

Santa Cruz City Schools

Elementary School Menu

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Jan 31, 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients																										
				Feb - 1 Pizza, Galaxy Cheese Piz Salad Bar Friday APPLES, 138ct 1c MILK,1% Lowfat Produce Milk FF PLAIN producers	<table border="0"> <tr><td>Avg Nutrients</td><td>Target</td></tr> <tr><td>Cals...</td><td>538 98%</td></tr> <tr><td>Chol...</td><td>27 mg 27%</td></tr> <tr><td>Sodium.</td><td>926 mg</td></tr> <tr><td>Fiber..</td><td>10.1 g 168%</td></tr> <tr><td>Iron...</td><td>3.3 mg 94%</td></tr> <tr><td>Calcium</td><td>702.9 mg 246%</td></tr> <tr><td>Vit A</td><td>16575 IU1480%</td></tr> <tr><td>Vit C</td><td>17.7 mg 118%</td></tr> <tr><td>Prot</td><td>27.1g 20.1%Cal</td></tr> <tr><td>Carb</td><td>78.3g 58.2%Cal</td></tr> <tr><td>T.Fat</td><td>14.3g 23.9%Cal</td></tr> <tr><td>S.Fat</td><td>5.1g 8.6%Cal</td></tr> </table>	Avg Nutrients	Target	Cals...	538 98%	Chol...	27 mg 27%	Sodium.	926 mg	Fiber..	10.1 g 168%	Iron...	3.3 mg 94%	Calcium	702.9 mg 246%	Vit A	16575 IU1480%	Vit C	17.7 mg 118%	Prot	27.1g 20.1%Cal	Carb	78.3g 58.2%Cal	T.Fat	14.3g 23.9%Cal	S.Fat	5.1g 8.6%Cal
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Feb - 4 Cheeseburger 100% beef Vegetarian Burger Don L Salad Bar Monday ORANGES 138ct or 1/2c STRAWBERRIES,FRES Milk FF PLAIN producers MILK,1% Lowfat Produce KETCHUP MUSTARD	Feb - 5 Mini Chicken Taco Bean and Cheese Burrito Salad Bar Tuesday ORANGES 138ct or 1/2c BANANAS 150ct 1/2c Milk FF PLAIN producers MILK,1% Lowfat Produce Taco Sauce	Feb - 6 Mac and Cheese RF LOL Salad bar Wednesday PEACHES APPLES, 138ct 1c Milk FF PLAIN producers MILK,1% Lowfat Produce Ranch Dressing PKT	Feb - 7 Chicken BBQ Drumstick Veggie Chik'n Nuggets 4 Ranch Rice Salad Bar Thursday APPLES, 138ct 1c PEARS,FRESH 150ct 1/2 Milk FF PLAIN producers MILK,1% Lowfat Produce	Feb - 8 Pizza Longboard Pepper Pizza Roll Up (no cheese) Salad Bar Friday APPLES, 138ct 1c MILK,1% Lowfat Produce Milk FF PLAIN producers	<table border="0"> <tr><td>Avg Nutrients</td><td>Target</td></tr> <tr><td>Cals...</td><td>587 100%</td></tr> <tr><td>Chol...</td><td>66 mg 66%</td></tr> <tr><td>Sodium.</td><td>1044 mg</td></tr> <tr><td>Fiber..</td><td>12.6 g 209%</td></tr> <tr><td>Iron...</td><td>4.4 mg 126%</td></tr> <tr><td>Calcium</td><td>696.3 mg 243%</td></tr> <tr><td>Vit A</td><td>9614 IU 858%</td></tr> <tr><td>Vit C</td><td>58.1 mg 387%</td></tr> <tr><td>Prot</td><td>35.6g 24.3%Cal</td></tr> <tr><td>Carb</td><td>83.8g 57.1%Cal</td></tr> <tr><td>T.Fat</td><td>14.5g 22.2%Cal</td></tr> <tr><td>S.Fat</td><td>6.1g 9.3%Cal</td></tr> </table>	Avg Nutrients	Target	Cals...	587 100%	Chol...	66 mg 66%	Sodium.	1044 mg	Fiber..	12.6 g 209%	Iron...	4.4 mg 126%	Calcium	696.3 mg 243%	Vit A	9614 IU 858%	Vit C	58.1 mg 387%	Prot	35.6g 24.3%Cal	Carb	83.8g 57.1%Cal	T.Fat	14.5g 22.2%Cal	S.Fat	6.1g 9.3%Cal
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Feb - 11 Chick WM Tender 2pc Veggie Chik'n Nuggets 4 POTATO WEDGES Salad Bar Monday ORANGES 138ct or 1/2c STRAWBERRIES,FRES Milk FF PLAIN producers MILK,1% Lowfat Produce BBQ Sauce PKT KETCHUP Ranch Dressing PKT	Feb - 12 Bean and Cheese Burrito Salad Bar Tuesday ORANGES 138ct or 1/2c BANANAS 150ct 1/2c Milk FF PLAIN producers MILK,1% Lowfat Produce Taco Sauce	Feb - 13 Grilled Cheese WG Sand Salad bar Wednesday PEACHES APPLES, 138ct 1c Milk FF PLAIN producers MILK,1% Lowfat Produce	Feb - 14 Orange Chicken Rice Bo Tofu Orange Rice Bowl Salad Bar Thursday APPLES, 138ct 1c PEARS,FRESH 150ct 1/2 Milk FF PLAIN producers MILK,1% Lowfat Produce Holiday Cookie	Feb - 15	<table border="0"> <tr><td>Avg Nutrients</td><td>Target</td></tr> <tr><td>Cals...</td><td>652 100%</td></tr> <tr><td>Chol...</td><td>54 mg 54%</td></tr> <tr><td>Sodium.</td><td>1001 mg</td></tr> <tr><td>Fiber..</td><td>12.4 g 207%</td></tr> <tr><td>Iron...</td><td>5.0 mg 143%</td></tr> <tr><td>Calcium</td><td>637.6 mg 223%</td></tr> <tr><td>Vit A</td><td>7228 IU 645%</td></tr> <tr><td>Vit C</td><td>65.9 mg 439%</td></tr> <tr><td>Prot</td><td>32.8g 20.1%Cal</td></tr> <tr><td>Carb</td><td>100.0g 61.4%Cal</td></tr> <tr><td>T.Fat</td><td>15.1g 20.8%Cal</td></tr> <tr><td>S.Fat</td><td>6.2g 8.6%Cal</td></tr> </table>	Avg Nutrients	Target	Cals...	652 100%	Chol...	54 mg 54%	Sodium.	1001 mg	Fiber..	12.4 g 207%	Iron...	5.0 mg 143%	Calcium	637.6 mg 223%	Vit A	7228 IU 645%	Vit C	65.9 mg 439%	Prot	32.8g 20.1%Cal	Carb	100.0g 61.4%Cal	T.Fat	15.1g 20.8%Cal	S.Fat	6.2g 8.6%Cal
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N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

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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.

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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Feb - 18	Feb - 19 Taco Pocket 5oz Bean and Cheese Burrito Salad Bar Tuesday ORANGES 138ct or 1/2c BANANAS 150ct 1/2c Milk FF PLAIN producers MILK,1% Lowfat Produce	Feb - 20 Spaghetti w/sauce & Mea Spaghetti w/sauce & che Salad bar Wednesday PEACHES APPLES, 138ct 1c Milk FF PLAIN producers MILK,1% Lowfat Produce Ranch Dressing PKT	Feb - 21 Chicken Tacos Bean and Cheese Burrito Salad Bar Tuesday APPLES, 138ct 1c PEARS,FRESH 150ct 1/2 Milk FF PLAIN producers MILK,1% Lowfat Produce Taco Sauce Ranch Dressing PKT	Feb - 22 Pizza Longboard Pepper Pizza Roll Up (no cheese) Salad Bar Friday APPLES, 138ct 1c MILK,1% Lowfat Produce Milk FF PLAIN producers	Avg Nutrients Target Cals... 643 100% Chol... 48 mg 48% Sodium. 1244 mg Fiber.. 16.2 g 269% Iron... 6.4 mg 184% Calcium 657.4 mg 230% Vit A 10373 IU 926% Vit C 52.7 mg 351% Prot 36.4g 22.7%Cal Carb 101.3g 63.1%Cal T.Fat 12.9g 18.1%Cal S.Fat 4.5g 6.4%Cal
Feb - 25 Bosco Stick's Salad Bar Monday ORANGES 138ct or 1/2c STRAWBERRIES,FRES Milk FF PLAIN producers MILK,1% Lowfat Produce Bosco Sauce Cup	Feb - 26 Nacho Bean & Salsa Dip Nacho Bean/Salsa Dip N Salad Bar Tuesday ORANGES 138ct or 1/2c BANANAS 150ct 1/2c Milk FF PLAIN producers MILK,1% Lowfat Produce	Feb - 27 Chick WM Tender 2pc Veggie Chik'n Nuggets 4 POTATO WEDGES Salad bar Wednesday PEACHES APPLES, 138ct 1c Milk FF PLAIN producers MILK,1% Lowfat Produce	Feb - 28 Teriyaki Beefy Rice Bowl Tofu Stir Fry with Rice Salad Bar Thursday APPLES, 138ct 1c PEARS,FRESH 150ct 1/2 Milk FF PLAIN producers MILK,1% Lowfat Produce	Avg Nutrients Target Cals... 652 100% Chol... 43 mg 43% Sodium. 1015 mg Fiber.. 16.0 g 266% Iron... 6.0 mg 173% Calcium 640.6 mg 224% Vit A 8422 IU 752% Vit C 74.5 mg 496% Prot 35.8g 22.0%Cal Carb 97.1g 59.6%Cal T.Fat 15.0g 20.7%Cal S.Fat 6.0g 8.3%Cal	

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