

Clear Creek Amana

Monday	Tuesday	Wednesday	Thursday	Friday
	May - 1 Omelet/Egg Patty Tri Tater Apple Breadstick Fruit Juice MILK - Variety	May - 2 Breakfast Pizza Variety Sausage Links Fresh Fruit Fruit Juice MILK - Variety	May - 3 WG French Toast Sticks Syrup Lite Fresh Fruit Fruit Juice MILK - Variety	May - 4 Pastry/Muffin Variety Lowfat Yogurt Fresh Fruit Fruit Juice MILK - Variety
	Nutrients Target Cals... 579 100% Sodium. 785 mg Sugar 22.3*g 15.4%Cal Prot 23.5g 16.2%Cal Carb 86.6g 59.8%Cal T.Fat 14.3g 22.2%Cal	Nutrients Target Cals... 524 100% Sodium. 701 mg Sugar 27.0*g 20.6%Cal Prot 20.4g 15.6%Cal Carb 65.7g 50.2%Cal T.Fat 21.6g 37.1%Cal	Nutrients Target Cals... 545 100% Sodium. 503 mg Sugar 27.0*g 19.8%Cal Prot 14.7g 10.8%Cal Carb 103.9g 76.3%Cal T.Fat 9.1g 15.0%Cal	Nutrients Target Cals... 506 100% Sodium. 353 mg Sugar 27.0*g 21.4%Cal Prot 16.6g 13.1%Cal Carb 99.0g 78.2%Cal T.Fat 6.3g 11.2%Cal
May - 7 Breakfast Boat Bacon Lowfat Yogurt Fresh Fruit Fruit Juice MILK - Variety	May - 8 McClipper Sandwich Tri Tater Fresh Fruit Fruit Juice MILK - Variety	May - 9 Breakfast Pizza Variety Sausage Links Fresh Fruit Fruit Juice MILK - Variety	May - 10 UBR Granola Bar Cinn Pork Sausage Patty Fresh Fruit Fruit Juice MILK - Variety	May - 11 Frudel Friday! Apple or Cherry Frudel Lowfat Yogurt Mozz Ch Sticks (2) Fruit Juice MILK - Variety
Nutrients Target Cals... 549 100% Sodium. 566 mg Sugar 30.0*g 21.9%Cal Prot 22.4g 16.3%Cal Carb 95.2g 69.4%Cal T.Fat 9.6g 15.7%Cal	Nutrients Target Cals... 584 100% Sodium. 871 mg Sugar 27.0*g 18.5%Cal Prot 22.9g 15.7%Cal Carb 90.2g 61.9%Cal T.Fat 14.6g 22.5%Cal	Nutrients Target Cals... 524 100% Sodium. 701 mg Sugar 27.0*g 20.6%Cal Prot 20.4g 15.6%Cal Carb 65.7g 50.2%Cal T.Fat 21.6g 37.1%Cal	Nutrients Target Cals... 603 101% Sodium. 636 mg Sugar 44.0*g 29.2%Cal Prot 18.4g 12.2%Cal Carb 96.9g 64.3%Cal T.Fat 17.2g 25.6%Cal	Nutrients Target Cals... 634* 106% Sodium. 655* mg Sugar 14.3*g 9.0%Cal Prot 25.5*g 16.1%Cal Carb 101.1*g 63.8%Cal T.Fat 15.3*g 21.7%Cal
May - 14 Muffin Monday! Muffin, variety Ham Bites Egg Patty Fresh Fruit Fruit Juice MILK - Variety	May - 15 Omelet/Egg Patty Tri Tater Apple Breadstick Fruit Juice MILK - Variety	May - 16 Breakfast Pizza Variety Sausage Links Fresh Fruit Fruit Juice MILK - Variety	May - 17 WG French Toast Sticks Syrup Lite Fresh Fruit Fruit Juice MILK - Variety	May - 18 Pastry/Muffin Variety Lowfat Yogurt Fresh Fruit Fruit Juice MILK - Variety
Nutrients Target Cals... 550* 100% Sodium. 715* mg Sugar 27.0*g 19.7%Cal Prot 22.0*g 16.0%Cal Carb 86.4*g 62.9%Cal T.Fat 13.0*g 21.3%Cal	Nutrients Target Cals... 579* 100% Sodium. 785* mg Sugar 22.3*g 15.4%Cal Prot 23.5*g 16.2%Cal Carb 86.6*g 59.8%Cal T.Fat 14.3*g 22.2%Cal	Nutrients Target Cals... 524* 100% Sodium. 701* mg Sugar 27.0*g 20.6%Cal Prot 20.4*g 15.6%Cal Carb 65.7*g 50.2%Cal T.Fat 21.6*g 37.1%Cal	Nutrients Target Cals... 545* 100% Sodium. 503* mg Sugar 27.0*g 19.8%Cal Prot 14.7*g 10.8%Cal Carb 103.9*g 76.3%Cal T.Fat 9.1*g 15.0%Cal	Nutrients Target Cals... 506* 100% Sodium. 353* mg Sugar 27.0*g 21.4%Cal Prot 16.6*g 13.1%Cal Carb 99.0*g 78.2%Cal T.Fat 6.3*g 11.2%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.

Clear Creek Amana

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Breakfast 9-12

May 1, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
May - 21 Breakfast Boat Bacon Lowfat Yogurt Fresh Fruit Fruit Juice MILK - Variety	May - 22 McClipper Sandwich Tri Tater Fresh Fruit Fruit Juice MILK - Variety	May - 23 Breakfast Pizza Variety Sausage Links Fresh Fruit Fruit Juice MILK - Variety	May - 24 UBR Granola Bar Cinn Pork Sausage Patty Fresh Fruit Fruit Juice MILK - Variety	May - 25 Frudel Friday! Apple or Cherry Frudel Lowfat Yogurt Mozz Ch Sticks (2) Fruit Juice MILK - Variety
Nutrients Target Cals... 549* 100% Sodium. 566* mg Sugar 30.0*g 21.9%Cal Prot 22.4*g 16.3%Cal Carb 95.2*g 69.4%Cal T.Fat 9.6*g 15.7%Cal	Nutrients Target Cals... 584* 100% Sodium. 871* mg Sugar 27.0*g 18.5%Cal Prot 22.9*g 15.7%Cal Carb 90.2*g 61.9%Cal T.Fat 14.6*g 22.5%Cal	Nutrients Target Cals... 524* 100% Sodium. 701* mg Sugar 27.0*g 20.6%Cal Prot 20.4*g 15.6%Cal Carb 65.7*g 50.2%Cal T.Fat 21.6*g 37.1%Cal	Nutrients Target Cals... 603* 101% Sodium. 636* mg Sugar 44.0*g 29.2%Cal Prot 18.4*g 12.2%Cal Carb 96.9*g 64.3%Cal T.Fat 17.2*g 25.6%Cal	Nutrients Target Cals... 634* 106% Sodium. 655* mg Sugar 14.3*g 9.0%Cal Prot 25.5*g 16.1%Cal Carb 101.1*g 63.8%Cal T.Fat 15.3*g 21.7%Cal
May - 28 No School	May - 29 Omelet/Egg Patty Tri Tater Apple Breadstick Fruit Juice MILK - Variety	May - 30 Breakfast Pizza Variety Sausage Links Fresh Fruit Fruit Juice MILK - Variety	May - 31 WG French Toast Sticks Syrup Lite Fresh Fruit Fruit Juice MILK - Variety	Jun - 1 Pastry/Muffin Variety Lowfat Yogurt Fresh Fruit Fruit Juice MILK - Variety
Nutrients Target Cals... 0* 0% Sodium. 0* mg Sugar 0.0*g 0.0%Cal Prot 0.0*g 0.0%Cal Carb 0.0*g 0.0%Cal T.Fat 0.0*g 0.0%Cal	Nutrients Target Cals... 579* 100% Sodium. 785* mg Sugar 22.3*g 15.4%Cal Prot 23.5*g 16.2%Cal Carb 86.6*g 59.8%Cal T.Fat 14.3*g 22.2%Cal	Nutrients Target Cals... 524* 100% Sodium. 701* mg Sugar 27.0*g 20.6%Cal Prot 20.4*g 15.6%Cal Carb 65.7*g 50.2%Cal T.Fat 21.6*g 37.1%Cal	Nutrients Target Cals... 545* 100% Sodium. 503* mg Sugar 27.0*g 19.8%Cal Prot 14.7*g 10.8%Cal Carb 103.9*g 76.3%Cal T.Fat 9.1*g 15.0%Cal	Nutrients Target Cals... 506* 100% Sodium. 353* mg Sugar 27.0*g 21.4%Cal Prot 16.6*g 13.1%Cal Carb 99.0*g 78.2%Cal T.Fat 6.3*g 11.2%Cal

Alternate Cereal, Toast, Fruit, Juice and Milk

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