

Santa Cruz City Schools COE

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients																										
Mar - 4 Chick Spicy Nug w/ goldfi POTATO WEDGES ORANGES 1c MILK,1% Lowfat Produce Milk Chocolate FF Produ Ranch Dressing PKT KETCHUP	Mar - 5 Teriyaki Chic Nodle Bwl CARROT STICKS PEARS,FRESH 150ct 1/2 MILK,1% Lowfat Produce Milk Chocolate FF Produ	Mar - 6 Meatloaf Burger Hamburger Topper CELERY STICKS APPLES, 125CT 1c MILK,1% Lowfat Produce Milk Chocolate FF Produ KETCHUP MUSTARD MAYONNAISE	Mar - 7 BBQ Chicken in a Basket APPLES, 125CT 1c Brownie MILK,1% Lowfat Produce Milk Chocolate FF Produ KETCHUP	Mar - 8 Turkey Submarine Sandw Doritos, baked CARROT STICKS ORANGES 1c MILK,1% Lowfat Produce Milk Chocolate FF Produ Ranch Dressing PKT MUSTARD MAYONNAISE	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Avg Nutrients</th> <th style="text-align: right;">Target</th> </tr> </thead> <tbody> <tr> <td>Cals...</td> <td style="text-align: right;">748 100%</td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">84* mg 84%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1187 mg</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">11.8 g 197%</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">4.0 mg 113%</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">526.2 mg 184%</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">7380 IU 659%</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">62.2 mg 414%</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">45.0g 24.1%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">102.7g 54.9%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">19.5g 23.5%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">6.2g 7.4%Cal</td> </tr> </tbody> </table>	Avg Nutrients	Target	Cals...	748 100%	Chol...	84* mg 84%	Sodium.	1187 mg	Fiber..	11.8 g 197%	Iron...	4.0 mg 113%	Calcium	526.2 mg 184%	Vit A	7380 IU 659%	Vit C	62.2 mg 414%	Prot	45.0g 24.1%Cal	Carb	102.7g 54.9%Cal	T.Fat	19.5g 23.5%Cal	S.Fat	6.2g 7.4%Cal
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**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.