

# Santa Cruz City Schools

## High School Lunch

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Oct - 8	Oct - 9	Oct - 10	Oct - 11	Oct - 12	Avg Nutrients    Target
Bosco Stick's	Chicken Pesto Sandwich	Burrito Pork Carnitas	Chicken Leg brd w/Onion	Cheeseburger 100% beef	Cals...        760        100%
Pizza Cheese Big Daddy	Grilled Cheese Sandwich	Bean and Cheese Burrito	Veggie Chik'n Nug 5pc w/	Vegetarian Burger Don L	Chol...        60 mg    60%
Pizza Pepperoni Big Dad	Pizza Cheese Big Daddy	Pizza Cheese Big Daddy	Pizza Cheese Big Daddy	Pizza Cheese Big Daddy	Sodium.      1197 mg
Turkey Sandwich	Pizza Hawaiian Big Dadd	Pizza Pepperoni Big Dad	Pizza Veggie Big Daddy	Pizza Pepperoni Big Dad	Fiber...    10.1 g    168%
Tuna Salad Sandwich (P	Turkey Sandwich	Turkey Sandwich	Turkey Sandwich	Turkey Sandwich	Iron...      5.9* mg    168%
Peanut Butter & Grape Je	Egg Salad Sandwich	Turkey Ham Sandwich	Peanut Butter & Grape Je	Turkey Submarine Sandw	Calcium656.7* mg    230%
Chicken Caesar Salad	Peanut Butter & Grape Je	Peanut Butter & Grape Je	Chicken Caesar Salad	Turkey Submarine Sandw	Vit A    8334* IU    744%
Salad Garden Large bx	Chicken Caesar Salad	Chicken Caesar Salad	Salad Garden Large bx	Peanut Butter & Grape Je	Prot     36.7g    19.3%Cal
Salad, Chinese Chicken	Salad Garden Large bx	Salad Garden Large bx	Salad, Chinese Chicken	Chicken Caesar Salad	Carb    100.9g    53.1%Cal
POTATO WEDGES	Salad, Chinese Chicken	Salad, Chinese Chicken	POTATO WEDGES	Salad Garden Large bx	T.Fat    24.6g    29.1%Cal
CARROT STICKS	POTATO WEDGES	POTATO WEDGES	CARROT STICKS	Salad, Chinese Chicken	S.Fat    7.9g     9.3%Cal
APPLES, 138ct 1c	CARROT STICKS	CARROT STICKS	APPLES, 138ct 1c	POTATO WEDGES	
ORANGES 138ct or 1/2c	APPLES, 138ct 1c	APPLES, 138ct 1c	ORANGES 138ct or 1/2c	CARROT STICKS	
RAISINS	ORANGES 138ct or 1/2c	ORANGES 138ct or 1/2c	PEACHES	APPLES, 138ct 1c	
Milk Chocolate FF Produ	RAISINS	PEACHES	Milk Chocolate FF Produ	ORANGES 138ct or 1/2c	
MILK,1% Lowfat Produce	Milk Chocolate FF Produ	Milk Chocolate FF Produ	MILK,1% Lowfat Produce	PEACHES	
MILK FF STRAWBERRY	MILK,1% Lowfat Produce	MILK,1% Lowfat Produce	MILK FF STRAWBERRY	Milk Chocolate FF Produ	
KETCHUP	MILK FF STRAWBERRY	MILK FF STRAWBERRY	KETCHUP	MILK,1% Lowfat Produce	
MUSTARD	KETCHUP	KETCHUP	MUSTARD	MILK FF STRAWBERRY	
MAYONNAISE	MUSTARD	MUSTARD	MAYONNAISE	KETCHUP	
Ranch Dressing PKT	MAYONNAISE	MAYONNAISE	Ranch Dressing PKT	MUSTARD	
BBQ Sauce PKT	Ranch Dressing PKT	Ranch Dressing PKT	BBQ Sauce PKT	MAYONNAISE	
Taco Sauce	BBQ Sauce PKT	BBQ Sauce PKT	Taco Sauce	Ranch Dressing PKT	
Bosco Sauce Cup	Taco Sauce	Taco Sauce		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.