

Santa Cruz City Schools

High School Lunch

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Oct 25, 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Nov - 13	Nov - 14	Nov - 15	Nov - 16	Nov - 17	Avg Nutrients Target
Spicy Chicken Sandwich	Chicken Leg brd w/Onion	Steak & Cheese Sandwic	Penne Pesto Pasta with	Tornado South Western	Cals... 757 100%
Vegetarian Burger Don L	Veg. Nuggets 5pc w/onio	Grilled Cheese WG Sand	Penne Pesto Pasta with	Bean and Cheese Burrito	Chol... 62 mg 62%
Pizza Cheese Big Daddy	Pizza Cheese Big Daddy	Pizza Cheese Big Daddy	Pizza Cheese Big Daddy	Pizza Cheese Big Daddy	Sodium. 1248 mg
Pizza Pepperoni Big Dad	Pizza Hawaiian Big Dadd	Pizza Pepperoni Big Dad	Pizza Veggie Big Daddy	Pizza Pepperoni Big Dad	Fiber.. 9.2 g 153%
Turkey Sandwich	Turkey Sandwich	Turkey Sandwich	Turkey Sandwich	Turkey Sandwich	Iron... 3.4 mg 97%
Tuna Salad Sandwich (P	Egg Salad Sandwich	Turkey Ham Sandwich	Wrap Chicken Ranch	Turkey Submarine Sandw	Calcium 627.3 mg 219%
Chicken Caesar Salad	Chicken Caesar Salad	Chicken Caesar Salad	Chicken Caesar Salad	Chicken Caesar Salad	Vit A 8714 IU 778%
Salad Garden Large bx	Salad Garden Large bx	Salad Garden Large bx	Salad Garden Large bx	Salad Garden Large bx	Vit C 48.9 mg 326%
Salad, Chinese Chicken	Salad, Chinese Chicken	Salad, Chinese Chicken	Salad, Chinese Chicken	Salad, Chinese Chicken	Sugar 28.7*g 15.2%Cal
POTATO WEDGES	POTATO WEDGES	POTATO WEDGES	POTATO WEDGES	POTATO WEDGES	Prot 34.1g 18.0%Cal
CARROT STICKS	CARROT STICKS	CARROT STICKS	CARROT STICKS	CARROT STICKS	Carb 104.4g 55.2%Cal
APPLES, 138ct 1c	APPLES, 138ct 1c	APPLES, 138ct 1c	APPLES, 138ct 1c	APPLES, 138ct 1c	T.Fat 23.9g 28.4%Cal
ORANGES 138ct or 1/2c	ORANGES 138ct or 1/2c	ORANGES 138ct or 1/2c	ORANGES 138ct or 1/2c	ORANGES 138ct or 1/2c	S.Fat 7.4g 8.9%Cal
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	Taco Sauce	BBQ Sauce PKT	BBQ Sauce PKT	

**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.