

**San Lorenzo Valley USD**  
**SLV High School (9-12)**  
**HFFKA - 9-12**

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Apr - 10	Apr - 11	Apr - 12	Apr - 13	Apr - 14	Avg Nutrients Target
WM 8 Cut Cheese Pizza	Bean & Cheese Burrito 7.	WG Pepperoni Pizza Rip	Chicken, Popcorn HS Ty	WM 8 Cut Cheese Pizza	Cals... 803 100%
WM 8 cut Pepperoni pizz	Veggie Burger - Morning	PB & J, 2.8oz Whole Wh	Bosco Stick (2 stick)	WM 8 cut Pepperoni pizz	Sodium. 1270 mg
Ham Sandwich (turkey h	Turkey Sandwich	Turkey Sandwich	Turkey Sandwich	PB & J, 2.8oz Whole Wh	Fiber.. 9.0 g 151%
Turkey Sandwich	Salami & Cheese Sandwi	Egg Salad Sandwich	Tuna Salad Sandwich	Turkey Sandwich	Iron... 4.2 mg 120%
Wrap, Honey Mustard Ch	Wrap, Chinese Chicken	Wrap, Caesar Chicken	Salad, Fruit Meal	Ham Sandwich (turkey h	Calcium 643.0 mg 225%
Yogurt Triple Berry Parfai	Yogurt Triple Berry Parfai	Salad, Fruit Meal	Yogurt Triple Berry Parfai	Wrap, BBQ Chicken	Vit A 4039 IU 361%
Salad, Fruit Meal	Salad, Fruit Meal	Yogurt Triple Berry Parfai	Salad Garden Large SLV	Yogurt Triple Berry Parfai	Vit C 57.0 mg 380%
Salad Garden Large SLV	Salad Garden Large SLV	Salad Garden Large SLV	Chicken Caesar Salad	Salad, Fruit Meal	Sugar 45.9*g 22.9%Cal
Chicken Caesar Salad	Chicken Caesar Salad	Chicken Caesar Salad	Salad, Chinese Chicken	Salad Garden Large SLV	Prot 32.4g 16.2%Cal
Salad, Chinese Chicken	Salad, Chinese Chicken	Salad, Chinese Chicken	POTATO WEDGES	Chicken Caesar Salad	Carb 116.2g 57.9%Cal
X-treme Garlic Fries	POTATO WEDGES	X-treme Garlic Fries	CELERY STICKS	Salad, Chinese Chicken	T.Fat 25.6g 28.7%Cal
RAISINS	RAISINS	RAISINS	Fresh Baby Carrots	Tater Tots, HS	S.Fat 8.2g 9.2%Cal
CELERY STICKS	CELERY STICKS	CELERY STICKS	BROCCOLI,raw	RAISINS	
Fresh Baby Carrots	Fresh Baby Carrots	Fresh Baby Carrots	Salad Garden Side	CELERY STICKS	
BROCCOLI,raw	APPLES, Fresh 125-138	APPLES, Fresh 125-138	APPLES, Fresh 125-138	CARROT STICKS	
Cracker Graham LF Hon	ORANGES	ORANGES	BANANAS	BROCCOLI,raw	
APPLES, Fresh 125-138	Juice 10 oz Variety	Juice 10 oz Variety	Juice 10 oz Variety	APPLES, Fresh 125-138	
ORANGES	BANANAS	BANANAS	MILK,1% Lowfat	ORANGES	
BANANAS	MILK,1% Lowfat	MILK,1% Lowfat	MILK,FF Chocolate	BANANAS	
Juice 10 oz Variety	MILK,FF Chocolate	MILK,FF Chocolate	KETCHUP Single Serve	Juice 10 oz Variety	
MILK,1% Lowfat	KETCHUP Single Serve	KETCHUP Single Serve	Ranch Dressing R/F	MILK,1% Lowfat	
MILK,FF Chocolate	MUSTARD	MUSTARD	BBQ Sauce 12 gm PKT	MILK,FF Chocolate	
KETCHUP Single Serve	MAYONNAISE	MAYONNAISE	MAYONNAISE	KETCHUP Single Serve	
MUSTARD	Ranch Dressing R/F	BBQ Sauce 12 gm PKT		Ranch Dressing R/F	
Italian Dressing Fat Free	BBQ Sauce 12 gm PKT	RANCH DRESSING PAC		BBQ Sauce 12 gm PKT	
BBQ Sauce 12 gm PKT		Bosco Sauce Cup		MAYONNAISE	
Ranch Dressing R/F		Italian Dressing Fat Free			
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.