

Santa Cruz City Schools

Middle School Lunch

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Mar 8, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Mar - 5	Mar - 6	Mar - 7	Mar - 8	Mar - 9	Avg Nutrients Target
Meatloaf Burger	Teriyaki Chicken Noodle	Pupusa Bean & Cheese	Spicy Chicken Sandwich	Pizza Pepperoni Big Dad	Cals... 597 100%
Vegetarian Burger Don L	TofuTeriyaki Noodle Bowl	Turkey Sandwich	Veggie Chik'n Nuggets 5	Pizza Hawaiian Big Dadd	Chol... 59* mg 59%
Turkey Sandwich	Turkey Sandwich	Turkey Ham Sandwich	POTATO WEDGES	Pizza Cheese Big Daddy	Sodium. 1129 mg
Tuna Salad Sandwich (P	Egg Salad Sandwich	Salad Garden Large bx	Turkey Sandwich	Turkey Submarine Sandw	Fiber.. 9.6 g 159%
Salad Garden Large bx	Salad Garden Large bx	Chicken Caesar Salad	Wrap Chicken Ranch	Salad Garden Large bx	Iron... 3.1 mg 87%
Chicken Caesar Salad	Chicken Caesar Salad	CELERY STICKS	Salad Garden Large bx	Chicken Caesar Salad	Calcium 578.0 mg 202%
POTATO WEDGES	CELERY STICKS	CARROT STICKS	Chicken Caesar Salad	CELERY STICKS	Vit A 10363 IU 925%
CARROT STICKS	CARROT STICKS	APPLES, 138ct 1c	CELERY STICKS	CARROT STICKS	Vit C 52.1 mg 347%
APPLES, 138ct 1c	APPLES, 138ct 1c	ORANGES 138ct or 1/2c	CARROT STICKS	APPLES, 138ct 1c	Sugar 19.5*g 13.1%Cal
ORANGES 138ct or 1/2c	ORANGES 138ct or 1/2c	Milk Chocolate FF Produ	APPLES, 138ct 1c	ORANGES 138ct or 1/2c	Prot 32.7g 21.9%Cal
Milk Chocolate FF Produ	Milk Chocolate FF Produ	MILK,1% Lowfat Produce	ORANGES 138ct or 1/2c	Milk Chocolate FF Produ	Carb 80.3g 53.8%Cal
MILK,1% Lowfat Produce	MILK,1% Lowfat Produce	KETCHUP	Milk Chocolate FF Produ	MILK,1% Lowfat Produce	T.Fat 17.8g 26.8%Cal
KETCHUP	KETCHUP	MUSTARD	MILK,1% Lowfat Produce	MUSTARD	S.Fat 5.5g 8.3%Cal
MUSTARD	MUSTARD	MAYONNAISE	MUSTARD	MAYONNAISE	
MAYONNAISE	MAYONNAISE	Ranch Dipper Cup	MAYONNAISE	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.