

Santa Cruz City Schools

Middle School Lunch

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Feb 26, 2019

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	Pupusa Bean & Cheese	Spicy Chicken Sandwich	Pizza Pepperoni Big Dad	Cals... 637 100%
Vegetarian Burger Don L	TofuTeriyaki Noodle Bowl	Turkey Sandwich	Grilled Cheese Sandwich	Pizza Hawaiian Big Dadd	Chol... 52* mg 52%
Turkey Sandwich	Turkey Sandwich	Turkey Ham Sandwich	Turkey Sandwich	Pizza Cheese Big Daddy	Sodium. 1102 mg
Tuna Salad Sandwich (P	Egg Salad Sandwich	Peanut Butter & Grape Je	Peanut Butter & Grape Je	Turkey Submarine Sandw	Fiber... 10.0 g 167%
Peanut Butter & Grape Je	Peanut Butter & Grape Je	Salad Garden Large bx	Salad Garden Large bx	Peanut Butter & Grape Je	Iron... 5.9 mg 169%
Salad Garden Large bx	Salad Garden Large bx	Chicken Caesar Salad	Chicken Caesar Salad	Salad Garden Large bx	Calcium 588.0 mg 206%
Chicken Caesar Salad	Chicken Caesar Salad	CELERY STICKS	POTATO WEDGES	Salad Garden Large bx	Vit A 9131 IU 815%
POTATO WEDGES	CARROT STICKS	CARROT STICKS	CELERY STICKS	Chicken Caesar Salad	Vit C 51.2 mg 342%
CARROT STICKS	APPLES, 138ct 1c	APPLES, 138ct 1c	CARROT STICKS	CELERY STICKS	Prot 31.9g 20.0%Cal
APPLES, 138ct 1c	ORANGES 138ct or 1/2c	ORANGES 138ct or 1/2c	APPLES, 138ct 1c	CARROT STICKS	Carb 89.9g 56.4%Cal
ORANGES 138ct or 1/2c	RAISINS	RAISINS	ORANGES 138ct or 1/2c	APPLES, 138ct 1c	T.Fat 18.6g 26.2%Cal
RAISINS	Milk Chocolate FF Produ	Milk Chocolate FF Produ	RAISINS	ORANGES 138ct or 1/2c	S.Fat 5.6g 8.0%Cal
Milk Chocolate FF Produ	MILK,1% Lowfat Produce	MILK,1% Lowfat Produce	Milk Chocolate FF Produ	RAISINS	
MILK,1% Lowfat Produce	MILK FF STRAWBERRY	MILK FF STRAWBERRY	MILK,1% Lowfat Produce	MILK,1% Lowfat Produce	
MILK FF STRAWBERRY	MUSTARD	KETCHUP	MILK FF STRAWBERRY	MILK FF STRAWBERRY	
KETCHUP	MAYONNAISE	MUSTARD	BBQ Sauce PKT	MUSTARD	
MUSTARD	Ranch Dipper Cup	MAYONNAISE	KETCHUP	MAYONNAISE	
MAYONNAISE		Ranch Dipper Cup	MUSTARD	Ranch Dipper Cup	
Ranch Dipper Cup			MAYONNAISE		
Bosco Sauce Cup			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.