

Santa Cruz City Schools Costanoa

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Nov - 13	Nov - 14	Nov - 15	Nov - 16	Nov - 17	Avg Nutrients Target
Spicy Chicken Sandwich	Chick WM Tend w/gldfish	Corn Dog Jumbo Chicken	Penne Pesto Pasta with	Pizza Pepperoni Big Dad	Cals... 732 98%
Turkey Sandwich	Veggie Chik'n Nuggets 5	Bean and Cheese Burrito	Turkey Ham Sandwich	Pizza Cheese Big Daddy	Chol... 63 mg
Salad Bar Monday	Egg Salad Sandwich	Turkey Sandwich	Salad Bar Thursday	Turkey Submarine Sandw	Sodium... 1384 mg
APPLES, 138ct 1c	Salad Bar Tuesday	Salad bar Wednesday	APPLES, 138ct 1c	Salad Bar Friday	Fiber... 11.9 g
ORANGES 138ct or 1/2c	POTATO WEDGES	APPLES, 138ct 1c	ORANGES 138ct or 1/2c	APPLES, 138ct 1c	Iron... 3.7 mg
Milk Chocolate FF Produ	APPLES, 138ct 1c	ORANGES 138ct or 1/2c	Milk Chocolate FF Produ	ORANGES 138ct or 1/2c	Calcium 568.0 mg
MILK,1% Lowfat Produce	ORANGES 138ct or 1/2c	Milk Chocolate FF Produ	MILK,1% Lowfat Produce	Milk Chocolate FF Produ	Vit A 8381 IU
KETCHUP	Milk Chocolate FF Produ	MILK,1% Lowfat Produce	Ranch Dipper Cup	MILK,1% Lowfat Produce	Vit C 70.1 mg
MUSTARD	MILK,1% Lowfat Produce	MUSTARD		MUSTARD	Sugar 18.2*g 9.9%Cal
MAYONNAISE	KETCHUP	MAYONNAISE		MAYONNAISE	Prot 36.2g 19.8%Cal
Ranch Dipper Cup	MUSTARD	Ranch Dipper Cup		Ranch Dipper Cup	Carb 91.3g 49.8%Cal
Bosco Sauce Cup	MAYONNAISE	Taco Sauce			T.Fat 26.4g 32.4%Cal
	Ranch Dipper Cup				S.Fat 6.5g 8.0%Cal
	BBQ SAUCE Heinz				

**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.