

Santa Cruz City Schools

High School Lunch

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Nov 28, 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Dec - 4	Dec - 5	Dec - 6	Dec - 7	Dec - 8	Avg Nutrients Target
Spicy Chicken Sandwich	Tamale Cheese & Green	Steak & Cheese Sandwic	Penne Pesto Pasta with	Tornado South Western	Cals... 761 100%
Vegetarian Burger Don L	Bean and Cheese Burrito	Grilled Cheese WG Sand	Penne Pesto Pasta with	Bean and Cheese Burrito	Chol... 61 mg 61%
Pizza Cheese Big Daddy	Pizza Cheese Big Daddy	Pizza Cheese Big Daddy	Pizza Cheese Big Daddy	Pizza Cheese Big Daddy	Sodium. 1258 mg
Pizza Pepperoni Big Dad	Pizza Hawaiian Big Dadd	Pizza Pepperoni Big Dad	Pizza Veggie Big Daddy	Pizza Pepperoni Big Dad	Fiber.. 9.0 g 150%
Turkey Sandwich	Turkey Sandwich	Turkey Sandwich	Turkey Sandwich	Turkey Sandwich	Iron... 3.4 mg 96%
Tuna Salad Sandwich (P	Egg Salad Sandwich	Turkey Ham Sandwich	Wrap Chicken Ranch	Turkey Submarine Sandw	Calcium 638.9 mg 223%
Chicken Noodle Soup w/	Potato Cheese Soup w/ro	Chili ChefMate w/cornbre	Chicken Caesar Salad	Chicken Caesar Salad	Vit A 8366 IU 747%
Chicken Caesar Salad	Chicken Caesar Salad	Chicken Caesar Salad	Salad Garden Large bx	Salad Garden Large bx	Vit C 48.8 mg 325%
Salad Garden Large bx	Salad Garden Large bx	Salad Garden Large bx	Salad, Chinese Chicken	Salad, Chinese Chicken	Sugar 28.0*g 14.7%Cal
Salad, Chinese Chicken	Salad, Chinese Chicken	Salad, Chinese Chicken	POTATO WEDGES	POTATO WEDGES	Prot 33.7g 17.7%Cal
POTATO WEDGES	POTATO WEDGES	POTATO WEDGES	CARROT STICKS	CARROT STICKS	Carb 104.4g 54.9%Cal
CARROT STICKS	CARROT STICKS	CARROT STICKS	APPLES, 138ct 1c	APPLES, 138ct 1c	T.Fat 24.6g 29.1%Cal
APPLES, 138ct 1c	APPLES, 138ct 1c	APPLES, 138ct 1c	ORANGES 138ct or 1/2c	ORANGES 138ct or 1/2c	S.Fat 8.0g 9.5%Cal
ORANGES 138ct or 1/2c	ORANGES 138ct or 1/2c	ORANGES 138ct or 1/2c	PEACHES	PEACHES	
PEACHES	PEACHES	PEACHES	RAISINS	RAISINS	
RAISINS	RAISINS	RAISINS	Milk Chocolate FF Produ	Milk Chocolate FF Produ	
Milk Chocolate FF Produ	Milk Chocolate FF Produ	Milk Chocolate FF Produ	MILK,1% Lowfat Produce	MILK,1% Lowfat Produce	
MILK,1% Lowfat Produce	MILK,1% Lowfat Produce	MILK,1% Lowfat Produce	KETCHUP	KETCHUP	
KETCHUP	KETCHUP	KETCHUP	MUSTARD	MUSTARD	
MUSTARD	MUSTARD	MUSTARD	MAYONNAISE	MAYONNAISE	
MAYONNAISE	MAYONNAISE	MAYONNAISE	Ranch Dressing PKT	Ranch Dressing PKT	
Ranch Dressing PKT	Ranch Dressing PKT	Ranch Dressing PKT	BBQ Sauce PKT	BBQ Sauce PKT	
	Taco Sauce	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.