

Santa Cruz City Schools

Middle School Lunch

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Sep 30, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Oct - 8	Oct - 9	Oct - 10	Oct - 11	Oct - 12	Avg Nutrients Target
Bosco Stick's	Chicken Pesto Sandwich	Burrito Macho Beefy Chili	Chicken Leg brd w/Onion	Pizza Pepperoni Big Dad	Cals... 683 100%
Turkey Sandwich	Grilled Cheese WG Sand	Bean and Cheese Burrito	Veggie Chik'n Nug 5pc w/	Pizza Hawaiian Big Dadd	Chol... 59 mg 59%
Tuna Salad Sandwich (P	Turkey Sandwich	Turkey Sandwich	Turkey Sandwich	Pizza Cheese Big Daddy	Sodium... 1036 mg
Peanut Butter & Grape Je	Egg Salad Sandwich	Turkey Ham Sandwich	Peanut Butter & Grape Je	Turkey Submarine Sandw	Fiber... 10.1 g 168%
Salad Garden Large bx	Peanut Butter & Grape Je	Peanut Butter & Grape Je	Salad Garden Large bx	Peanut Butter & Grape Je	Iron... 6.3 mg 180%
Chicken Caesar Salad	Salad Garden Large bx	Salad Garden Large bx	Chicken Caesar Salad	Salad Garden Large bx	Calcium645.6* mg 226%
CELERY STICKS	Chicken Caesar Salad	Chicken Caesar Salad	CELERY STICKS	Chicken Caesar Salad	Vit A 8184* IU 731%
CARROT STICKS	POTATO WEDGES	CELERY STICKS	CARROT STICKS	CELERY STICKS	Vit C 46.9* mg 312%
APPLES, 138ct 1c	CARROT STICKS	CARROT STICKS	APPLES, 138ct 1c	CELERY STICKS	Prot 34.2g 20.1%Cal
ORANGES 138ct or 1/2c	APPLES, 138ct 1c	APPLES, 138ct 1c	ORANGES 138ct or 1/2c	CARROT STICKS	Carb 91.5g 53.6%Cal
RAISINS	ORANGES 138ct or 1/2c	ORANGES 138ct or 1/2c	RAISINS	APPLES, 138ct 1c	T.Fat 22.1g 29.1%Cal
Milk Chocolate FF Produ	RAISINS	RAISINS	Milk Chocolate FF Produ	ORANGES 138ct or 1/2c	S.Fat 6.5g 8.5%Cal
MILK,1% Lowfat Produce	Milk Chocolate FF Produ	Milk Chocolate FF Produ	MILK,1% Lowfat Produce	RAISINS	
MILK FF STRAWBERRY	MILK,1% Lowfat Produce	MILK,1% Lowfat Produce	MILK FF STRAWBERRY	Milk Chocolate FF Produ	
KETCHUP	MILK FF STRAWBERRY	MILK FF STRAWBERRY	BBQ Sauce PKT	MILK,1% Lowfat Produce	
MUSTARD	MUSTARD	KETCHUP	KETCHUP	MILK FF STRAWBERRY	
MAYONNAISE	MAYONNAISE	MUSTARD	MUSTARD	MUSTARD	
Ranch Dipper Cup	Ranch Dipper Cup	MAYONNAISE	MAYONNAISE	MAYONNAISE	
Bosco Sauce Cup		Ranch Dipper Cup	Ranch Dipper Cup	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.