

Santa Cruz City Schools
Elementary Breakfast
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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Aug - 16	Aug - 17	Aug - 18	Aug - 19	Aug - 20	Avg Nutrients Target
Yogurt 4oz & Mini Muffin	Pancake, Strawberry Spl	Sausage & Cheese Sand	FRENCH TOAST CINNA	Bagel WG 2oz w/Cream	Cals... 421 100%
Cereal,variety w/cracker	Cereal,variety w/cracker	Cereal,variety w/cracker	Cereal,variety w/cracker	Cereal,variety w/cracker	Chol... 27 mg 27%
Breakfast Benefit Bar Var	Breakfast Benefit Bar Var	Breakfast Benefit Bar Var	Breakfast Benefit Bar Var	Breakfast Benefit Bar Var	Sodium... 368 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	Fiber... 6.7 g 166%
APPLES, 138ct 1c	APPLES, 138ct 1c	APPLES, 138ct 1c	APPLES, 138ct 1c	APPLES, 138ct 1c	Iron... 4.8 mg 137%
BANANAS 150ct 1/2c	BANANAS 150ct 1/2c	BANANAS 150ct 1/2c	BANANAS 150ct 1/2c	BANANAS 150ct 1/2c	Calcium 469.6 mg 164%
MILK,1% Lowfat Produce	MILK,1% Lowfat Produce	MILK,1% Lowfat Produce	MILK,1% Lowfat Produce	MILK,1% Lowfat Produce	Vit A 979 IU 98%
Milk FF PLAIN producers	Milk FF PLAIN producers	Milk FF PLAIN producers	Milk FF PLAIN producers	Milk FF PLAIN producers	Vit C 37.9* mg 252%
					Prot 16.6g 15.8%Cal
					Carb 74.3g 70.5%Cal
					T.Fat 7.7g 16.5%Cal
					S.Fat 2.6g 5.6%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.