

# Santa Cruz City Schools

## Middle School Lunch

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Jan 31, 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Feb - 4	Feb - 5	Feb - 6	Feb - 7	Feb - 8	Avg Nutrients Target
Bosco Stick's	Chicken Tacos	Chicken & Waffles Spicy	BBQ Pork Sandwich	Pizza Pepperoni Big Dad	Cals... 667 100%
Turkey Sandwich	Bean and Cheese Burrito	Veg. Chik'n Nug. & Waffle	Grilled Cheese Sandwich	Pizza Hawaiian Big Dadd	Chol... 62 mg 62%
Tuna Salad Sandwich (P	Turkey Sandwich	Turkey Sandwich	Turkey Sandwich	Pizza Cheese Big Daddy	Sodium. 1147 mg
Peanut Butter & Grape Je	Egg Salad Sandwich	Turkey Ham Sandwich	Peanut Butter & Grape Je	Turkey Submarine Sandw	Fiber.. 9.4 g 157%
Salad Garden Large bx	Peanut Butter & Grape Je	Peanut Butter & Grape Je	Salad Garden Large bx	Peanut Butter & Grape Je	Iron... 6.6 mg 189%
Chicken Caesar Salad	Salad Garden Large bx	Salad Garden Large bx	Chicken Caesar Salad	Salad Garden Large bx	Calcium 641.5 mg 224%
CELERY STICKS	Chicken Caesar Salad	Chicken Caesar Salad	POTATO WEDGES	Chicken Caesar Salad	Vit A 8280 IU 739%
CARROT STICKS	Taco Topper	CELERY STICKS	CELERY STICKS	CELERY STICKS	Vit C 45.2 mg 301%
APPLES, 138ct 1c	CARROT STICKS	CARROT STICKS	CARROT STICKS	CARROT STICKS	Prot 33.9g 20.3%Cal
ORANGES 138ct or 1/2c	APPLES, 138ct 1c	APPLES, 138ct 1c	APPLES, 138ct 1c	APPLES, 138ct 1c	Carb 89.5g 53.7%Cal
RAISINS	ORANGES 138ct or 1/2c	ORANGES 138ct or 1/2c	ORANGES 138ct or 1/2c	ORANGES 138ct or 1/2c	T.Fat 20.9g 28.2%Cal
Milk Chocolate FF Produ	RAISINS	RAISINS	RAISINS	RAISINS	S.Fat 6.7g 9.0%Cal
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	MUSTARD	KETCHUP	BBQ Sauce PKT	MUSTARD	
MAYONNAISE	MAYONNAISE	MUSTARD	KETCHUP	MAYONNAISE	
Ranch Dipper Cup	Ranch Dipper Cup	MAYONNAISE	MUSTARD	Ranch Dipper Cup	
Bosco Sauce Cup		Ranch Dipper Cup	MAYONNAISE		
			Ranch Dipper 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.