

# Santa Cruz City Schools Elementary School Menu

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Sep 30, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Oct - 1 Bosco Stick's Turkey Sandwich (no che Salad Bar Monday ORANGES 138ct or 1/2c STRAWBERRIES,FRES Milk FF PLAIN producers MILK,1% Lowfat Produce Bosco Sauce Cup	Oct - 2 Nacho Bean & Salsa Dip Nacho Bean/Salsa Dip N Salad Bar Tuesday ORANGES 138ct or 1/2c BANANAS 150ct 1/2c Milk FF PLAIN producers MILK,1% Lowfat Produce	Oct - 3 Chick WM Tender 2pc Veggie Chik'n Nuggets 4 POTATO WEDGES Salad bar Wednesday PEACHES APPLES, 138ct 1c Milk FF PLAIN producers MILK,1% Lowfat Produce	Oct - 4 Teriyaki Beefy Rice Bowl Tofu Stir Fry with Rice Salad Bar Thursday APPLES, 138ct 1c PEARS,FRESH 150ct 1/2 Milk FF PLAIN producers MILK,1% Lowfat Produce	Oct - 5 Pizza, Galaxy Cheese Piz Pizza Roll Up (no cheese Salad Bar Friday APPLES, 138ct 1c MILK,1% Lowfat Produce Milk FF PLAIN producers	Avg Nutrients Target Cals... 632 100% Chol... 40 mg 40% Sodium. 1002 mg Fiber.. 14.9 g 249% Iron... 5.6 mg 159% Calcium 651.9 mg 228% Vit A 10162 IU 907% Vit C 61.6 mg 411% Prot 34.2g 21.7%Cal Carb 94.0g 59.5%Cal T.Fat 14.8g 21.1%Cal S.Fat 5.8g 8.3%Cal
Oct - 8 Chicken Sandwich (bread Grilled Cheese WG Sand Salad Bar Monday ORANGES 138ct or 1/2c STRAWBERRIES,FRES Milk FF PLAIN producers MILK,1% Lowfat Produce	Oct - 9 Quesadilla Cheese Bean Burrito (no cheese) Salad Bar Tuesday BANANAS 150ct 1/2c ORANGES 138ct or 1/2c Milk FF PLAIN producers MILK,1% Lowfat Produce Taco Sauce	Oct - 10 BBQ Beef Rib Sandwich Vegetarian Burger Don L Salad bar Wednesday PEACHES APPLES, 138ct 1c Milk FF PLAIN producers MILK,1% Lowfat Produce Ranch Dressing PKT	Oct - 11 HOT DOG ON A BUN Veggie Hot Dog POTATO WEDGES Salad Bar Thursday PEARS,FRESH 150ct 1/2 APPLES, 138ct 1c Milk FF PLAIN producers MILK,1% Lowfat Produce	Oct - 12 Pizza, Galaxy Cheese Piz Pizza Roll Up (no cheese Salad Bar Friday APPLES, 138ct 1c MILK,1% Lowfat Produce Milk FF PLAIN producers	Avg Nutrients Target Cals... 614 100% Chol... 49 mg 49% Sodium. 1168 mg Fiber.. 13.1 g 219% Iron... 4.0 mg 116% Calcium 631.5 mg 221% Vit A 8796 IU 785% Vit C 53.7 mg 358% Prot 33.1g 21.6%Cal Carb 90.1g 58.7%Cal T.Fat 15.4g 22.6%Cal S.Fat 5.7g 8.4%Cal
Oct - 15 VEGETABLE CHILI Corn Muffin IW Salad Bar Monday ORANGES 138ct or 1/2c STRAWBERRIES,FRES Milk FF PLAIN producers MILK,1% Lowfat Produce	Oct - 16 Taco Stick Bean Burrito (no cheese) Salad Bar Tuesday BANANAS 150ct 1/2c ORANGES 138ct or 1/2c Milk FF PLAIN producers MILK,1% Lowfat Produce Taco Sauce	Oct - 17 Macaroni and Cheese RF SPAGHETTI AND MEAT Salad bar Wednesday PEACHES APPLES, 138ct 1c Milk FF PLAIN producers MILK,1% Lowfat Produce	Oct - 18 Chicken Breaded Drumsti Veggie Chik'n Nuggets 4 Ranch Rice Salad Bar Thursday APPLES, 138ct 1c PEARS,FRESH 150ct 1/2 Milk FF PLAIN producers MILK,1% Lowfat Produce	Oct - 19 Pizza Longboard Pepper Pizza, Galaxy Cheese Piz Pizza Roll Up (no cheese Salad Bar Friday APPLES, 138ct 1c MILK,1% Lowfat Produce Milk FF PLAIN producers	Avg Nutrients Target Cals... 639 100% Chol... 55 mg 55% Sodium. 1155 mg Fiber.. 13.0 g 216% Iron... 5.2 mg 147% Calcium 709.4 mg 248% Vit A 9769 IU 872% Vit C 61.2 mg 408% Prot 36.7g 23.0%Cal Carb 92.0g 57.6%Cal T.Fat 15.4g 21.7%Cal S.Fat 6.3g 8.9%Cal

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.

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Oct - 29  Chick WM Tender 2pc Veggie Chik'n Nuggets 4 POTATO WEDGES Salad Bar Monday ORANGES 138ct or 1/2c STRAWBERRIES,FRES Milk FF PLAIN producers MILK,1% Lowfat Produce BBQ Sauce PKT KETCHUP Ranch Dressing PKT	Oct - 30  Bean and Cheese Burrito Bean Burrito (no cheese) Salad Bar Tuesday BANANAS 150ct 1/2c ORANGES 138ct or 1/2c Milk FF PLAIN producers MILK,1% Lowfat Produce Taco Sauce	Oct - 31  Grilled Cheese WG Sand Turkey Sandwich (no che Salad bar Wednesday PEACHES APPLES, 138ct 1c Milk FF PLAIN producers MILK,1% Lowfat Produce Ranch Dressing PKT			<table border="0"> <tr> <td style="text-align: right;">Avg Nutrients</td> <td style="text-align: right;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">640 100%</td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">36 mg 36%</td> </tr> <tr> <td>Sodium...</td> <td style="text-align: right;">1096 mg</td> </tr> <tr> <td>Fiber...</td> <td style="text-align: right;">16.7 g 278%</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">6.4 mg 181%</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">686.6 mg 240%</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">8540 IU 762%</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">77.9 mg 519%</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">35.6g 22.3%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">97.2g 60.7%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">14.4g 20.3%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">5.3g 7.5%Cal</td> </tr> </table>	Avg Nutrients	Target	Cals...	640 100%	Chol...	36 mg 36%	Sodium...	1096 mg	Fiber...	16.7 g 278%	Iron...	6.4 mg 181%	Calcium	686.6 mg 240%	Vit A	8540 IU 762%	Vit C	77.9 mg 519%	Prot	35.6g 22.3%Cal	Carb	97.2g 60.7%Cal	T.Fat	14.4g 20.3%Cal	S.Fat	5.3g 7.5%Cal
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