

# Santa Cruz City Schools

## Middle School Lunch

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Nov 28, 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Dec - 4	Dec - 5	Dec - 6	Dec - 7	Dec - 8	Avg Nutrients Target
Spicy Chicken Sandwich	Chick WM Tend w/gldfsh	Corn Dog Jumbo Chicken	Penne Pesto Pasta with	Pizza Pepperoni Big Dad	Cals... 638 100%
Vegetarian Burger Don L	Veggie Chik'n Nuggets 5	Bean and Cheese Burrito	Penne Pesto Pasta with	Pizza Hawaiian Big Dadd	Chol... 66 mg 66%
Turkey Sandwich	Turkey Sandwich	Turkey Sandwich	Turkey Sandwich	Pizza Cheese Big Daddy	Sodium. 1098 mg
Tuna Salad Sandwich (P	Egg Salad Sandwich	Turkey Ham Sandwich	Wrap Chicken Ranch	Turkey Submarine Sandw	Fiber.. 8.4 g 140%
Salad Garden Large bx	Salad Garden Large bx	Salad Garden Large bx	Salad Garden Large bx	Salad Garden Large bx	Iron... 2.7 mg 77%
Chicken Caesar Salad	Chicken Caesar Salad	Chicken Caesar Salad	Chicken Caesar Salad	Chicken Caesar Salad	Calcium 576.2 mg 201%
POTATO WEDGES	POTATO WEDGES	CELERY STICKS	CELERY STICKS	CELERY STICKS	Vit A 6997 IU 625%
CARROT STICKS	CARROT STICKS	CARROT STICKS	CARROT STICKS	CARROT STICKS	Vit C 45.9 mg 306%
APPLES, 138ct 1c	APPLES, 138ct 1c	APPLES, 138ct 1c	APPLES, 138ct 1c	APPLES, 138ct 1c	Sugar 17.7*g 11.1%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	Prot 33.4g 20.9%Cal
Milk Chocolate FF Produ	Milk Chocolate FF Produ	Milk Chocolate FF Produ	BANANAS 150ct 1/2c	Milk Chocolate FF Produ	Carb 81.0g 50.7%Cal
MILK,1% Lowfat Produce	MILK,1% Lowfat Produce	MILK,1% Lowfat Produce	Milk Chocolate FF Produ	MILK,1% Lowfat Produce	T.Fat 21.0g 29.6%Cal
KETCHUP	KETCHUP	KETCHUP	MILK,1% Lowfat Produce	MUSTARD	S.Fat 6.2g 8.7%Cal
MUSTARD	MUSTARD	MUSTARD	MUSTARD	MAYONNAISE	
MAYONNAISE	MAYONNAISE	MAYONNAISE	MAYONNAISE	Ranch Dipper Cup	
Ranch Dipper Cup	Ranch Dipper Cup	Ranch Dipper Cup	Ranch Dipper Cup		
	BBQ SAUCE Heinz				

*\*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.