ	ORANGES 138ct or 1/2c	ORANGES 138ct or 1/2c	APPLES, 138ct 1c	ORANGES 138ct or 1/2c	Prot 35.5g 21.6%Cal
MILK,1% Lowfat Produce	Milk Chocolate FF Produ	Milk Chocolate FF Produ	ORANGES 138ct or 1/2c	Milk Chocolate FF Produ	Carb 84.4g 51.4%Cal
KETCHUP	MILK,1% Lowfat Produce	MILK,1% Lowfat Produce	Milk Chocolate FF Produ	MILK,1% Lowfat Produce	T.Fat 20.9g 28.7%Cal
MUSTARD	KETCHUP	KETCHUP	MILK,1% Lowfat Produce	MUSTARD	S.Fat 6.6g 9.0%Cal
MAYONNAISE	Taco Sauce	MUSTARD	MUSTARD	MAYONNAISE	
Taco Sauce	BBQ SAUCE Heinz	MAYONNAISE	MAYONNAISE	KETCHUP	
BBQ Sauce PKT	MUSTARD	BBQ Sauce PKT	KETCHUP	Taco Sauce	
Bosco Sauce Cup	MAYONNAISE	Taco Sauce	BBQ Sauce PKT	BBQ Sauce PKT	
			Taco Sauce		

\*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.