

Santa Cruz City Schools COE

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients																												
May - 7 Bosco Stick's CARROT STICKS CELERY STICKS PEARS,FRESH 150ct 1/2 Milk Chocolate FF Produ MILK,1% Lowfat Produce Milk FF PLAIN producers Bosco Sauce Cup	May - 8 Teriyaki Chicken Rice Bo CARROT STICKS APPLES, 125CT 1c Milk Chocolate FF Produ MILK,1% Lowfat Produce Milk FF PLAIN producers	May - 9 Chicken & Waffles Spicy Jicama Sticks ORANGES 1c Milk Chocolate FF Produ MILK,1% Lowfat Produce Milk FF PLAIN producers SYRUP,PANCAKE	May - 10 Chicken Pesto Sandwich Perfect Little Salad lunch APPLES, 125CT 1c Milk Chocolate FF Produ MILK,1% Lowfat Produce Milk FF PLAIN producers	May - 11 Turkey Submarine Sandw Doritos, baked CARROT STICKS CELERY STICKS APPLES, 125CT 1c Milk Chocolate FF Produ MILK,1% Lowfat Produce Milk FF PLAIN producers MUSTARD MAYONNAISE	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Avg Nutrients</th> <th style="text-align: right;">Target</th> </tr> </thead> <tbody> <tr> <td>Cals...</td> <td style="text-align: right;">784 100%</td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">62 mg 62%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1233 mg</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">12.7 g 212%</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">3.9 mg 112%</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">632.3* mg 221%</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">10351* IU 924%</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">40.6* mg 270%</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">23.5*g 12.0%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">39.3g 20.0%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">110.8g 56.5%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">23.3g 26.8%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">5.4g 6.3%Cal</td> </tr> </tbody> </table>	Avg Nutrients	Target	Cals...	784 100%	Chol...	62 mg 62%	Sodium.	1233 mg	Fiber..	12.7 g 212%	Iron...	3.9 mg 112%	Calcium	632.3* mg 221%	Vit A	10351* IU 924%	Vit C	40.6* mg 270%	Sugar	23.5*g 12.0%Cal	Prot	39.3g 20.0%Cal	Carb	110.8g 56.5%Cal	T.Fat	23.3g 26.8%Cal	S.Fat	5.4g 6.3%Cal
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**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.