

Santa Cruz City Schools

Middle School Lunch

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Jan 26, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Feb - 5	Feb - 6	Feb - 7	Feb - 8	Feb - 9	Avg Nutrients Target
Bosco Stick's	Teriyaki beef bowl (secon	Chicken Chili Crispito	BBQ Chicken in a Basket	Pizza Pepperoni Big Dad	Cals... 663 100%
Turkey Sandwich	Tofu Stir Fry with Rice	Bean and Cheese Burrito	Veggie Chik'n Nuggets 5	Pizza Hawaiian Big Dadd	Chol... 77 mg 77%
Tuna Salad Sandwich (P	Turkey Sandwich	Turkey Sandwich	POTATO WEDGES	Pizza Cheese Big Daddy	Sodium. 1155 mg
Salad Garden Large bx	Egg Salad Sandwich	Turkey Ham Sandwich	Turkey Sandwich	Turkey Submarine Sandw	Fiber.. 8.9 g 148%
Chicken Caesar Salad	Salad Garden Large bx	Salad Garden Large bx	Wrap Chicken Ranch	Salad Garden Large bx	Iron... 3.2 mg 91%
POTATO WEDGES	Chicken Caesar Salad	Chicken Caesar Salad	Salad Garden Large bx	Chicken Caesar Salad	Calcium 624.1 mg 218%
CARROT STICKS	POTATO WEDGES	CELERY STICKS	Chicken Caesar Salad	CELERY STICKS	Vit A 7601 IU 679%
APPLES, 138ct 1c	CARROT STICKS	CARROT STICKS	CELERY STICKS	CARROT STICKS	Vit C 49.3 mg 329%
ORANGES 138ct or 1/2c	APPLES, 138ct 1c	APPLES, 138ct 1c	CARROT STICKS	APPLES, 138ct 1c	Sugar 19.0*g 11.4%Cal
Milk Chocolate FF Produ	ORANGES 138ct or 1/2c	ORANGES 138ct or 1/2c	APPLES, 138ct 1c	ORANGES 138ct or 1/2c	Prot 38.5g 23.2%Cal
MILK,1% Lowfat Produce	Milk Chocolate FF Produ	Milk Chocolate FF Produ	ORANGES 138ct or 1/2c	Milk Chocolate FF Produ	Carb 82.5g 49.8%Cal
KETCHUP	MILK,1% Lowfat Produce	MILK,1% Lowfat Produce	BANANAS 150ct 1/2c	MILK,1% Lowfat Produce	T.Fat 20.8g 28.2%Cal
MUSTARD	KETCHUP	KETCHUP	Milk Chocolate FF Produ	MUSTARD	S.Fat 6.9g 9.4%Cal
MAYONNAISE	MUSTARD	MUSTARD	MILK,1% Lowfat Produce	MAYONNAISE	
Ranch Dipper Cup	MAYONNAISE	MAYONNAISE	MUSTARD	Ranch Dipper 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.