

Santa Cruz City Schools

High School Lunch k-12

High School Lunch

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Nov - 4	Nov - 5	Nov - 6	Nov - 7	Nov - 8	Avg Nutrients Target
Tornado South Western	Chicken Pesto Sandwich	Turkey & Mashed Potato	Teriyaki Chicken Rice Bo	Spicy Chicken Sandwich	Cals... 752 100%
Bean and Cheese Burrito	Grilled Cheese Sandwich	Veg. Chik'n Nug. w/ goldfi	TofuTeriyaki Rice Bowl	Vegetarian Burger Don L	Chol... 57 mg 57%
Pizza Cheese Big Daddy	Pizza Cheese Big Daddy	Pizza Cheese Big Daddy	Pizza Cheese Big Daddy	Pizza Cheese Big Daddy	Sodium. 1193 mg
Pizza Pepperoni Big Dad	Pizza Hawaiian Big Dadd	Pizza Pepperoni Big Dad	Pizza Veggie Big Daddy	Pizza Pepperoni Big Dad	Fiber.. 9.1 g 152%
Turkey Sandwich	Turkey Sandwich	Turkey Sandwich	Turkey Sandwich	Turkey Sandwich	Iron... 5.5 mg 158%
Tuna Salad Sandwich (P	Egg Salad Sandwich	Turkey Ham Sandwich	Peanut Butter & Grape Je	Turkey Submarine Sandw	Calcium599.0* mg 209%
Peanut Butter & Grape Je	Peanut Butter & Grape Je	Peanut Butter & Grape Je	Chicken Caesar Salad	Peanut Butter & Grape Je	Vit A 8587* IU 767%
Chicken Caesar Salad	Chicken Caesar Salad	Chicken Caesar Salad	Salad Garden Large bx	Chicken Caesar Salad	Vit C 49.2* mg 328%
Salad Garden Large bx	Salad Garden Large bx	Salad Garden Large bx	Salad, Chinese Chicken	Salad Garden Large bx	Prot 34.6g 18.4%Cal
Salad, Chinese Chicken	Salad, Chinese Chicken	Salad, Chinese Chicken	POTATO WEDGES	Salad, Chinese Chicken	Carb 103.5g 55.1%Cal
POTATO WEDGES	POTATO WEDGES	POTATO WEDGES	CARROT STICKS	POTATO WEDGES	T.Fat 23.9g 28.6%Cal
CARROT STICKS	CARROT STICKS	CARROT STICKS	APPLES, 138ct 1c	CARROT STICKS	S.Fat 7.0g 8.4%Cal
APPLES, 138ct 1c	APPLES, 138ct 1c	APPLES, 138ct 1c	ORANGES 138ct or 1/2c	APPLES, 138ct 1c	
ORANGES 138ct or 1/2c	ORANGES 138ct or 1/2c	ORANGES 138ct or 1/2c	PEACHES	ORANGES 138ct or 1/2c	
RAISINS	RAISINS	PEACHES	Milk Chocolate FF Produ	PEACHES	
Milk Chocolate FF Produ	Milk Chocolate FF Produ	Milk Chocolate FF Produ	MILK,1% Lowfat Produce	Milk Chocolate FF Produ	
MILK,1% Lowfat Produce	MILK,1% Lowfat Produce	MILK,1% Lowfat Produce	MILK FF STRAWBERRY	MILK,1% Lowfat Produce	
MILK FF STRAWBERRY	MILK FF STRAWBERRY	MILK FF STRAWBERRY	KETCHUP	MILK FF STRAWBERRY	
KETCHUP	KETCHUP	KETCHUP	MUSTARD	KETCHUP	
MUSTARD	MUSTARD	MUSTARD	MAYONNAISE	MUSTARD	
MAYONNAISE	MAYONNAISE	MAYONNAISE	Ranch Dressing PKT	MAYONNAISE	
Ranch Dressing PKT	Ranch Dressing PKT	Ranch Dressing PKT	BBQ Sauce PKT	Ranch Dressing PKT	
BBQ Sauce PKT	BBQ Sauce PKT	BBQ Sauce PKT	Taco Sauce	BBQ Sauce PKT	
Taco Sauce	Taco Sauce	Taco Sauce		Taco Sauce	

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.