

Santa Cruz City Schools Costanoa

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 & Waffles Spicy	Chicken Pesto Sandwich	Pizza Pepperoni Big Dad	Cals... 811 100%
Turkey Sandwich	Turkey Sandwich	SYRUP,PANCAKE	Turkey Ham Sandwich	Pizza Cheese Big Daddy	Chol... 62 mg
Salad Bar Monday	Salad Bar Tuesday	Turkey Sandwich	Salad Bar Thursday	Turkey Submarine Sandw	Sodium. 1351 mg
APPLES, 138ct 1c	APPLES, 138ct 1c	Salad bar Wednesday	APPLES, 138ct 1c	Salad Bar Friday	Fiber... 13.8 g
ORANGES 138ct or 1/2c	ORANGES 138ct or 1/2c	APPLES, 138ct 1c	ORANGES 138ct or 1/2c	APPLES, 138ct 1c	Iron... 5.8 mg
Milk Chocolate FF Produ	Milk Chocolate FF Produ	ORANGES 138ct or 1/2c	Milk Chocolate FF Produ	ORANGES 138ct or 1/2c	Calcium737.2* mg
MILK,1% Lowfat Produce	MILK,1% Lowfat Produce	Milk Chocolate FF Produ	MILK,1% Lowfat Produce	Milk Chocolate FF Produ	Vit A 10503* IU
MUSTARD	MUSTARD	MILK,1% Lowfat Produce	MUSTARD	MILK,1% Lowfat Produce	Vit C 70.3* mg
MAYONNAISE	MAYONNAISE	MUSTARD	MAYONNAISE	MUSTARD	Sugar 20.2*g 10.0%Cal
Ranch Dressing PKT	Ranch Dressing PKT	MAYONNAISE	Ranch Dressing PKT	MAYONNAISE	Prot 42.5g 20.9%Cal
Bosco Sauce Cup		Ranch Dressing PKT		KETCHUP	Carb 105.6g 52.1%Cal
				Ranch Dipper Cup	T.Fat 27.0g 29.9%Cal
					S.Fat 6.7g 7.5%Cal

**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.