

Santa Cruz City Schools
Elementary Lunch
Elementary School Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
May - 3 Cheese Pillow Pull Apart Chef's Choice CARROT STICKS APPLES, 125CT 1c Milk Chocolate FF Produ MILK,1% Lowfat Produce	May - 4 Taco Stick Chef's Choice CORN ORANGES 138ct or 1/2c Milk Chocolate FF Produ MILK,1% Lowfat Produce	May - 5 Nacho Pretzel Pocket 5o Chef's Choice CELERY STICKS PEARS,FRESH 150ct 1/2 Milk Chocolate FF Produ MILK,1% Lowfat Produce	May - 6 Corn Dog Jumbo Chicken Chef's Choice BAKED BEANS cold/hot APPLESAUCE Milk Chocolate FF Produ MILK,1% Lowfat Produce MUSTARD KETCHUP	May - 7 Pizza, Galaxy Cheese Piz CARROT STICKS APPLES, 125CT 1c Milk Chocolate FF Produ MILK,1% Lowfat Produce	Avg Nutrients Target Cals... 567 100% Chol... 41 mg 41% Sodium. 1040 mg Fiber... 8.7 g 145% Iron... 3.2 mg 91% Calcium 566.9 mg 198% Vit A 6048 IU 540% Vit C 29.6 mg 197% Prot 29.4g 20.8%Cal Carb 85.9g 60.7%Cal T.Fat 13.7g 21.8%Cal S.Fat 4.9g 7.8%Cal
May - 10 Grilled Chicken Sandwich Chef's Choice CARROT STICKS APPLES, 125CT 1c Milk Chocolate FF Produ MILK,1% Lowfat Produce KETCHUP BBQ Sauce PKT	May - 11 Quesadilla Cheese Chef's Choice CORN ORANGES 138ct or 1/2c Milk Chocolate FF Produ MILK,1% Lowfat Produce Taco Sauce	May - 12 SPAGHETTI AND MEAT Chef's Choice PEARS,FRESH 150ct 1/2 Milk Chocolate FF Produ MILK,1% Lowfat Produce	May - 13 Chick WM Tender 2pc POTATO WEDGES Chef's Choice PEACHES Milk Chocolate FF Produ MILK,1% Lowfat Produce KETCHUP BBQ Sauce PKT	May - 14 Pizza, Galaxy Cheese Piz CARROT STICKS APPLES, 125CT 1c Milk Chocolate FF Produ MILK,1% Lowfat Produce	Avg Nutrients Target Cals... 561 100% Chol... 45 mg 45% Sodium. 912 mg Fiber... 8.3 g 138% Iron... 2.6 mg 73% Calcium 548.3* mg 192% Vit A 6428* IU 574% Vit C 28.7* mg 191% Prot 31.0g 22.1%Cal Carb 82.4g 58.8%Cal T.Fat 13.4g 21.6%Cal S.Fat 4.9g 7.9%Cal
May - 17 Grilled Cheese Sandwich Chef's Choice CUCUMBER,RAW STRAWBERRIES Milk Chocolate FF Produ MILK,1% Lowfat Produce	May - 18 Taco Pocket Chef's Choice CORN ORANGES 138ct or 1/2c Milk Chocolate FF Produ MILK,1% Lowfat Produce	May - 19 Cheeseburger Mini's Chef's Choice CELERY STICKS PEARS,FRESH 150ct 1/2 Milk Chocolate FF Produ MILK,1% Lowfat Produce KETCHUP MUSTARD	May - 20 BBQ Beef Rib Sandwich Chef's Choice BAKED BEANS cold/hot PEACHES Milk Chocolate FF Produ MILK,1% Lowfat Produce	May - 21 Pizza, Galaxy Cheese Piz CARROT STICKS APPLES, 125CT 1c Milk Chocolate FF Produ MILK,1% Lowfat Produce	Avg Nutrients Target Cals... 618 100% Chol... 53 mg 53% Sodium. 1232 mg Fiber... 8.1 g 135% Iron... 3.2 mg 92% Calcium 594.0* mg 208% Vit A 3150* IU 281% Vit C 32.2* mg 215% Prot 31.7g 20.5%Cal Carb 86.0g 55.6%Cal T.Fat 21.8g 31.8%Cal S.Fat 8.3g 12.1%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.

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May - 24 Calzone 3 Cheese Eleme Chef's Choice CUCUMBER,RAW STRAWBERRIES Milk Chocolate FF Produ MILK,1% Lowfat Produce	May - 25 Bean and Cheese Burrito Chef's Choice CORN ORANGES 138ct or 1/2c Milk Chocolate FF Produ MILK,1% Lowfat Produce	May - 26 Chef's Choice CELERY STICKS PEARS,FRESH 150ct 1/2 Milk Chocolate FF Produ MILK,1% Lowfat Produce	May - 27 Chef's Choice BAKED BEANS cold/hot APPLESAUCE Milk Chocolate FF Produ MILK,1% Lowfat Produce KETCHUP MUSTARD	May - 28	Avg Nutrients Target Cals... 427 78% Chol... 24 mg 24% Sodium. 636 mg Fiber.. 8.5 g 142% Iron... 2.5 mg 70% Calcium534.3* mg 187% Vit A 1041* IU 93% Vit C 43.7* mg 291% Prot 21.9g 20.5%Cal Carb 74.2g 69.5%Cal T.Fat 7.4g 15.5%Cal S.Fat 2.8g 5.9%Cal
May - 31					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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