

# Clear Creek Amana

## Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 1  *No School	Jan - 2  *No School	Jan - 3  *Breakfast Pizza Variety *Sausage Links *Fresh Fruit *Fruit Juice *MILK - Variety	Jan - 4  *WG French Toast Sticks *Syrup Lite *Pork Sausage Patty *Fruit Juice *MILK - Variety	Jan - 5  *Pastry/Muffin Variety *Lowfat Yogurt *Fresh Fruit *Fruit Juice *MILK - Variety
Nutrients Target Cals... 0 0% Sodium. 0 mg Sugar 0.0g 0.0%Cal Prot 0.0g 0.0%Cal Carb 0.0g 0.0%Cal T.Fat 0.0g 0.0%Cal	Nutrients Target Cals... 0 0% Sodium. 0 mg Sugar 0.0g 0.0%Cal Prot 0.0g 0.0%Cal Carb 0.0g 0.0%Cal T.Fat 0.0g 0.0%Cal	Nutrients Target Cals... 524 105% 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... 585 117% Sodium. 772 mg Sugar 13.3*g 9.1%Cal Prot 17.9g 12.2%Cal Carb 85.5g 58.4%Cal T.Fat 18.9g 29.1%Cal	Nutrients Target Cals... 506 101% 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
Jan - 8  *Cereal *Lowfat Yogurt *Fresh Fruit *Fruit Juice *MILK - Variety	Jan - 9  *Omelet/Egg Patty *Biscuit WG *Jelly *Fruit Juice *MILK - Variety	Jan - 10  *Breakfast Pizza Variety *Sausage Links *Fresh Fruit *Fruit Juice *MILK - Variety	Jan - 11  *Egg Pop *WG Toast *Pork Sausage Patty *Fruit Juice *MILK - Variety	Jan - 12  *Pancake/Saus Mini Wraps *Syrup Lite *Egg Patty *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... 499 100% Sodium. 746 mg Sugar 25.9*g 20.7%Cal Prot 21.1g 16.9%Cal Carb 70.3g 56.3%Cal T.Fat 15.1g 27.1%Cal	Nutrients Target Cals... 524 105% 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... 457 100% Sodium. 647 mg Sugar 13.9*g 12.2%Cal Prot 22.8g 20.0%Cal Carb 50.4g 44.1%Cal T.Fat 17.2g 33.9%Cal	Nutrients Target Cals... 453 100% Sodium. 603 mg Sugar 17.3*g 15.3%Cal Prot 19.5g 17.2%Cal Carb 59.8g 52.9%Cal T.Fat 12.8g 25.4%Cal
Jan - 15  *No School	Jan - 16  *Ham/Cheese Brkfst Stick *Tri Tater *Fresh Fruit *Fruit Juice *MILK - Variety	Jan - 17  *Breakfast Pizza Variety *Sausage Links *Fresh Fruit *Fruit Juice *MILK - Variety	Jan - 18  *WG French Toast Sticks *Syrup Lite *Pork Sausage Patty *Fruit Juice *MILK - Variety	Jan - 19  *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 0.0g 0.0%Cal Carb 0.0g 0.0%Cal T.Fat 0.0g 0.0%Cal	Nutrients Target Cals... 489 100% Sodium. 806 mg Sugar 29.0*g 23.8%Cal Prot 16.4g 13.4%Cal Carb 84.2g 69.0%Cal T.Fat 10.1g 18.5%Cal	Nutrients Target Cals... 524 105% 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... 585 117% Sodium. 772 mg Sugar 13.3*g 9.1%Cal Prot 17.9g 12.2%Cal Carb 85.5g 58.4%Cal T.Fat 18.9g 29.1%Cal	Nutrients Target Cals... 506 101% 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

**\*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
Jan - 22	Jan - 23	Jan - 24	Jan - 25	Jan - 26
*Cereal *Lowfat Yogurt *Fresh Fruit *Fruit Juice *MILK - Variety	*Omelet/Egg Patty *Biscuit WG *Jelly *Fruit Juice *MILK - Variety	*Breakfast Pizza Variety *Sausage Links *Fresh Fruit *Fruit Juice *MILK - Variety	*Egg Pop *WG Toast *Pork Sausage Patty *Fruit Juice *MILK - Variety	*Pancake/Saus Mini Wraps *Syrup Lite *Egg Patty *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... 499 100% Sodium. 746 mg Sugar 25.9*g 20.7%Cal Prot 21.1g 16.9%Cal Carb 70.3g 56.3%Cal T.Fat 15.1g 27.1%Cal	Nutrients Target Cals... 524 105% 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... 457 100% Sodium. 647 mg Sugar 13.9*g 12.2%Cal Prot 22.8g 20.0%Cal Carb 50.4g 44.1%Cal T.Fat 17.2g 33.9%Cal	Nutrients Target Cals... 453 100% Sodium. 603 mg Sugar 17.3*g 15.3%Cal Prot 19.5g 17.2%Cal Carb 59.8g 52.9%Cal T.Fat 12.8g 25.4%Cal
Jan - 29	Jan - 30	Jan - 31		
*Oatmeal *Craisins *Lowfat Yogurt *Fruit Juice *MILK - Variety	*Ham/Cheese Brkfst Stick *Tri Tater *Fresh Fruit *Fruit Juice *MILK - Variety	*Breakfast Pizza Variety *Sausage Links *Fresh Fruit *Fruit Juice *MILK - Variety		
Nutrients Target Cals... 413 100% Sodium. 214 mg Sugar 21.2*g 20.6%Cal Prot 20.6g 20.0%Cal Carb 90.5g 87.7%Cal T.Fat 4.6g 10.0%Cal	Nutrients Target Cals... 489 100% Sodium. 806 mg Sugar 29.0*g 23.8%Cal Prot 16.4g 13.4%Cal Carb 84.2g 69.0%Cal T.Fat 10.1g 18.5%Cal	Nutrients Target Cals... 524 105% 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		

Alternate Meal: Cereal, Yogurt, Fresh Fruit, Juice and Milk

**\*N/A\*** - denotes a nutrient that is either missing or incomplete for an individual ingredient.

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