

# Santa Cruz City Schools

## High School Lunch

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Mar - 4	Mar - 5	Mar - 6	Mar - 7	Mar - 8	Avg Nutrients    Target
Meatloaf Burger	Teriyaki Chic Nodle Bwl	Chicken Bake Ranch Cal	BBQ Chicken in a Basket	Spicy Chicken Sandwich	Cals...        771        100%
Vegetarian Burger Don L	TofuTeriyaki Noodle Bowl	Calzone Cheese	Grilled Cheese Sandwich	Vegetarian Burger Don L	Chol...        63* mg    63%
Pizza Cheese Big Daddy	Pizza Cheese Big Daddy	Pizza Cheese Big Daddy	Pizza Cheese Big Daddy	Pizza Cheese Big Daddy	Sodium.       1212 mg
Pizza Pepperoni Big Dad	Pizza Hawaiian Big Dadd	Pizza Pepperoni Big Dad	Pizza Veggie Big Daddy	Pizza Pepperoni Big Dad	Fiber..       10.4 g    173%
Turkey Sandwich	Turkey Sandwich	Turkey Sandwich	Turkey Sandwich	Turkey Sandwich	Iron...        6.1 mg    175%
Tuna Salad Sandwich (P	Egg Salad Sandwich	Turkey Ham Sandwich	Wrap, BBQ Chicken	Turkey Submarine Sandw	Calcium 595.3 mg 208%
Peanut Butter & Grape Je	Peanut Butter & Grape Je	Peanut Butter & Grape Je	Peanut Butter & Grape Je	Peanut Butter & Grape Je	Vit A        8947 IU   799%
Chicken Caesar Salad	Chicken Caesar Salad	Chicken Caesar Salad	Chicken Caesar Salad	Chicken Caesar Salad	Vit C        56.1 mg   374%
Salad Garden Large bx	Salad Garden Large bx	Salad Garden Large bx	Salad Garden Large bx	Salad Garden Large bx	Prot        37.6g    19.5%Cal
Salad, Chinese Chicken	Salad, Chinese Chicken	Salad, Chinese Chicken	Salad, Chinese Chicken	Salad, Chinese Chicken	Carb       105.4g   54.7%Cal
POTATO WEDGES	POTATO WEDGES	POTATO WEDGES	POTATO WEDGES	POTATO WEDGES	T.Fat       25.2g    29.4%Cal
CARROT STICKS	CARROT STICKS	CARROT STICKS	CARROT STICKS	CARROT STICKS	S.Fat       7.4*g    8.6%Cal
APPLES, 138ct 1c	APPLES, 138ct 1c	APPLES, 138ct 1c	APPLES, 138ct 1c	APPLES, 138ct 1c	
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	
RAISINS	RAISINS	PEACHES	PEACHES	PEACHES	
Milk Chocolate FF Produ	Milk Chocolate FF Produ	Milk Chocolate FF Produ	Milk Chocolate FF Produ	Milk Chocolate FF Produ	
MILK,1% Lowfat Produce	MILK,1% Lowfat Produce	MILK,1% Lowfat Produce	MILK,1% Lowfat Produce	MILK,1% Lowfat Produce	
MILK FF STRAWBERRY	MILK FF STRAWBERRY	MILK FF STRAWBERRY	MILK FF STRAWBERRY	MILK FF STRAWBERRY	
KETCHUP	KETCHUP	KETCHUP	KETCHUP	KETCHUP	
MUSTARD	MUSTARD	MUSTARD	MUSTARD	MUSTARD	
MAYONNAISE	MAYONNAISE	MAYONNAISE	MAYONNAISE	MAYONNAISE	
Ranch Dressing PKT	Ranch Dressing PKT	Ranch Dressing PKT	Ranch Dressing PKT	Ranch Dressing PKT	
BBQ Sauce PKT	BBQ Sauce PKT	BBQ Sauce PKT	BBQ Sauce PKT	BBQ Sauce PKT	
Taco Sauce	Taco Sauce	Taco Sauce	Taco Sauce	Taco Sauce	
Bosco Sauce Cup					

*\*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.