

Clear Creek Amana

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
		Aug - 23 *Breakfast Pizza Variety *Sausage Links *Fresh Fruit *Fruit Juice *MILK - Variety	Aug - 24 *WG French Toast Sticks *Syrup Lite *Sausage Links *Fruit Juice *MILK - Variety	Aug - 25 *Pastry/Muffin Variety *Lowfat Yogurt *Orange half *Fruit Juice *MILK - Variety
		Nutrients Target Cals... 439 100% Sodium. 511 mg Sugar 27.0*g 24.6%Cal Prot 17.4g 15.8%Cal Carb 65.2g 59.5%Cal T.Fat 13.6g 27.8%Cal	Nutrients Target Cals... 556 111% Sodium. 692 mg Sugar 13.3*g 9.6%Cal Prot 16.8g 12.1%Cal Carb 85.3g 61.4%Cal T.Fat 16.8g 27.2%Cal	Nutrients Target Cals... 463 100% Sodium. 352 mg Sugar 19.4*g 16.8%Cal Prot 16.3g 14.1%Cal Carb 87.6g 75.7%Cal T.Fat 6.1g 11.9%Cal
Aug - 28 *Cereal *Lowfat Yogurt *Fruit Juice *Fresh Fruit *MILK - Variety	Aug - 29 *Omelet/Egg Patty *Tri Tater *Pork Sausage Patty *Fruit Juice *MILK - Variety	Aug - 30 *Breakfast Pizza Variety *Sausage Links *Fresh Fruit *Fruit Juice *MILK - Variety	Aug - 31 *Waffle Stix WG *Syrup Lite *Sausage Links *Fruit Juice *MILK - Variety	Sep - 1 *Frudel Friday! *Apple or Cherry Frudel *Lowfat Yogurt *Fruit Juice *MILK - Variety
Nutrients Target Cals... 512 102% Sodium. 486 mg Sugar 27.0*g 21.1%Cal Prot 14.7g 11.5%Cal Carb 102.2g 79.9%Cal T.Fat 6.2g 11.0%Cal	Nutrients Target Cals... 504 101% Sodium. 885 mg Sugar 13.3*g 10.6%Cal Prot 22.5g 17.9%Cal Carb 48.3g 38.3%Cal T.Fat 22.9g 40.9%Cal	Nutrients Target Cals... 439 100% Sodium. 511 mg Sugar 27.0*g 24.6%Cal Prot 17.4g 15.8%Cal Carb 65.2g 59.5%Cal T.Fat 13.6g 27.8%Cal	Nutrients Target Cals... 457 100% Sodium. 645 mg Sugar 13.3*g 11.7%Cal Prot 15.5g 13.6%Cal Carb 76.2g 66.7%Cal T.Fat 10.8g 21.3%Cal	Nutrients Target Cals... 474* 100% Sodium. 485* mg Sugar 13.3*g 11.2%Cal Prot 17.5*g 14.7%Cal Carb 87.1*g 73.5%Cal T.Fat 7.3*g 13.8%Cal
Sep - 4 *HOLIDAY	Sep - 5 *McClipper Sandwich *Fresh Fruit *Fruit Juice *MILK - Variety	Sep - 6 *Breakfast Pizza Variety *Sausage Links *Fresh Fruit *Fruit Juice *MILK - Variety	Sep - 7 *WG French Toast Sticks *Syrup Lite *Sausage Links *Fruit Juice *MILK - Variety	Sep - 8 *Pastry/Muffin Variety *Lowfat Yogurt *Orange half *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... 514* 103% Sodium. 951* mg Sugar 27.0*g 21.0%Cal Prot 27.2*g 21.2%Cal Carb 78.4*g 61.1%Cal T.Fat 10.3*g 18.0%Cal	Nutrients Target Cals... 439* 100% Sodium. 511* mg Sugar 27.0*g 24.6%Cal Prot 17.4*g 15.8%Cal Carb 65.2*g 59.5%Cal T.Fat 13.6*g 27.8%Cal	Nutrients Target Cals... 556* 111% Sodium. 692* mg Sugar 13.3*g 9.6%Cal Prot 16.8*g 12.1%Cal Carb 85.3*g 61.4%Cal T.Fat 16.8*g 27.2%Cal	Nutrients Target Cals... 463* 100% Sodium. 352* mg Sugar 19.4*g 16.8%Cal Prot 16.3*g 14.1%Cal Carb 87.6*g 75.7%Cal T.Fat 6.1*g 11.9%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

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
Sep - 11 *Cereal *Lowfat Yogurt *Fruit Juice *Fresh Fruit *MILK - Variety	Sep - 12 *Omelet/Egg Patty *Tri Tater *Pork Sausage Patty *Fruit Juice *MILK - Variety	Sep - 13 *Breakfast Pizza Variety *Sausage Links *Fresh Fruit *Fruit Juice *MILK - Variety	Sep - 14 *Waffle Stix WG *Syrup Lite *Sausage Links *Fruit Juice *MILK - Variety	Sep - 15 *Frudel Friday! *Apple or Cherry Frudel *Lowfat Yogurt *Fruit Juice *MILK - Variety
Nutrients Target Cals... 512* 102% Sodium. 486* mg Sugar 27.0*g 21.1%Cal Prot 14.7*g 11.5%Cal Carb 102.2*g 79.9%Cal T.Fat 6.2*g 11.0%Cal	Nutrients Target Cals... 504* 101% Sodium. 885* mg Sugar 13.3*g 10.6%Cal Prot 22.5*g 17.9%Cal Carb 48.3*g 38.3%Cal T.Fat 22.9*g 40.9%Cal	Nutrients Target Cals... 439* 100% Sodium. 511* mg Sugar 27.0*g 24.6%Cal Prot 17.4*g 15.8%Cal Carb 65.2*g 59.5%Cal T.Fat 13.6*g 27.8%Cal	Nutrients Target Cals... 457* 100% Sodium. 645* mg Sugar 13.3*g 11.7%Cal Prot 15.5*g 13.6%Cal Carb 76.2*g 66.7%Cal T.Fat 10.8*g 21.3%Cal	Nutrients Target Cals... 474* 100% Sodium. 485* mg Sugar 13.3*g 11.2%Cal Prot 17.5*g 14.7%Cal Carb 87.1*g 73.5%Cal T.Fat 7.3*g 13.8%Cal
Sep - 18 *Muffin Monday! *Mozz String Cheese *Fresh Fruit *Fruit Juice *MILK - Variety	Sep - 19 *McClipper Sandwich *Fresh Fruit *Fruit Juice *MILK - Variety	Sep - 20 *Breakfast Pizza Variety *Sausage Links *Fresh Fruit *Fruit Juice *MILK - Variety	Sep - 21 *WG French Toast Sticks *Syrup Lite *Sausage Links *Fruit Juice *MILK - Variety	Sep - 22 *Pastry/Muffin Variety *Lowfat Yogurt *Orange half *Fruit Juice *MILK - Variety
Nutrients Target Cals... 499* 100% Sodium. 496* mg Sugar 27.0*g 21.7%Cal Prot 20.4*g 16.3%Cal Carb 85.2*g 68.4%Cal T.Fat 9.6*g 17.3%Cal	Nutrients Target Cals... 514* 103% Sodium. 951* mg Sugar 27.0*g 21.0%Cal Prot 27.2*g 21.2%Cal Carb 78.4*g 61.1%Cal T.Fat 10.3*g 18.0%Cal	Nutrients Target Cals... 439* 100% Sodium. 511* mg Sugar 27.0*g 24.6%Cal Prot 17.4*g 15.8%Cal Carb 65.2*g 59.5%Cal T.Fat 13.6*g 27.8%Cal	Nutrients Target Cals... 556* 111% Sodium. 692* mg Sugar 13.3*g 9.6%Cal Prot 16.8*g 12.1%Cal Carb 85.3*g 61.4%Cal T.Fat 16.8*g 27.2%Cal	Nutrients Target Cals... 463* 100% Sodium. 352* mg Sugar 19.4*g 16.8%Cal Prot 16.3*g 14.1%Cal Carb 87.6*g 75.7%Cal T.Fat 6.1*g 11.9%Cal
Sep - 25 *Cereal *Lowfat Yogurt *Fruit Juice *Fresh Fruit *MILK - Variety	Sep - 26 *Omelet/Egg Patty *Tri Tater *Pork Sausage Patty *Fruit Juice *MILK - Variety	Sep - 27 *Breakfast Pizza Variety *Sausage Links *Fresh Fruit *Fruit Juice *MILK - Variety	Sep - 28 *Waffle Stix WG *Syrup Lite *Sausage Links *Fruit Juice *MILK - Variety	Sep - 29 *Frudel Friday! *Apple or Cherry Frudel *Lowfat Yogurt *Fruit Juice *MILK - Variety
Nutrients Target Cals... 512* 102% Sodium. 486* mg Sugar 27.0*g 21.1%Cal Prot 14.7*g 11.5%Cal Carb 102.2*g 79.9%Cal T.Fat 6.2*g 11.0%Cal	Nutrients Target Cals... 504* 101% Sodium. 885* mg Sugar 13.3*g 10.6%Cal Prot 22.5*g 17.9%Cal Carb 48.3*g 38.3%Cal T.Fat 22.9*g 40.9%Cal	Nutrients Target Cals... 439* 100% Sodium. 511* mg Sugar 27.0*g 24.6%Cal Prot 17.4*g 15.8%Cal Carb 65.2*g 59.5%Cal T.Fat 13.6*g 27.8%Cal	Nutrients Target Cals... 457* 100% Sodium. 645* mg Sugar 13.3*g 11.7%Cal Prot 15.5*g 13.6%Cal Carb 76.2*g 66.7%Cal T.Fat 10.8*g 21.3%Cal	Nutrients Target Cals... 474* 100% Sodium. 485* mg Sugar 13.3*g 11.2%Cal Prot 17.5*g 14.7%Cal Carb 87.1*g 73.5%Cal T.Fat 7.3*g 13.8%Cal

Daily Alternate Meal: Cereal, Yogurt, Fruit and Milk

***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

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
--------	---------	-----------	----------	--------

Homecoming Week, September 11-15, 2017

**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.*