

# Santa Cruz City Schools COE

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Jan - 14	Jan - 15	Jan - 16	Jan - 17	Jan - 18	Avg Nutrients Target
Mac and Cheese RF LOL	Pizza French Bread	Chicken & Waffles Spicy	Orange Chicken Rice Bo	Turkey Submarine Sandw	Cals... 755 100%
CARROT STICKS	Perfect Little Salad lunch	CELERY STICKS	CELERY STICKS	Doritos, baked	Chol... 64 mg 64%
APPLES, 125CT 1c	PEARS,FRESH 150ct 1/2	ORANGES 138ct or 1/2c	APPLES, 125CT 1c	CARROT STICKS	Sodium. 1401 mg
MILK,1% Lowfat Produce	MILK,1% Lowfat Produce	MILK,1% Lowfat Produce	MILK,1% Lowfat Produce	ORANGES 138ct or 1/2c	Fiber.. 9.8 g 163%
Milk Chocolate FF Produ	Milk Chocolate FF Produ	Milk Chocolate FF Produ	Milk Chocolate FF Produ	MILK,1% Lowfat Produce	Iron... 3.7 mg 107%
			Ranch Dressing PKT	Milk Chocolate FF Produ	Calcium 675.2 mg 236%
				Ranch Dressing PKT	Vit A 8309 IU 742%
				MUSTARD	Vit C 40.0 mg 267%
				MAYONNAISE	Prot 35.6g 18.9%Cal
					Carb 105.6g 56.0%Cal
					T.Fat 22.7g 27.0%Cal
					S.Fat 7.7g 9.2%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.