

Santa Cruz City Schools

High School Lunch

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Sep 22, 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Oct - 2	Oct - 3	Oct - 4	Oct - 5	Oct - 6	Avg Nutrients Target
Bosco Stick's	Chick WM Tend w/gldfsh	Burrito Pork Carnitas	Chicken Leg brd w/Onion	Cheeseburger 100% beef	Cals... 753 100%
Pizza Cheese Big Daddy	Veggie Chik'n Nuggets 5	Quesadilla Cheese	Grilled Cheese WG Sand	Vegetarian Burger Don L	Chol... 67 mg 67%
Pizza Pepperoni Big Dad	Pizza Cheese Big Daddy	Pizza Cheese Big Daddy	Pizza Cheese Big Daddy	Pizza Cheese Big Daddy	Sodium... 1243 mg
Turkey Sandwich	Pizza Hawaiian Big Dadd	Pizza Pepperoni Big Dad	Pizza Veggie Big Daddy	Pizza Pepperoni Big Dad	Fiber... 10.1 g 169%
Tuna Salad Sandwich (P	Turkey Sandwich	Turkey Sandwich	Turkey Sandwich	Turkey Sandwich	Iron... 3.6 mg 104%
Chicken Caesar Salad	Egg Salad Sandwich	Turkey Ham Sandwich	Wrap Chicken Ranch	Turkey Submarine Sandw	Calcium 666.7 mg 233%
Salad Garden Large bx	Chicken Caesar Salad	Chicken Caesar Salad	Chicken Caesar Salad	Chicken Caesar Salad	Vit A 8836 IU 789%
Salad, Chinese Chicken	Salad Garden Large bx	Salad Garden Large bx	Salad Garden Large bx	Salad Garden Large bx	Vit C 48.4 mg 322%
POTATO WEDGES	Salad, Chinese Chicken	Salad, Chinese Chicken	Salad, Chinese Chicken	Salad, Chinese Chicken	Sugar 25.6*g 13.6%Cal
CARROT STICKS	POTATO WEDGES	POTATO WEDGES	POTATO WEDGES	POTATO WEDGES	Prot 35.9g 19.1%Cal
APPLES, 138ct 1c	CARROT STICKS	CARROT STICKS	CARROT STICKS	CARROT STICKS	Carb 99.3g 52.8%Cal
ORANGES 138ct or 1/2c	APPLES, 138ct 1c	APPLES, 138ct 1c	APPLES, 138ct 1c	APPLES, 138ct 1c	T.Fat 24.5g 29.3%Cal
PEACHES	ORANGES 138ct or 1/2c	ORANGES 138ct or 1/2c	ORANGES 138ct or 1/2c	ORANGES 138ct or 1/2c	S.Fat 8.0g 9.6%Cal
Milk Chocolate FF Produ	PEACHES	PEACHES	PEACHES	PEACHES	
MILK,1% Lowfat Produce	Milk Chocolate FF Produ	Juice Variety Sm Box	Milk Chocolate FF Produ	Milk Chocolate FF Produ	
KETCHUP	MILK,1% Lowfat Produce	Milk Chocolate FF Produ	MILK,1% Lowfat Produce	MILK,1% Lowfat Produce	
MUSTARD	KETCHUP	MILK,1% Lowfat Produce	KETCHUP	KETCHUP	
MAYONNAISE	MUSTARD	KETCHUP	MUSTARD	MUSTARD	
Ranch Dressing PKT	MAYONNAISE	MUSTARD	MAYONNAISE	MAYONNAISE	
Bosco Sauce Cup	Ranch Dressing PKT	MAYONNAISE	Ranch Dressing PKT	Ranch Dressing PKT	
	BBQ Sauce PKT	Ranch Dressing PKT	BBQ Sauce PKT	BBQ Sauce PKT	
		Taco Sauce			

**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.*

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.