

Santa Cruz City Schools Elementary School Menu

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Sep 22, 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients																												
Oct - 2 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 - 3 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 - 4 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 - 5 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 - 6 Pizza, Galaxy Cheese Piz Pizza Roll Up (no cheese Salad Bar Friday APPLES, 138ct 1c MILK,1% Lowfat Produce Milk FF PLAIN producers	<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>642 100%</td> </tr> <tr> <td>Chol...</td> <td>40 mg 40%</td> </tr> <tr> <td>Sodium...</td> <td>1158 mg</td> </tr> <tr> <td>Fiber...</td> <td>14.5 g 242%</td> </tr> <tr> <td>Iron...</td> <td>5.3 mg 151%</td> </tr> <tr> <td>Calcium</td> <td>651.1 mg 228%</td> </tr> <tr> <td>Vit A</td> <td>9076 IU 810%</td> </tr> <tr> <td>Vit C</td> <td>56.5 mg 377%</td> </tr> <tr> <td>Sugar</td> <td>18.5*g 11.5%Cal</td> </tr> <tr> <td>Prot</td> <td>33.3g 20.8%Cal</td> </tr> <tr> <td>Carb</td> <td>95.9g 59.7%Cal</td> </tr> <tr> <td>T.Fat</td> <td>15.8g 22.1%Cal</td> </tr> <tr> <td>S.Fat</td> <td>6.0g 8.5%Cal</td> </tr> </table>	Avg Nutrients	Target	Cals...	642 100%	Chol...	40 mg 40%	Sodium...	1158 mg	Fiber...	14.5 g 242%	Iron...	5.3 mg 151%	Calcium	651.1 mg 228%	Vit A	9076 IU 810%	Vit C	56.5 mg 377%	Sugar	18.5*g 11.5%Cal	Prot	33.3g 20.8%Cal	Carb	95.9g 59.7%Cal	T.Fat	15.8g 22.1%Cal	S.Fat	6.0g 8.5%Cal
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