

# Santa Cruz City Schools

## Middle School Lunch

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Sep 22, 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Oct - 2	Oct - 3	Oct - 4	Oct - 5	Oct - 6	Avg Nutrients Target
Bosco Stick's	Chick WM Tend w/gldfsh	Burrito Macho Beefy Chili	Chicken Leg brd w/Onion	Pizza Pepperoni Big Dad	Cals... 661 100%
Turkey Sandwich	Veggie Chik'n Nuggets 5	Bean and Cheese Burrito	Grilled Cheese WG Sand	Pizza Hawaiian Big Dadd	Chol... 64 mg 64%
Tuna Salad Sandwich (P	Turkey Sandwich	Turkey Sandwich	Turkey Sandwich	Pizza Cheese Big Daddy	Sodium. 1064 mg
Salad Garden Large bx	Egg Salad Sandwich	Turkey Ham Sandwich	Wrap Chicken Ranch	Turkey Submarine Sandw	Fiber.. 9.8 g 163%
Chicken Caesar Salad	Salad Garden Large bx	Salad Garden Large bx	Salad Garden Large bx	Salad Garden Large bx	Iron... 3.3 mg 94%
POTATO WEDGES	Chicken Caesar Salad	Chicken Caesar Salad	Chicken Caesar Salad	Chicken Caesar Salad	Calcium 638.8 mg 223%
CARROT STICKS	POTATO WEDGES	CELERY STICKS	CELERY STICKS	CELERY STICKS	Vit A 7109 IU 635%
APPLES, 138ct 1c	CARROT STICKS	CARROT STICKS	CARROT STICKS	CARROT STICKS	Vit C 45.5 mg 303%
ORANGES 138ct or 1/2c	APPLES, 138ct 1c	APPLES, 138ct 1c	APPLES, 138ct 1c	APPLES, 138ct 1c	Sugar 18.2*g 11.0%Cal
Milk Chocolate FF Produ	ORANGES 138ct or 1/2c	ORANGES 138ct or 1/2c	ORANGES 138ct or 1/2c	ORANGES 138ct or 1/2c	Prot 34.4g 20.8%Cal
MILK,1% Lowfat Produce	Milk Chocolate FF Produ	Milk Chocolate FF Produ	BANANAS 150ct 1/2c	Milk Chocolate FF Produ	Carb 83.6g 50.6%Cal
KETCHUP	MILK,1% Lowfat Produce	MILK,1% Lowfat Produce	Milk Chocolate FF Produ	MILK,1% Lowfat Produce	T.Fat 21.9g 29.9%Cal
MUSTARD	KETCHUP	KETCHUP	MILK,1% Lowfat Produce	MUSTARD	S.Fat 6.9g 9.5%Cal
MAYONNAISE	MUSTARD	MUSTARD	KETCHUP	MAYONNAISE	
Ranch Dipper Cup	MAYONNAISE	MAYONNAISE	MUSTARD	Ranch Dipper Cup	
Bosco Sauce Cup	Ranch Dipper Cup	Ranch Dipper Cup	MAYONNAISE		
	BBQ SAUCE Heinz		Ranch Dipper Cup		

\*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.