

San Lorenzo Valley USD
 SLV High School (9-12)
 HHFKA - 9-12
 005 - High School Lunch

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
				Dec - 1 Pizza Big Daddy WG Che Pizza Big Daddy WG Pep PB & J, 2.8oz Whole Wh Turkey Sandwich Ham Sandwich (turkey ha Wrap, BBQ Chicken Yogurt Triple Berry Parfai Salad, Fruit Meal Salad Garden Large SLV Chicken Caesar Salad Salad, Chinese Chicken Tater Tots, HS RAISINS CELERY STICKS CARROT STICKS BROCCOLI,raw APPLES, Fresh 125-138 ORANGES BANANAS Juice 10 oz Variety MILK,1% Lowfat MILK,FF Chocolate KETCHUP Single Serve Ranch Dressing R/F BBQ Sauce 12 gm PKT MAYONNAISE	Avg Nutrients Target Cals... 775 100% Sodium. 1194 mg Fiber... 8.2 g 137% Iron... 3.4 mg 98% Calcium 686.6 mg 240% Vit A 3915 IU 350% Prot 32.1g 16.6%Cal Carb 110.7g 57.1%Cal T.Fat 24.3g 28.2%Cal S.Fat 12.1g 14.1%Cal

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.

San Lorenzo Valley USD
SLV High School (9-12)
HHFKA - 9-12
005 - High School Lunch

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Dec - 4	Dec - 5	Dec - 6	Dec - 7	Dec - 8	Avg Nutrients Target
Pizza Big Daddy WG Che	Sriracha Honey Boneless	Bosco Stick (2 stick)	Chili ChefMate w/ Corn M	Pizza Big Daddy WG Che	Cals... 759 100%
Pizza Big Daddy WG Pep	Chicken Sand. Grilled	Mini Corn Dogs	Bosco Stick (2 stick)	Pizza Big Daddy WG Pep	Sodium. 1171 mg
PB & J, 2.8oz Whole Wh	Turkey Sandwich	Ham Sandwich (turkey ha	Turkey Sandwich	PB & J, 2.8oz Whole Wh	Fiber... 8.7 g 145%
Salami & Cheese Sandwi	Wrap, Chinese Chicken	Egg Salad Sandwich	Tuna Salad Sandwich	Turkey Sandwich	Iron... 3.6 mg 104%
Turkey Sandwich	Yogurt Triple Berry Parfai	Wrap, Caesar Chicken	Salad, Fruit Meal	Ham Sandwich (turkey ha	Calcium 617.4 mg 216%
Wrap, Ranch Chicken	Salad, Fruit Meal	Salad, Fruit Meal	Yogurt Triple Berry Parfai	Wrap, BBQ Chicken	Vit A 3977 IU 355%
Yogurt Triple Berry Parfai	Salad Garden Large SLV	Yogurt Triple Berry Parfai	Salad Garden Large SLV	Yogurt Triple Berry Parfai	Prot 30.6g 16.1%Cal
Salad, Fruit Meal	Chicken Caesar Salad	Salad Garden Large SLV	Chicken Caesar Salad	Salad, Fruit Meal	Carb 112.7g 59.4%Cal
Salad Garden Large SLV	Salad, Chinese Chicken	Chicken Caesar Salad	Salad, Chinese Chicken	Salad Garden Large SLV	T.Fat 22.5g 26.7%Cal
Chicken Caesar Salad	POTATO WEDGES	Salad, Chinese Chicken	POTATO WEDGES	Chicken Caesar Salad	S.Fat 8.4g 9.9%Cal
Salad, Chinese Chicken	RAISINS	X-treme Garlic Fries	CELERY STICKS	Salad, Chinese Chicken	
X-treme Garlic Fries	CELERY STICKS	RAISINS	Fresh Baby Carrots	Tater Tots, HS	
RAISINS	Fresh Baby Carrots	CELERY STICKS	BROCCOLI,raw	RAISINS	
CELERY STICKS	APPLES, Fresh 125-138	Fresh Baby Carrots	Salad Garden Side	CELERY STICKS	
Fresh Baby Carrots	ORANGES	APPLES, Fresh 125-138	APPLES, Fresh 125-138	CARROT STICKS	
BROCCOLI,raw	Juice 10 oz Variety	ORANGES	ORANGES	BROCCOLI,raw	
Cracker Graham LF Hon	BANANAS	Juice 10 oz Variety	BANANAS	APPLES, Fresh 125-138	
APPLES, Fresh 125-138	MILK,1% Lowfat	BANANAS	Juice 10 oz Variety	ORANGES	
ORANGES	MILK,FF Chocolate	MILK,1% Lowfat	MILK,1% Lowfat	BANANAS	
BANANAS	KETCHUP Single Serve	MILK,FF Chocolate	MILK,FF Chocolate	Juice 10 oz Variety	
Juice 10 oz Variety	MUSTARD	KETCHUP Single Serve	KETCHUP Single Serve	MILK,1% Lowfat	
MILK,1% Lowfat	MAYONNAISE	MUSTARD	Ranch Dressing R/F	MILK,FF Chocolate	
MILK,FF Chocolate	Ranch Dressing R/F	MAYONNAISE	BBQ Sauce 12 gm PKT	KETCHUP Single Serve	
KETCHUP Single Serve	BBQ Sauce 12 gm PKT	BBQ Sauce 12 gm PKT	MAYONNAISE	Ranch Dressing R/F	
MUSTARD		RANCH DRESSING PAC		BBQ Sauce 12 gm PKT	
Italian Dressing Fat Free		Bosco Sauce Cup		MAYONNAISE	
BBQ Sauce 12 gm PKT		Italian Dressing Fat Free			
Ranch Dressing R/F					
MAYONNAISE					

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.

San Lorenzo Valley USD
SLV High School (9-12)
HHFKA - 9-12
005 - High School Lunch

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Dec - 11	Dec - 12	Dec - 13	Dec - 14	Dec - 15	Avg Nutrients Target
Pizza Big Daddy WG Che	Chicken Drumstick Bread	Pizza Crunchers Rich's	Spicy Chicken Sandwich	Pizza Big Daddy WG Che	Cals... 779 100%
Pizza Big Daddy WG Pep	Veggie Burger - Morning	Pizza French Bread	Bosco Stick (2 stick)	Pizza Big Daddy WG Pep	Sodium. 1255 mg
PB & J, 2.8oz Whole Wh	Turkey Sandwich	Ham Sandwich (turkey ha	Turkey Sandwich	PB & J, 2.8oz Whole Wh	Fiber... 9.0 g 151%
Salami & Cheese Sandwi	Wrap, Chinese Chicken	Egg Salad Sandwich	Tuna Salad Sandwich	Turkey Sandwich	Iron... 3.7 mg 106%
Turkey Sandwich	Yogurt Triple Berry Parfai	Wrap, Caesar Chicken	Salad, Fruit Meal	Ham Sandwich (turkey ha	Calcium 606.0 mg 212%
Wrap, Ranch Chicken	Salad, Fruit Meal	Salad, Fruit Meal	Yogurt Triple Berry Parfai	Wrap, BBQ Chicken	Vit A 3962 IU 354%
Yogurt Triple Berry Parfai	Salad Garden Large SLV	Yogurt Triple Berry Parfai	Salad Garden Large SLV	Yogurt Triple Berry Parfai	Prot 32.4g 16.6%Cal
Salad, Fruit Meal	Chicken Caesar Salad	Salad Garden Large SLV	Chicken Caesar Salad	Salad, Fruit Meal	Carb 113.7g 58.4%Cal
Salad Garden Large SLV	Salad, Chinese Chicken	Chicken Caesar Salad	Salad, Chinese Chicken	Salad Garden Large SLV	T.Fat 23.8g 27.5%Cal
Chicken Caesar Salad	POTATO WEDGES	Salad, Chinese Chicken	POTATO WEDGES	Chicken Caesar Salad	S.Fat 8.3g 9.6%Cal
Salad, Chinese Chicken	RAISINS	X-treme Garlic Fries	CELERY STICKS	Salad, Chinese Chicken	
X-treme Garlic Fries	CELERY STICKS	RAISINS	Fresh Baby Carrots	Tater Tots, HS	
RAISINS	Fresh Baby Carrots	CELERY STICKS	BROCCOLI,raw	RAISINS	
CELERY STICKS	APPLES, Fresh 125-138	Fresh Baby Carrots	Salad Garden Side	CELERY STICKS	
Fresh Baby Carrots	ORANGES	APPLES, Fresh 125-138	APPLES, Fresh 125-138	CARROT STICKS	
BROCCOLI,raw	Juice 10 oz Variety	ORANGES	ORANGES	BROCCOLI,raw	
Cracker Graham LF Hon	BANANAS	Juice 10 oz Variety	BANANAS	APPLES, Fresh 125-138	
APPLES, Fresh 125-138	MILK,1% Lowfat	BANANAS	Juice 10 oz Variety	ORANGES	
ORANGES	MILK,FF Chocolate	MILK,1% Lowfat	MILK,1% Lowfat	BANANAS	
BANANAS	KETCHUP Single Serve	MILK,FF Chocolate	MILK,FF Chocolate	Juice 10 oz Variety	
Juice 10 oz Variety	MUSTARD	KETCHUP Single Serve	KETCHUP Single Serve	MILK,1% Lowfat	
MILK,1% Lowfat	MAYONNAISE	MUSTARD	Ranch Dressing R/F	MILK,FF Chocolate	
MILK,FF Chocolate	Ranch Dressing R/F	MAYONNAISE	BBQ Sauce 12 gm PKT	KETCHUP Single Serve	
KETCHUP Single Serve	BBQ Sauce 12 gm PKT	BBQ Sauce 12 gm PKT	MAYONNAISE	Ranch Dressing R/F	
MUSTARD		RANCH DRESSING PAC		BBQ Sauce 12 gm PKT	
Italian Dressing Fat Free		Bosco Sauce Cup		MAYONNAISE	
BBQ Sauce 12 gm PKT		Italian Dressing Fat Free			
Ranch Dressing R/F					
MAYONNAISE					

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.

San Lorenzo Valley USD
SLV High School (9-12)
HHFKA - 9-12
005 - High School Lunch

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Dec - 18	Dec - 19	Dec - 20	Dec - 21		Avg Nutrients Target
Pizza Big Daddy WG Che	Chef Choice	Chef Choice	Chef Choice		Cals... 614* 82%
Pizza Big Daddy WG Pep	Turkey Sandwich	Ham Sandwich (turkey ha	PB & J, 2.8oz Whole Wh		Sodium. 959* mg
PB & J, 2.8oz Whole Wh	Wrap, Chinese Chicken	Egg Salad Sandwich	Turkey Sandwich		Fiber... 7.3* g 121%
Salami & Cheese Sandwi	Yogurt Triple Berry Parfai	Wrap, Caesar Chicken	Tuna Salad Sandwich		Iron... 2.7* mg 78%
Turkey Sandwich	Salad, Fruit Meal	Salad, Fruit Meal	Salad, Fruit Meal		Calcium484.9* mg 170%
Wrap, Ranch Chicken	Salad Garden Large SLV	Yogurt Triple Berry Parfai	Yogurt Triple Berry Parfai		Vit A 3844* IU 343%
Yogurt Triple Berry Parfai	Chicken Caesar Salad	Salad Garden Large SLV	Salad Garden Large SLV		Prot 23.0*g 15.0%Cal
Salad, Fruit Meal	Salad, Chinese Chicken	Chicken Caesar Salad	Chicken Caesar Salad		Carb 96.2*g 62.6%Cal
Salad Garden Large SLV	POTATO WEDGES	Salad, Chinese Chicken	Salad, Chinese Chicken		T.Fat 17.1*g 25.0%Cal
Chicken Caesar Salad	RAISINS	X-treme Garlic Fries	POTATO WEDGES		S.Fat 5.5*g 8.0%Cal
Salad, Chinese Chicken	CELERY STICKS	RAISINS	CELERY STICKS		
X-treme Garlic Fries	Fresh Baby Carrots	CELERY STICKS	Fresh Baby Carrots		
RAISINS	APPLES, Fresh 125-138	Fresh Baby Carrots	BROCCOLI,raw		
CELERY STICKS	ORANGES	APPLES, Fresh 125-138	Salad Garden Side		
Fresh Baby Carrots	Juice 10 oz Variety	ORANGES	APPLES, Fresh 125-138		
BROCCOLI,raw	BANANAS	Juice 10 oz Variety	ORANGES		
Cracker Graham LF Hon	MILK,1% Lowfat	BANANAS	BANANAS		
APPLES, Fresh 125-138	MILK,FF Chocolate	MILK,1% Lowfat	Juice 10 oz Variety		
ORANGES	KETCHUP Single Serve	MILK,FF Chocolate	MILK,1% Lowfat		
BANANAS	MUSTARD	KETCHUP Single Serve	MILK,FF Chocolate		
Juice 10 oz Variety	MAYONNAISE	MUSTARD	KETCHUP Single Serve		
MILK,1% Lowfat	Ranch Dressing R/F	MAYONNAISE	Ranch Dressing R/F		
MILK,FF Chocolate	BBQ Sauce 12 gm PKT	BBQ Sauce 12 gm PKT	BBQ Sauce 12 gm PKT		
KETCHUP Single Serve		RANCH DRESSING PAC	MAYONNAISE		
MUSTARD		Bosco Sauce Cup			
Italian Dressing Fat Free		Italian Dressing Fat Free			
BBQ Sauce 12 gm PKT					
Ranch Dressing R/F					
MAYONNAISE					

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.