

# Santa Cruz City Schools COE

| Monday  | Tuesday  | Wednesday   | Thursday   | Friday  | Nutrients  |               |        |         |          |         |           |         |         |         |             |         |             |         |               |       |              |       |              |       |                 |      |                |      |                 |       |                |       |              |
|---|--|---|--|---|--|---------------|--------|---------|----------|---------|-----------|---------|---------|---------|-------------|---------|-------------|---------|---------------|-------|--------------|-------|--------------|-------|-----------------|------|----------------|------|-----------------|-------|----------------|-------|--------------|
| Feb - 5<br>Bosco Stick's<br>CARROT STICKS<br>CELERY STICKS<br>PEARS,FRESH 150ct 1/2<br>RAISINS<br>Milk Chocolate FF Produ<br>MILK,1% Lowfat Produce<br>Milk FF PLAIN producers<br>Bosco Sauce Cup | Feb - 6<br>Teriyaki beef bowl (secon<br>ORANGES 1c<br>Milk Chocolate FF Produ<br>MILK,1% Lowfat Produce<br>Milk FF PLAIN producers | Feb - 7<br>Chicken Chili Crispito<br>Beans Ranchero<br>CORN<br>APPLES, 125CT 1c<br>Milk Chocolate FF Produ<br>MILK,1% Lowfat Produce<br>Milk FF PLAIN producers | Feb - 8<br>BBQ Chicken in a Basket<br>CELERY STICKS<br>APPLES, 125CT 1c<br>Brownie<br>Milk Chocolate FF Produ<br>MILK,1% Lowfat Produce<br>Milk FF PLAIN producers | Feb - 9<br>Turkey Submarine Sandw<br>Doritos, baked<br>CARROT STICKS<br>CELERY STICKS<br>APPLES, 125CT 1c<br>Milk Chocolate FF Produ<br>MILK,1% Lowfat Produce<br>Ranch Dipper Cup<br>MUSTARD<br>MAYONNAISE | <table border="0"> <thead> <tr> <th style="text-align: left;">Avg Nutrients</th> <th style="text-align: left;">Target</th> </tr> </thead> <tbody> <tr> <td>Cals...</td> <td>761 100%</td> </tr> <tr> <td>Chol...</td> <td>82 mg 82%</td> </tr> <tr> <td>Sodium.</td> <td>1416 mg</td> </tr> <tr> <td>Fiber..</td> <td>12.4 g 207%</td> </tr> <tr> <td>Iron...</td> <td>3.7 mg 104%</td> </tr> <tr> <td>Calcium</td> <td>565.8 mg 198%</td> </tr> <tr> <td>Vit A</td> <td>6296 IU 562%</td> </tr> <tr> <td>Vit C</td> <td>41.0 mg 274%</td> </tr> <tr> <td>Sugar</td> <td>27.7*g 14.6%Cal</td> </tr> <tr> <td>Prot</td> <td>45.3g 23.8%Cal</td> </tr> <tr> <td>Carb</td> <td>109.3g 57.4%Cal</td> </tr> <tr> <td>T.Fat</td> <td>17.7g 20.9%Cal</td> </tr> <tr> <td>S.Fat</td> <td>6.2g 7.3%Cal</td> </tr> </tbody> </table> | Avg Nutrients | Target | Cals... | 761 100% | Chol... | 82 mg 82% | Sodium. | 1416 mg | Fiber.. | 12.4 g 207% | Iron... | 3.7 mg 104% | Calcium | 565.8 mg 198% | Vit A | 6296 IU 562% | Vit C | 41.0 mg 274% | Sugar | 27.7*g 14.6%Cal | Prot | 45.3g 23.8%Cal | Carb | 109.3g 57.4%Cal | T.Fat | 17.7g 20.9%Cal | S.Fat | 6.2g 7.3%Cal |
| Avg Nutrients   | Target   |   |  |   |  |               |        |         |          |         |           |         |         |         |             |         |             |         |               |       |              |       |              |       |                 |      |                |      |                 |       |                |       |              |
| Cals...   | 761 100%   |   |  |   |  |               |        |         |          |         |           |         |         |         |             |         |             |         |               |       |              |       |              |       |                 |      |                |      |                 |       |                |       |              |
| Chol...   | 82 mg 82%  |   |  |   |  |               |        |         |          |         |           |         |         |         |             |         |             |         |               |       |              |       |              |       |                 |      |                |      |                 |       |                |       |              |
| Sodium.   | 1416 mg  |   |  |   |  |               |        |         |          |         |           |         |         |         |             |         |             |         |               |       |              |       |              |       |                 |      |                |      |                 |       |                |       |              |
| Fiber..   | 12.4 g 207%  |   |  |   |  |               |        |         |          |         |           |         |         |         |             |         |             |         |               |       |              |       |              |       |                 |      |                |      |                 |       |                |       |              |
| Iron...   | 3.7 mg 104%  |   |  |   |  |               |        |         |          |         |           |         |         |         |             |         |             |         |               |       |              |       |              |       |                 |      |                |      |                 |       |                |       |              |
| Calcium   | 565.8 mg 198%  |   |  |   |  |               |        |         |          |         |           |         |         |         |             |         |             |         |               |       |              |       |              |       |                 |      |                |      |                 |       |                |       |              |
| Vit A   | 6296 IU 562%   |   |  |   |  |               |        |         |          |         |           |         |         |         |             |         |             |         |               |       |              |       |              |       |                 |      |                |      |                 |       |                |       |              |
| Vit C   | 41.0 mg 274%   |   |  |   |  |               |        |         |          |         |           |         |         |         |             |         |             |         |               |       |              |       |              |       |                 |      |                |      |                 |       |                |       |              |
| Sugar   | 27.7*g 14.6%Cal  |   |  |   |  |               |        |         |          |         |           |         |         |         |             |         |             |         |               |       |              |       |              |       |                 |      |                |      |                 |       |                |       |              |
| Prot  | 45.3g 23.8%Cal   |   |  |   |  |               |        |         |          |         |           |         |         |         |             |         |             |         |               |       |              |       |              |       |                 |      |                |      |                 |       |                |       |              |
| Carb  | 109.3g 57.4%Cal  |   |  |   |  |               |        |         |          |         |           |         |         |         |             |         |             |         |               |       |              |       |              |       |                 |      |                |      |                 |       |                |       |              |
| T.Fat   | 17.7g 20.9%Cal   |   |  |   |  |               |        |         |          |         |           |         |         |         |             |         |             |         |               |       |              |       |              |       |                 |      |                |      |                 |       |                |       |              |
| S.Fat   | 6.2g 7.3%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.