

# Santa Cruz City Schools Costanoa

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Dec - 3	Dec - 4	Dec - 5	Dec - 6	Dec - 7	Avg Nutrients    Target
Tornado South Western Turkey Sandwich Salad Bar Monday APPLES, 138ct 1c PLUMS,FRESH Milk Chocolate FF Produ MILK,1% Lowfat Produce MUSTARD MAYONNAISE Ranch Dressing PKT Taco Sauce	Tamale Chicken Tamale Cheese & Green Turkey Ham Sandwich Salad Bar Tuesday APPLES, 138ct 1c NECTARINES,FRESH Milk Chocolate FF Produ MILK,1% Lowfat Produce MUSTARD MAYONNAISE Ranch Dressing PKT Verde Sauce	Spicy Chicken Sandwich Vegetarian Burger Don L Turkey Sandwich POTATO WEDGES Salad bar Wednesday APPLES, 138ct 1c PEARS,FRESH 150ct 1/2 Milk Chocolate FF Produ MILK,1% Lowfat Produce MUSTARD MAYONNAISE KETCHUP Ranch Dressing PKT	Pasta Alfredo with Chicke Pasta Alfredo with Chees Turkey Ham Sandwich Salad Bar Thursday APPLES, 138ct 1c PLUMS,FRESH Milk Chocolate FF Produ MILK,1% Lowfat Produce MUSTARD MAYONNAISE Ranch Dressing PKT	Pizza Pepperoni Big Dad Pizza Cheese Big Daddy Turkey Submarine Sandw Salad Bar Friday APPLES, 138ct 1c NECTARINES,FRESH Milk Chocolate FF Produ MILK,1% Lowfat Produce MUSTARD MAYONNAISE Ranch Dressing PKT	Cals...            768        100% Chol...            53 mg Sodium...        1527 mg Fiber...          13.2 g Iron...            5.2* mg Calcium609.6* mg Vit A            9593* IU Vit C            44.2* mg Prot            36.4g    18.9%Cal Carb           104.6g   54.5%Cal T.Fat           25.1g    29.3%Cal S.Fat            7.2g     8.4%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.