

Santa Cruz City Schools

High School Lunch

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients																										
Sep - 11	Sep - 12	Sep - 13	Sep - 14	Sep - 15	Nutrients																										
Bosco Stick's Pizza Cheese Big Daddy Pizza Pepperoni Big Dad Turkey Sandwich Tuna Salad Sandwich (P Chicken Caesar Salad Salad Garden Large bx Salad, Chinese Chicken POTATO WEDGES CARROT STICKS APPLES, 138ct 1c ORANGES 138ct or 1/2c PEACHES Milk Chocolate FF Produ MILK,1% Lowfat Produce KETCHUP MUSTARD MAYONNAISE Ranch Dressing PKT Bosco Sauce Cup	Chick WM Tend w/gldfsh Veggie Chik'n Nuggets Pizza Cheese Big Daddy Pizza Hawaiian Big Dadd Turkey Sandwich Egg Salad Sandwich Chicken Caesar Salad Salad Garden Large bx Salad, Chinese Chicken POTATO WEDGES CARROT STICKS APPLES, 138ct 1c ORANGES 138ct or 1/2c PEACHES Milk Chocolate FF Produ MILK,1% Lowfat Produce KETCHUP MUSTARD MAYONNAISE Ranch Dressing PKT BBQ Sauce PKT	Cheeseburger 100% bf o Hamburger 100% w/chee Vegetarian Burger Don L Pizza Cheese Big Daddy Pizza Pepperoni Big Dad Turkey Sandwich Turkey Ham Sandwich Chicken Caesar Salad Salad Garden Large bx Salad, Chinese Chicken POTATO WEDGES CARROT STICKS APPLES, 138ct 1c ORANGES 138ct or 1/2c PEACHES Juice Variety Sm Box Milk Chocolate FF Produ MILK,1% Lowfat Produce KETCHUP MUSTARD MAYONNAISE Ranch Dressing PKT BBQ Sauce PKT	Korean Beef Street Taco Quesadilla Cheese Pizza Cheese Big Daddy Pizza Veggie Big Daddy Turkey Sandwich Wrap Chicken Ranch Chicken Caesar Salad Salad Garden Large bx Salad, Chinese Chicken POTATO WEDGES CARROT STICKS APPLES, 138ct 1c ORANGES 138ct or 1/2c PEACHES Milk Chocolate FF Produ MILK,1% Lowfat Produce KETCHUP MUSTARD MAYONNAISE Ranch Dressing PKT Taco Sauce	Chicken Wings of Fire Grilled Cheese WG Sand Pizza Cheese Big Daddy Pizza Pepperoni Big Dad Turkey Sandwich Turkey Submarine Sandw Chicken Caesar Salad Salad Garden Large bx Salad, Chinese Chicken POTATO WEDGES CARROT STICKS APPLES, 138ct 1c ORANGES 138ct or 1/2c PEACHES Milk Chocolate FF Produ MILK,1% Lowfat Produce KETCHUP MUSTARD MAYONNAISE Ranch Dressing PKT	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Avg Nutrients</th> <th style="text-align: right;">Target</th> </tr> </thead> <tbody> <tr> <td>Cals...</td> <td style="text-align: right;">759 100%</td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">67* mg 67%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1234 mg</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">9.6 g 160%</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">3.6 mg 104%</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">660.5 mg 231%</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">8928 IU 797%</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">48.6 mg 324%</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">35.5g 18.7%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">99.2g 52.3%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">25.4g 30.2%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">8.2*g 9.7%Cal</td> </tr> </tbody> </table>	Avg Nutrients	Target	Cals...	759 100%	Chol...	67* mg 67%	Sodium.	1234 mg	Fiber..	9.6 g 160%	Iron...	3.6 mg 104%	Calcium	660.5 mg 231%	Vit A	8928 IU 797%	Vit C	48.6 mg 324%	Prot	35.5g 18.7%Cal	Carb	99.2g 52.3%Cal	T.Fat	25.4g 30.2%Cal	S.Fat	8.2*g 9.7%Cal
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**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.