

Santa Cruz City Schools Costanoa

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Oct - 4	Oct - 5	Oct - 6	Oct - 7	Oct - 8	Avg Nutrients Target
Burger BBQ Western (Int)	Tornado South Western	Pork Loaded Sw/Spy BB	Teriyaki Chicken Rice Bo	Pizza Pepperoni Big Dad	Cals... 809 100%
Vegetarian Burger Don L	Bean and Cheese Burrito	Potato cheesy Sw/Spy	TofuTeriyaki Rice Bowl	Pizza Cheese Big Daddy	Chol... 61 mg
Turkey Sandwich	Turkey Ham Sandwich	Turkey Sandwich	Turkey Ham Sandwich	Turkey Submarine Sandw	Sodium... 1525 mg
Salad Bar Monday	Salad Bar Tuesday	Salad bar Wednesday	Salad Bar Thursday	Salad Bar Friday	Fiber... 13.7 g
APPLES, 138ct 1c	APPLES, 138ct 1c	APPLES, 138ct 1c	APPLES, 138ct 1c	APPLES, 138ct 1c	Iron... 5.2 mg
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	Calcium 637.6 mg
Milk Chocolate FF Produ	Milk Chocolate FF Produ	Milk Chocolate FF Produ	Milk Chocolate FF Produ	Milk Chocolate FF Produ	Vit A 10315 IU
MILK,1% Lowfat Produce	MILK,1% Lowfat Produce	MILK,1% Lowfat Produce	MILK,1% Lowfat Produce	MILK,1% Lowfat Produce	Vit C 75.9 mg
KETCHUP	KETCHUP	KETCHUP	MUSTARD	MUSTARD	Prot 38.0g 18.8%Cal
MUSTARD	MUSTARD	MUSTARD	MAYONNAISE	MAYONNAISE	Carb 103.3g 51.1%Cal
MAYONNAISE	MAYONNAISE	MAYONNAISE	Ranch Dressing PKT	Ranch Dipper Cup	T.Fat 29.2g 32.5%Cal
Ranch Dressing PKT	Taco Sauce	Ranch Dressing PKT			S.Fat 7.4g 8.3%Cal
	Ranch Dressing PKT				

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.