

Santa Cruz City Schools

Middle School Lunch

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Dec 31, 2018

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	Pizza Pepperoni Big Dad	Cals... 684 100%
Grilled Cheese WG Sand	Bean and Cheese Burrito	Veg. Chik'n Nug. & Waffle	Tofu Orange Rice Bowl	Pizza Hawaiian Big Dadd	Chol... 58 mg 58%
Turkey Sandwich	Turkey Sandwich	Turkey Sandwich	Turkey Sandwich	Pizza Cheese Big Daddy	Sodium... 1152 mg
Tuna Salad Sandwich (P	Egg Salad Sandwich	Turkey Ham Sandwich	Peanut Butter & Grape Je	Turkey Submarine Sandw	Fiber... 9.4 g 156%
Peanut Butter & Grape Je	Peanut Butter & Grape Je	Peanut Butter & Grape Je	Salad Garden Large bx	Peanut Butter & Grape Je	Iron... 6.7 mg 190%
Salad Garden Large bx	Salad Garden Large bx	Salad Garden Large bx	Chicken Caesar Salad	Salad Garden Large bx	Calcium 665.7 mg 233%
Chicken Caesar Salad	Chicken Caesar Salad	Chicken Caesar Salad	CELERY STICKS	Chicken Caesar Salad	Vit A 8835 IU 789%
POTATO WEDGES	CELERY STICKS	CELERY STICKS	CARROT STICKS	CELERY STICKS	Vit C 46.2 mg 308%
CELERY STICKS	CARROT STICKS	CARROT STICKS	APPLES, 138ct 1c	CARROT STICKS	Prot 32.9g 19.3%Cal
CARROT STICKS	APPLES, 138ct 1c	APPLES, 138ct 1c	ORANGES 138ct or 1/2c	APPLES, 138ct 1c	Carb 96.5g 56.4%Cal
APPLES, 138ct 1c	ORANGES 138ct or 1/2c	ORANGES 138ct or 1/2c	RAISINS	ORANGES 138ct or 1/2c	T.Fat 20.4g 26.9%Cal
ORANGES 138ct or 1/2c	RAISINS	RAISINS	Milk Chocolate FF Produ	RAISINS	S.Fat 6.3g 8.3%Cal
RAISINS	Milk Chocolate FF Produ	Milk Chocolate FF Produ	MILK,1% Lowfat Produce	Milk Chocolate FF Produ	
Milk Chocolate FF Produ	MILK,1% Lowfat Produce	MILK,1% Lowfat Produce	MILK FF STRAWBERRY	MILK,1% Lowfat Produce	
MILK,1% Lowfat Produce	MILK FF STRAWBERRY	MILK FF STRAWBERRY	BBQ Sauce PKT	MILK FF STRAWBERRY	
MILK FF STRAWBERRY	MUSTARD	KETCHUP	KETCHUP	MILK FF STRAWBERRY	
KETCHUP	MAYONNAISE	MUSTARD	MUSTARD	MUSTARD	
MUSTARD	Ranch Dipper Cup	MAYONNAISE	MAYONNAISE	MAYONNAISE	
MAYONNAISE		Ranch Dipper Cup	Ranch Dipper Cup	Ranch Dipper Cup	
Ranch Dipper Cup					
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.