

# Santa Cruz City Schools Elementary School Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients																										
	Jan - 1	Jan - 2	Jan - 3	Jan - 4	<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;">*N/A*</td></tr> <tr><td>Chol...</td><td style="text-align: right;">*N/A* mg</td></tr> <tr><td>Sodium.</td><td style="text-align: right;">*N/A* mg</td></tr> <tr><td>Fiber..</td><td style="text-align: right;">*N/A* g</td></tr> <tr><td>Iron...</td><td style="text-align: right;">*N/A* mg</td></tr> <tr><td>Calcium</td><td style="text-align: right;">*N/A* mg</td></tr> <tr><td>Vit A</td><td style="text-align: right;">*N/A* IU</td></tr> <tr><td>Vit C</td><td style="text-align: right;">*N/A* mg</td></tr> <tr><td>Prot</td><td style="text-align: right;">*N/A*g *N/A%Cal</td></tr> <tr><td>Carb</td><td style="text-align: right;">*N/A*g *N/A%Cal</td></tr> <tr><td>T.Fat</td><td style="text-align: right;">*N/A*g *N/A%Cal</td></tr> <tr><td>S.Fat</td><td style="text-align: right;">*N/A*g *N/A%Cal</td></tr> </tbody> </table>	Avg Nutrients	Target	Cals...	*N/A*	Chol...	*N/A* mg	Sodium.	*N/A* mg	Fiber..	*N/A* g	Iron...	*N/A* mg	Calcium	*N/A* mg	Vit A	*N/A* IU	Vit C	*N/A* mg	Prot	*N/A*g *N/A%Cal	Carb	*N/A*g *N/A%Cal	T.Fat	*N/A*g *N/A%Cal	S.Fat	*N/A*g *N/A%Cal
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# Santa Cruz City Schools Elementary School Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Jan - 21	Jan - 22	Jan - 23	Jan - 24	Jan - 25	Avg Nutrients Target
	Quesadilla Cheese Salad Bar Tuesday BANANAS 150ct 1/2c ORANGES 138ct or 1/2c Milk FF PLAIN producers MILK,1% Lowfat Produce Taco Sauce	BBQ Beef Rib Sandwich Vegetarian Burger Don L Salad bar Wednesday PEACHES APPLES, 138ct 1c Milk FF PLAIN producers MILK,1% Lowfat Produce Ranch Dressing PKT	HOT DOG ON A BUN Veggie Hot Dog POTATO WEDGES Salad Bar Thursday PEARS,FRESH 150ct 1/2 APPLES, 138ct 1c Milk FF PLAIN producers MILK,1% Lowfat Produce KETCHUP MUSTARD	Pizza, Galaxy Cheese Piz Salad Bar Friday APPLES, 138ct 1c MILK,1% Lowfat Produce Milk FF PLAIN producers Ranch Dressing PKT	Cals... 645 100% Chol... 41 mg 41% Sodium. 1172 mg Fiber.. 13.0 g 216% Iron... 4.3 mg 122% Calcium 670.1 mg 234% Vit A 9054 IU 808% Vit C 48.5 mg 323% Prot 32.6g 20.2%Cal Carb 94.1g 58.4%Cal T.Fat 17.1g 23.8%Cal S.Fat 6.1g 8.5%Cal
Jan - 28	Jan - 29	Jan - 30	Jan - 31		Avg Nutrients Target
VEGETABLE CHILI Corn Muffin IW Salad Bar Monday ORANGES 138ct or 1/2c STRAWBERRIES,FRES Milk FF PLAIN producers MILK,1% Lowfat Produce	Taco Stick Bean and Cheese Burrito Salad Bar Tuesday BANANAS 150ct 1/2c ORANGES 138ct or 1/2c Milk FF PLAIN producers MILK,1% Lowfat Produce Taco Sauce	Grilled Cheese WG Sand Salad bar Wednesday PEACHES APPLES, 138ct 1c Milk FF PLAIN producers MILK,1% Lowfat Produce	Mac and Cheese RF LOL Salad Bar Thursday APPLES, 138ct 1c PEARS,FRESH 150ct 1/2 Milk FF PLAIN producers MILK,1% Lowfat Produce		Cals... 643 100% Chol... 51 mg 51% Sodium. 1269 mg Fiber.. 13.5 g 224% Iron... 5.7 mg 163% Calcium 756.1 mg 264% Vit A 8103 IU 723% Vit C 68.9 mg 460% Prot 36.8g 22.9%Cal Carb 95.3g 59.3%Cal T.Fat 14.7g 20.6%Cal S.Fat 6.7g 9.4%Cal

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