

Santa Cruz City Schools

High School Lunch

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	Teriyaki Noodle Bowl	Cheeseburger 100% beef	Cals... 767 100%
Pizza Cheese Big Daddy	Taco Topper	Veg. Chik'n Nug. & Waffle	TofuTeriyaki Noodle Bowl	Vegetarian Burger Don L	Chol... 54 mg 54%
Pizza Pepperoni Big Dad	Bean and Cheese Burrito	Pizza Cheese Big Daddy	Pizza Cheese Big Daddy	Pizza Cheese Big Daddy	Sodium. 1353 mg
Turkey Sandwich	Pizza Cheese Big Daddy	Pizza Pepperoni Big Dad	Pizza Veggie Big Daddy	Pizza Pepperoni Big Dad	Fiber.. 10.5 g 176%
Tuna Salad Sandwich (P	Pizza Hawaiian Big Dadd	Turkey Sandwich	Turkey Sandwich	Turkey Sandwich	Iron... 6.6 mg 188%
Peanut Butter & Grape Je	Turkey Sandwich	Turkey Ham Sandwich	Wrap, BBQ Chicken	Turkey Submarine Sandw	Calcium 639.1 mg 223%
Chicken Caesar Salad	Egg Salad Sandwich	Peanut Butter & Grape Je	Peanut Butter & Grape Je	Peanut Butter & Grape Je	Vit A 8548 IU 763%
Salad Garden Large bx	Peanut Butter & Grape Je	Chicken Caesar Salad	Chicken Caesar Salad	Chicken Caesar Salad	Vit C 58.2 mg 388%
Salad, Chinese Chicken	Chicken Caesar Salad	Salad Garden Large bx	Salad Garden Large bx	Salad Garden Large bx	Prot 34.1g 17.8%Cal
POTATO WEDGES	Salad Garden Large bx	Salad, Chinese Chicken	Salad, Chinese Chicken	Salad, Chinese Chicken	Carb 108.0g 56.3%Cal
CARROT STICKS	Salad, Chinese Chicken	POTATO WEDGES	POTATO WEDGES	POTATO WEDGES	T.Fat 23.1g 27.1%Cal
APPLES, 138ct 1c	POTATO WEDGES	CARROT STICKS	CARROT STICKS	CARROT STICKS	S.Fat 7.5g 8.8%Cal
ORANGES 138ct or 1/2c	CARROT STICKS	APPLES, 138ct 1c	APPLES, 138ct 1c	APPLES, 138ct 1c	
RAISINS	APPLES, 138ct 1c	ORANGES 138ct or 1/2c	ORANGES 138ct or 1/2c	ORANGES 138ct or 1/2c	
Milk Chocolate FF Produ	ORANGES 138ct or 1/2c	PEACHES	PEACHES	PEACHES	
MILK,1% Lowfat Produce	RAISINS	Milk Chocolate FF Produ	Milk Chocolate FF Produ	Milk Chocolate FF Produ	
MILK FF STRAWBERRY	Milk Chocolate FF Produ	MILK,1% Lowfat Produce	MILK,1% Lowfat Produce	MILK,1% Lowfat Produce	
KETCHUP	MILK,1% Lowfat Produce	MILK FF STRAWBERRY	MILK FF STRAWBERRY	MILK FF STRAWBERRY	
MUSTARD	MILK FF STRAWBERRY	KETCHUP	KETCHUP	KETCHUP	
MAYONNAISE	KETCHUP	MUSTARD	MUSTARD	MUSTARD	
Ranch Dressing PKT	MUSTARD	MAYONNAISE	MAYONNAISE	MAYONNAISE	
BBQ Sauce PKT	MAYONNAISE	Ranch Dressing PKT	Ranch Dressing PKT	Ranch Dressing PKT	
Taco Sauce	Ranch Dressing PKT	BBQ Sauce PKT	BBQ Sauce PKT	BBQ Sauce PKT	
Bosco Sauce Cup	BBQ Sauce PKT	Taco Sauce	Taco Sauce	Taco Sauce	
	Taco 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.