

Santa Cruz City Schools

High School Lunch

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Jan - 14	Jan - 15	Jan - 16	Jan - 17	Jan - 18	Avg Nutrients Target
Mac and Cheese RF LOL	Chicken Chili Crispito	Chicken & Waffles Spicy	Orange Chicken Rice Bo	Cheeseburger 100% beef	Cals... 782 100%
Pizza Cheese Big Daddy	Bean and Cheese Burrito	Veg. Chik'n Nug. & Waffle	Tofu Orange Rice Bowl	Vegetarian Burger Don L	Chol... 57 mg 57%
Pizza Pepperoni Big Dad	Pizza Cheese Big Daddy	Pizza Cheese Big Daddy	Pizza Cheese Big Daddy	Pizza Cheese Big Daddy	Sodium. 1250 mg
Turkey Sandwich	Pizza Hawaiian Big Dadd	Pizza Pepperoni Big Dad	Pizza Veggie Big Daddy	Pizza Pepperoni Big Dad	Fiber.. 9.9 g 165%
Tuna Salad Sandwich (P	Turkey Sandwich	Turkey Sandwich	Turkey Sandwich	Turkey Sandwich	Iron... 6.4 mg 184%
Peanut Butter & Grape Je	Egg Salad Sandwich	Turkey Ham Sandwich	Wrap, BBQ Chicken	Turkey Submarine Sandw	Calcium 667.1 mg 233%
Chicken Caesar Salad	Peanut Butter & Grape Je	Peanut Butter & Grape Je	Peanut Butter & Grape Je	Peanut Butter & Grape Je	Vit A 8628 IU 770%
Salad Garden Large bx	Chicken Caesar Salad	Chicken Caesar Salad	Chicken Caesar Salad	Chicken Caesar Salad	Vit C 53.2 mg 355%
Salad, Chinese Chicken	Salad Garden Large bx	Salad Garden Large bx	Salad Garden Large bx	Salad Garden Large bx	Prot 34.9g 17.8%Cal
POTATO WEDGES	Salad, Chinese Chicken	Salad, Chinese Chicken	Salad, Chinese Chicken	Salad, Chinese Chicken	Carb 109.6g 56.1%Cal
CARROT STICKS	POTATO WEDGES	POTATO WEDGES	POTATO WEDGES	POTATO WEDGES	T.Fat 24.0g 27.7%Cal
APPLES, 138ct 1c	CARROT STICKS	CARROT STICKS	CARROT STICKS	CARROT STICKS	S.Fat 8.1g 9.3%Cal
ORANGES 138ct or 1/2c	APPLES, 138ct 1c	APPLES, 138ct 1c	APPLES, 138ct 1c	APPLES, 138ct 1c	
RAISINS	ORANGES 138ct or 1/2c	ORANGES 138ct or 1/2c	ORANGES 138ct or 1/2c	ORANGES 138ct or 1/2c	
Milk Chocolate FF Produ	RAISINS	PEACHES	PEACHES	PEACHES	
MILK,1% Lowfat Produce	Milk Chocolate FF Produ	Milk Chocolate FF Produ	Milk Chocolate FF Produ	Milk Chocolate FF Produ	
MILK FF STRAWBERRY	MILK,1% Lowfat Produce	MILK,1% Lowfat Produce	MILK,1% Lowfat Produce	MILK,1% Lowfat Produce	
KETCHUP	MILK FF STRAWBERRY	MILK FF STRAWBERRY	MILK FF STRAWBERRY	MILK FF STRAWBERRY	
MUSTARD	KETCHUP	KETCHUP	KETCHUP	KETCHUP	
MAYONNAISE	MUSTARD	MUSTARD	MUSTARD	MUSTARD	
Ranch Dressing PKT	MAYONNAISE	MAYONNAISE	MAYONNAISE	MAYONNAISE	
BBQ Sauce PKT	Ranch Dressing PKT	Ranch Dressing PKT	Ranch Dressing PKT	Ranch Dressing PKT	
Taco Sauce	BBQ Sauce PKT	BBQ Sauce PKT	BBQ Sauce PKT	BBQ Sauce PKT	
	Taco Sauce	Taco Sauce	Taco Sauce	Taco Sauce	
	Verde 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.