

# Santa Cruz City Schools Elementary School Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
			Feb - 1  Spaghetti w/sauce & Mea Spaghetti w/sauce & che Salad Bar Thursday APPLES, 138ct 1c Milk FF PLAIN producers MILK,1% Lowfat Produce Ranch Dressing PKT	Feb - 2  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...            582        100% Chol...            42 mg    42% Sodium...        1059 mg Fiber...        10.7 g    178% Iron...            3.7 mg    106% Calcium 576.3 mg 202% Vit A            10915 IU 975% Vit C            33.9 mg 226% Sugar 24.5*g    16.8%Cal Prot            28.5g    19.6%Cal Carb            85.5g    58.7%Cal T.Fat            15.5g    24.0%Cal S.Fat            4.6g     7.1%Cal
Feb - 5  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	Feb - 6  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	Feb - 7  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	Feb - 8  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	Feb - 9  Pizza Longboard Pepper Pizza Roll Up (no cheese Salad Bar Friday APPLES, 138ct 1c MILK,1% Lowfat Produce Milk FF PLAIN producers	Avg Nutrients    Target Cals...            609        100% Chol...            44 mg    44% Sodium...        968 mg Fiber...        13.8 g    231% Iron...            4.8 mg    137% Calcium 694.1 mg 243% Vit A            9451 IU 844% Vit C            62.1 mg 414% Sugar 17.3*g    11.4%Cal Prot            34.7g    22.8%Cal Carb            88.7g    58.2%Cal T.Fat            14.7g    21.7%Cal S.Fat            5.5g     8.1%Cal
Feb - 12  Cheeseburger 100% beef Hamburger 100% on bun Vegetarian Burger Don L Salad Bar Monday ORANGES 138ct or 1/2c STRAWBERRIES,FRES Milk FF PLAIN producers MILK,1% Lowfat Produce	Feb - 13  Taco Pocket 5oz Bean and Cheese Burrito Bean Burrito (no cheese) Salad Bar Tuesday ORANGES 138ct or 1/2c BANANAS 150ct 1/2c Milk FF PLAIN producers MILK,1% Lowfat Produce Taco Sauce	Feb - 14  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	Feb - 15  Orange Chicken Rice Bo Tofu Orange Rice Bowl Salad Bar Thursday APPLES, 138ct 1c PEARS,FRESH 150ct 1/2 Milk FF PLAIN producers MILK,1% Lowfat Produce	Feb - 16	Avg Nutrients    Target Cals...            652        100% Chol...            52 mg    52% Sodium...        1019 mg Fiber...        14.7 g    245% Iron...            5.7 mg    163% Calcium 514.9 mg 180% Vit A            8332 IU 744% Vit C            64.8 mg 432% Sugar 15.2*g    9.3%Cal Prot            36.7g    22.5%Cal Carb            103.1g 63.2%Cal T.Fat            13.0g    17.9%Cal S.Fat            4.4g     6.1%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.

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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Feb - 19	Feb - 20 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	Feb - 21 Calzone 3 Cheese Eleme Spaghetti w/sauce & Mea Salad bar Wednesday PEACHES APPLES, 138ct 1c Milk FF PLAIN producers MILK,1% Lowfat Produce Ranch Dressing PKT	Feb - 22 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	Feb - 23 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...            599            100% Chol...            39 mg        39% Sodium...        1036 mg Fiber...          13.4 g       224% Iron...            5.2 mg      150% Calcium 686.9 mg 240% Vit A            9361 IU     836% Vit C            49.9 mg    333% Sugar 21.6*g    14.4%Cal Prot            30.4g      20.3%Cal Carb            90.8g      60.6%Cal T.Fat            14.9g      22.3%Cal S.Fat            5.6g        8.4%Cal
Feb - 26 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	Feb - 27 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	Feb - 28 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			Avg Nutrients      Target Cals...            626            100% Chol...            55 mg        55% Sodium...        1165 mg Fiber...          15.3 g       254% Iron...            5.0 mg      144% Calcium 665.3 mg 233% Vit A            8251 IU     737% Vit C            74.3 mg    495% Sugar 14.2*g    9.1%Cal Prot            37.0g      23.7%Cal Carb            89.0g      56.9%Cal T.Fat            15.6g      22.5%Cal S.Fat            5.9g        8.5%Cal

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