

Santa Cruz City Schools

Elementary School Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients																												
				Dec - 1 Pizza, Galaxy Cheese Piz Pizza Roll Up (no cheese) Salad Bar Friday APPLES, 138ct 1c MILK,1% Lowfat Produce Milk FF PLAIN producers	<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>540 98%</td> </tr> <tr> <td>Chol...</td> <td>27 mg 27%</td> </tr> <tr> <td>Sodium.</td> <td>930 mg</td> </tr> <tr> <td>Fiber..</td> <td>10.1 g 168%</td> </tr> <tr> <td>Iron...</td> <td>3.3 mg 94%</td> </tr> <tr> <td>Calcium</td> <td>704.8 mg 246%</td> </tr> <tr> <td>Vit A</td> <td>16578 IU1480%</td> </tr> <tr> <td>Vit C</td> <td>17.7 mg 118%</td> </tr> <tr> <td>Sugar</td> <td>31.6*g 23.4%Cal</td> </tr> <tr> <td>Prot</td> <td>27.2g 20.1%Cal</td> </tr> <tr> <td>Carb</td> <td>78.5g 58.1%Cal</td> </tr> <tr> <td>T.Fat</td> <td>14.4g 24.0%Cal</td> </tr> <tr> <td>S.Fat</td> <td>5.2g 8.6%Cal</td> </tr> </tbody> </table>	Avg Nutrients	Target	Cals...	540 98%	Chol...	27 mg 27%	Sodium.	930 mg	Fiber..	10.1 g 168%	Iron...	3.3 mg 94%	Calcium	704.8 mg 246%	Vit A	16578 IU1480%	Vit C	17.7 mg 118%	Sugar	31.6*g 23.4%Cal	Prot	27.2g 20.1%Cal	Carb	78.5g 58.1%Cal	T.Fat	14.4g 24.0%Cal	S.Fat	5.2g 8.6%Cal
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