

# Santa Cruz City Schools

## Middle School Lunch

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Oct 25, 2017

| Monday                  | Tuesday                 | Wednesday               | Thursday                | Friday                  | Nutrients             |
|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-----------------------|
| Nov - 13                | Nov - 14                | Nov - 15                | Nov - 16                | Nov - 17                | Avg Nutrients Target  |
| Spicy Chicken Sandwich  | Chick WM Tend w/gldfsh  | Corn Dog Jumbo Chicken  | Penne Pesto Pasta with  | Pizza Pepperoni Big Dad | Cals... 639 100%      |
| 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. 1109 mg       |
| Tuna Salad Sandwich (P  | Egg Salad Sandwich      | Turkey Ham Sandwich     | Wrap Chicken Ranch      | Turkey Submarine Sandw  | Fiber.. 8.0 g 133%    |
| Salad Garden Large bx   | Salad Garden Large bx   | Salad Garden Large bx   | Salad Garden Large bx   | Salad Garden Large bx   | Iron... 2.6 mg 74%    |
| Chicken Caesar Salad    | Chicken Caesar Salad    | Chicken Caesar Salad    | Chicken Caesar Salad    | Chicken Caesar Salad    | Calcium 567.4 mg 198% |
| POTATO WEDGES           | POTATO WEDGES           | CELERY STICKS           | CELERY STICKS           | CELERY STICKS           | Vit A 6998 IU 625%    |
| CARROT STICKS           | CARROT STICKS           | CARROT STICKS           | CARROT STICKS           | CARROT STICKS           | Vit C 43.8 mg 292%    |
| APPLES, 138ct 1c        | APPLES, 138ct 1c        | APPLES, 138ct 1c        | APPLES, 138ct 1c        | APPLES, 138ct 1c        | Sugar 15.4*g 9.7%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 33.2g 20.8%Cal   |
| Juice Variety Sm Box    | Milk Chocolate FF Produ | Juice Variety Sm Box    | BANANAS 150ct 1/2c      | Milk Chocolate FF Produ | Carb 80.4g 50.4%Cal   |
| Milk Chocolate FF Produ | MILK,1% Lowfat Produce  | Milk Chocolate FF Produ | Juice Variety Sm Box    | MILK,1% Lowfat Produce  | T.Fat 21.1g 29.8%Cal  |
| MILK,1% Lowfat Produce  | KETCHUP                 | MILK,1% Lowfat Produce  | Milk Chocolate FF Produ | MUSTARD                 | S.Fat 6.1g 8.7%Cal    |
| KETCHUP                 | MUSTARD                 | KETCHUP                 | MILK,1% Lowfat Produce  | MAYONNAISE              |                       |
| MUSTARD                 | MAYONNAISE              | MUSTARD                 | MUSTARD                 | Ranch Dipper Cup        |                       |
| MAYONNAISE              | Ranch Dipper Cup        | MAYONNAISE              | MAYONNAISE              |                         |                       |
| Ranch Dipper Cup        | BBQ SAUCE Heinz         | Ranch Dipper Cup        | Ranch Dipper Cup        |                         |                       |
|                         |                         | Bosco Sauce 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.