

Santa Cruz City Schools Costanoa

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Mar - 4	Mar - 5	Mar - 6	Mar - 7	Mar - 8	Avg Nutrients Target
Meatloaf Burger	Teriyaki Chic Nodle Bwl	Pupusa Bean & Cheese	Spicy Chicken Sandwich	Pizza Pepperoni Big Dad	Cals... 747 100%
Turkey Sandwich	Turkey Ham Sandwich	Turkey Sandwich	Turkey Ham Sandwich	Pizza Cheese Big Daddy	Chol... 52* mg
Salad Bar Monday	Salad Bar Tuesday	Salad bar Wednesday	Salad Bar Thursday	Turkey Submarine Sandw	Sodium. 1447 mg
APPLES, 138ct 1c	APPLES, 138ct 1c	APPLES, 138ct 1c	APPLES, 138ct 1c	Salad Bar Friday	Fiber.. 15.5 g
ORANGES 1c	PEARS,FRESH 150ct 1/2	BANANAS 150ct 1/2c	PEARS,FRESH 150ct 1/2	APPLES, 138ct 1c	Iron... 5.3 mg
Milk Chocolate FF Produ	Milk Chocolate FF Produ	Milk Chocolate FF Produ	Milk Chocolate FF Produ	ORANGES 1c	Calcium 642.9 mg
MILK,1% Lowfat Produce	MILK,1% Lowfat Produce	MILK,1% Lowfat Produce	MILK,1% Lowfat Produce	Milk Chocolate FF Produ	Vit A 11280 IU
KETCHUP	MUSTARD	Taco Sauce	KETCHUP	MILK,1% Lowfat Produce	Vit C 64.7 mg
MUSTARD	MAYONNAISE	SALSA	MUSTARD	MUSTARD	Prot 37.5g 20.1%Cal
MAYONNAISE	Ranch Dressing PKT	Ranch Dressing PKT	MAYONNAISE	MAYONNAISE	Carb 104.6g 56.0%Cal
Ranch Dressing PKT		MUSTARD	Ranch Dressing PKT	Ranch Dressing PKT	T.Fat 22.7g 27.3%Cal
		MAYONNAISE			S.Fat 6.4g 7.7%Cal

**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.