

Santa Cruz City Schools

Middle School Lunch

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Aug 12, 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Sep - 11	Sep - 12	Sep - 13	Sep - 14	Sep - 15	Avg Nutrients Target
Bosco Stick's Turkey Sandwich Tuna Salad Sandwich (P) Salad Garden Large bx Chicken Caesar Salad POTATO WEDGES CARROT STICKS APPLES, 138ct 1c ORANGES 138ct or 1/2c Milk Chocolate FF Produ MILK,1% Lowfat Produce KETCHUP MUSTARD MAYONNAISE Ranch Dipper Cup Bosco Sauce Cup	Chick WM Tend w/gldfsh Veggie Chik'n Nuggets Turkey Sandwich Egg Salad Sandwich Salad Garden Large bx Chicken Caesar Salad POTATO WEDGES CARROT STICKS APPLES, 138ct 1c ORANGES 138ct or 1/2c Milk Chocolate FF Produ MILK,1% Lowfat Produce KETCHUP MUSTARD MAYONNAISE Ranch Dipper Cup BBQ SAUCE Heinz	Cheeseburger 100% bf o Vegetarian Burger Don L Turkey Sandwich Turkey Ham Sandwich Salad Garden Large bx Chicken Caesar Salad CELERY STICKS CARROT STICKS APPLES, 138ct 1c ORANGES 138ct or 1/2c Milk Chocolate FF Produ MILK,1% Lowfat Produce KETCHUP MUSTARD MAYONNAISE Ranch Dipper Cup	Korean Beef Street Taco Quesadilla Cheese Turkey Sandwich Wrap Chicken Ranch Salad Garden Large bx Chicken Caesar Salad CELERY STICKS CARROT STICKS APPLES, 138ct 1c ORANGES 138ct or 1/2c BANANAS 150ct 1/2c Milk Chocolate FF Produ MILK,1% Lowfat Produce SOY SAU MADE FROM MUSTARD MAYONNAISE Ranch Dipper Cup	Pizza Pepperoni Big Dad Pizza Hawaiian Big Dadd Pizza Cheese Big Daddy Turkey Submarine Sandw Salad Garden Large bx Chicken Caesar Salad CELERY STICKS CARROT STICKS APPLES, 138ct 1c ORANGES 138ct or 1/2c Milk Chocolate FF Produ MILK,1% Lowfat Produce MUSTARD MAYONNAISE Ranch Dipper Cup	Cals... 675 100% Chol... 71* mg 71% Sodium. 1189 mg Fiber.. 9.3 g 156% Iron... 3.1 mg 89% Calcium 649.4 mg 227% Vit A 7206 IU 643% Vit C 46.1 mg 308% Prot 35.9g 21.3%Cal Carb 85.2g 50.5%Cal T.Fat 22.1g 29.5%Cal S.Fat 7.3*g 9.7%Cal

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.