

Santa Cruz City Schools High School Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Oct - 4	Oct - 5	Oct - 6	Oct - 7	Oct - 8	Avg Nutrients Target
Breakfast Muffin, Sausag Donut Holes w/ Cinn & S Cereal, variety w/cracker Breakfast Benefit Bar Var Bagel WG 2oz w/Cream Yogurt Parfait SCCS Fruit Cup w/Cracker Che Veggies & Dip Hash Brown Patty ORANGES 138ct or 1/2c APPLES, 138ct 1c BANANAS 150ct 1/2c Milk Chocolate FF Produ MILK, 1% Lowfat Produce Ketchup Hellmann's Pum	Breakfast Bagel, ham eg Muffin Fresh Variety Cereal, variety w/cracker Breakfast Benefit Bar Var Bagel WG 2oz w/Cream Yogurt Parfait SCCS Fruit Cup w/Cracker Che Veggies & Dip Hash Brown Patty ORANGES 138ct or 1/2c APPLES, 138ct 1c BANANAS 150ct 1/2c Milk Chocolate FF Produ MILK, 1% Lowfat Produce Ketchup Hellmann's Pum	Ham & Cheese Croissant Cinnomon Roll Shannon' Cereal, variety w/cracker Breakfast Benefit Bar Var Bagel WG 2oz w/Cream Yogurt Parfait SCCS Fruit Cup w/Cracker Che Veggies & Dip Hash Brown Patty ORANGES 138ct or 1/2c APPLES, 138ct 1c BANANAS 150ct 1/2c Milk Chocolate FF Produ MILK, 1% Lowfat Produce Ketchup Hellmann's Pum	Breakfast Bowl Muffin Fresh Variety Cereal, variety w/cracker Breakfast Benefit Bar Var Bagel WG 2oz w/Cream Yogurt Parfait SCCS Fruit Cup w/Cracker Che Veggies & Dip Hash Brown Patty ORANGES 138ct or 1/2c APPLES, 138ct 1c BANANAS 150ct 1/2c Milk Chocolate FF Produ MILK, 1% Lowfat Produce Ketchup Hellmann's Pum	Burritos Breakfast Coffee Cake Cinnamon S Cereal, variety w/cracker Breakfast Benefit Bar Var Bagel WG 2oz w/Cream Yogurt Parfait SCCS Fruit Cup w/Cracker Che Veggies & Dip Hash Brown Patty ORANGES 138ct or 1/2c APPLES, 138ct 1c BANANAS 150ct 1/2c Milk Chocolate FF Produ MILK, 1% Lowfat Produce Ketchup Hellmann's Pum	Cals... 526 100% Chol... 60 mg 60% Sodium... 619 mg Fiber... 6.9 g 174% Iron... 3.5 mg 117% Calcium 488.3 mg 171% Vit A 1532 IU 139% Vit C 47.7 mg 318% Prot 20.7g 15.7%Cal Carb 88.4g 67.3%Cal T.Fat 11.9g 20.4%Cal S.Fat 4.0g 6.8%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.