

Santa Cruz City Schools COE

| Monday | Tuesday | Wednesday | Thursday | Friday | Nutrients | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Nov - 13 Spicy Chicken Sandwich CARROT STICKS CELERY STICKS ORANGES 1c MILK,1% Lowfat Produce Milk Chocolate FF Produ KETCHUP MUSTARD MAYONNAISE | Nov - 14 Chicken Leg brd w/Onion CELERY STICKS APPLES, 125CT 1c MILK,1% Lowfat Produce Milk Chocolate FF Produ Brownie Ranch Dipper Cup KETCHUP | Nov - 15 Tamale Cheese & Green Black Bean Cali Style PEARS SUNFLOWER NUTS,"LI Milk Chocolate FF Produ MILK,1% Lowfat Produce Taco Sauce | Nov - 16 Penne Pesto Pasta with Perfect Little Salad lunch APPLES, 125CT 1c Milk Chocolate FF Produ MILK,1% Lowfat Produce | Nov - 17 Turkey Submarine Sandw Doritos, baked CARROT STICKS CELERY STICKS APPLES, 125CT 1c Milk Chocolate FF Produ MILK,1% Lowfat Produce MUSTARD MAYONNAISE | <table style="width: 100%; border-collapse: collapse;"> <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>823 100%</td> </tr> <tr> <td>Chol...</td> <td>64 mg 64%</td> </tr> <tr> <td>Sodium.</td> <td>1331 mg</td> </tr> <tr> <td>Fiber..</td> <td>12.7 g 212%</td> </tr> <tr> <td>Iron...</td> <td>3.6 mg 103%</td> </tr> <tr> <td>Calcium</td> <td>575.9 mg 201%</td> </tr> <tr> <td>Vit A</td> <td>7397 IU 660%</td> </tr> <tr> <td>Vit C</td> <td>43.7 mg 291%</td> </tr> <tr> <td>Sugar</td> <td>26.2*g 12.7%Cal</td> </tr> <tr> <td>Prot</td> <td>37.6g 18.3%Cal</td> </tr> <tr> <td>Carb</td> <td>113.6g 55.2%Cal</td> </tr> <tr> <td>T.Fat</td> <td>26.9g 29.4%Cal</td> </tr> <tr> <td>S.Fat</td> <td>6.7g 7.4%Cal</td> </tr> </tbody> </table> | Avg Nutrients | Target | Cals... | 823 100% | Chol... | 64 mg 64% | Sodium. | 1331 mg | Fiber.. | 12.7 g 212% | Iron... | 3.6 mg 103% | Calcium | 575.9 mg 201% | Vit A | 7397 IU 660% | Vit C | 43.7 mg 291% | Sugar | 26.2*g 12.7%Cal | Prot | 37.6g 18.3%Cal | Carb | 113.6g 55.2%Cal | T.Fat | 26.9g 29.4%Cal | S.Fat | 6.7g 7.4%Cal |
| Avg Nutrients | Target | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cals... | 823 100% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Chol... | 64 mg 64% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium. | 1331 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fiber.. | 12.7 g 212% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Iron... | 3.6 mg 103% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Calcium | 575.9 mg 201% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Vit A | 7397 IU 660% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Vit C | 43.7 mg 291% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sugar | 26.2*g 12.7%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Prot | 37.6g 18.3%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Carb | 113.6g 55.2%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| T.Fat | 26.9g 29.4%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S.Fat | 6.7g 7.4%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.