

Santa Cruz City Schools Costanoa

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Jan - 14	Jan - 15	Jan - 16	Jan - 17	Jan - 18	Avg Nutrients Target
Corn Dog Jumbo Chicken	Chicken Chili Crispito	Chicken & Waffles Spicy	Orange Chicken Rice Bo	Pizza Pepperoni Big Dad	Cals... 784 100%
Grilled Cheese Sandwich	Bean and Cheese Burrito	Veg. Chik'n Nug. & Waffle	Tofu Orange Rice Bowl	Pizza Cheese Big Daddy	Chol... 53 mg
Turkey Sandwich	Turkey Ham Sandwich	Turkey Sandwich	Turkey Ham Sandwich	Turkey Submarine Sandw	Sodium... 1411 mg
Salad Bar Monday	Salad Bar Tuesday	POTATO WEDGES	Salad Bar Thursday	Salad Bar Friday	Fiber... 13.4 g
APPLES, 138ct 1c	APPLES, 138ct 1c	Salad bar Wednesday	APPLES, 138ct 1c	APPLES, 138ct 1c	Iron... 6.1 mg
PLUMS,FRESH	NECTARINES,FRESH	APPLES, 138ct 1c	PLUMS,FRESH	NECTARINES,FRESH	Calcium 635.0 mg
Milk Chocolate FF Produ	Milk Chocolate FF Produ	PEARS,FRESH 150ct 1/2	Milk Chocolate FF Produ	Milk Chocolate FF Produ	Vit A 10432 IU
MILK,1% Lowfat Produce	MILK,1% Lowfat Produce	Milk Chocolate FF Produ	MILK,1% Lowfat Produce	MILK,1% Lowfat Produce	Vit C 42.7 mg
MUSTARD	MUSTARD	MILK,1% Lowfat Produce	MUSTARD	MUSTARD	Prot 35.6g 18.2%Cal
MAYONNAISE	MAYONNAISE	MUSTARD	MAYONNAISE	MAYONNAISE	Carb 109.4g 55.9%Cal
Ranch Dressing PKT	Ranch Dressing PKT	MAYONNAISE	Ranch Dressing PKT	Ranch Dressing PKT	T.Fat 24.3g 28.0%Cal
Taco Sauce	Verde Sauce	KETCHUP			S.Fat 6.7g 7.7%Cal
Mac and Cheese RF LOL		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.