

Santa Cruz City Schools

High School Lunch

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Feb - 5	Feb - 6	Feb - 7	Feb - 8	Feb - 9	Avg Nutrients Target
Bosco Stick's	Teriyaki beef bowl (secon	Chicken Mozzarella Sand	BBQ Chicken in a Basket	Cheeseburger 100% beef	Cals... 769 100%
Pizza Cheese Big Daddy	Tofu Stir Fry with Rice	Bean and Cheese Burrito	Veggie Chik'n Nuggets 5	Vegetarian Burger Don L	Chol... 77 mg 77%
Pizza Pepperoni Big Dad	Pizza Cheese Big Daddy	Pizza Cheese Big Daddy	POTATO WEDGES	Pizza Cheese Big Daddy	Sodium... 1337 mg
Turkey Sandwich	Pizza Hawaiian Big Dadd	Pizza Pepperoni Big Dad	Pizza Cheese Big Daddy	Pizza Pepperoni Big Dad	Fiber... 9.6 g 161%
Tuna Salad Sandwich (P	Turkey Sandwich	Turkey Sandwich	Pizza Veggie Big Daddy	Turkey Sandwich	Iron... 3.8 mg 109%
Chicken Noodle Soup w/	Egg Salad Sandwich	Turkey Ham Sandwich	Turkey Sandwich	Turkey Submarine Sandw	Calcium 632.8 mg 221%
Chicken Caesar Salad	Potato Cheese Soup w/ro	Chili ChefMate w/cornbre	Wrap Chicken Ranch	Chicken Caesar Salad	Vit A 8702 IU 777%
Salad Garden Large bx	Chicken Caesar Salad	Chicken Caesar Salad	Chicken Caesar Salad	Salad Garden Large bx	Vit C 49.7 mg 332%
Salad, Chinese Chicken	Salad Garden Large bx	Salad Garden Large bx	Salad Garden Large bx	Salad, Chinese Chicken	Sugar 27.7*g 14.4%Cal
POTATO WEDGES	Salad, Chinese Chicken	Salad, Chinese Chicken	Salad, Chinese Chicken	POTATO WEDGES	Prot 38.2g 19.9%Cal
CARROT STICKS	POTATO WEDGES	POTATO WEDGES	CARROT STICKS	CARROT STICKS	Carb 102.5g 53.3%Cal
APPLES, 138ct 1c	CARROT STICKS	CARROT STICKS	APPLES, 138ct 1c	APPLES, 138ct 1c	T.Fat 24.0g 28.0%Cal
ORANGES 138ct or 1/2c	APPLES, 138ct 1c	APPLES, 138ct 1c	ORANGES 138ct or 1/2c	ORANGES 138ct or 1/2c	S.Fat 8.2g 9.6%Cal
PEACHES	ORANGES 138ct or 1/2c	ORANGES 138ct or 1/2c	PEACHES	PEACHES	
RAISINS	PEACHES	PEACHES	RAISINS	RAISINS	
Milk Chocolate FF Produ	RAISINS	RAISINS	Milk Chocolate FF Produ	Milk Chocolate FF Produ	
MILK,1% Lowfat Produce	Milk Chocolate FF Produ	Milk Chocolate FF Produ	MILK,1% Lowfat Produce	MILK,1% Lowfat Produce	
KETCHUP	MILK,1% Lowfat Produce	MILK,1% Lowfat Produce	KETCHUP	KETCHUP	
MUSTARD	KETCHUP	KETCHUP	MUSTARD	MUSTARD	
MAYONNAISE	MUSTARD	MUSTARD	MAYONNAISE	MAYONNAISE	
Ranch Dressing PKT	MAYONNAISE	MAYONNAISE	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.