

# Santa Cruz City Schools

## Elementary School Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
		Nov - 1  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	Nov - 2  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	Nov - 3  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...            567       100% Chol...            40 mg    40% Sodium...        788 mg Fiber...        10.7 g    178% Iron...            3.6 mg    104% Calcium 684.9 mg 239% Vit A            11370 IU1015% Vit C            40.2 mg 268% Sugar 22.7*g    16.0%Cal Prot            30.2g    21.3%Cal Carb            89.6g    63.2%Cal T.Fat            11.5g    18.2%Cal S.Fat            4.4g     7.0%Cal
Nov - 6  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	Nov - 7  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	Nov - 8  Raviolli Cheese Mini Spaghetti w/sauce & Mea Salad bar Wednesday PEACHES APPLES, 138ct 1c Milk FF PLAIN producers MILK,1% Lowfat Produce Ranch Dressing PKT	Nov - 9  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	Nov - 10  Avg Nutrients    Target Cals...            591       100% Chol...            54 mg    54% Sodium...        1130 mg Fiber...        13.6 g    227% Iron...            5.6 mg    159% Calcium 579.1 mg 202% Vit A            7714 IU 689% Vit C            66.1 mg 441% Sugar 15.2*g    10.3%Cal Prot            35.9g    24.3%Cal Carb            88.1g    59.6%Cal T.Fat            13.1g    19.9%Cal S.Fat            4.5g     6.9%Cal	
Nov - 13  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	Nov - 14  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	Nov - 15  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	Nov - 16  Turkey &Gravy over WG Salad Bar Thursday PEARS,FRESH 150ct 1/2 APPLES, 138ct 1c Milk FF PLAIN producers MILK,1% Lowfat Produce	Nov - 17  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...            617       100% Chol...            49 mg    49% Sodium...        1126 mg Fiber...        13.7 g    229% Iron...            5.0 mg    144% Calcium 691.6 mg 242% Vit A            9109 IU 813% Vit C            55.3 mg 368% Sugar 16.9*g    10.9%Cal Prot            35.3g    22.9%Cal Carb            87.8g    57.0%Cal T.Fat            15.9g    23.2%Cal S.Fat            6.3g     9.3%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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