

# Clear Creek Amana

## Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
	May - 1  *Omelet/Egg Patty *Tri Tater *Fresh Fruit *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... 464 100% Sodium. 616 mg Sugar 27.0*g 23.3%Cal Prot 19.4g 16.7%Cal Carb 66.7g 57.6%Cal T.Fat 13.1g 25.4%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... 545 109% 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... 506 101% 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
May - 7  *Cereal *WG Toast *Fresh Fruit *Fruit Juice *MILK - Variety	May - 8  *McClipper Sandwich *Fresh Fruit *Fruit Juice *MILK - Variety	May - 9  *Breakfast Pizza Variety *Sausage Links *Fresh Fruit *Fruit Juice *MILK - Variety	May - 10  *Cereal Bar *Pork Sausage Patty *Fruit Juice *MILK - Variety	May - 11  *Frudel Friday! *Apple or Cherry Frudel *Lowfat Yogurt *Fruit Juice *MILK - Variety
Nutrients Target Cals... 512 102% Sodium. 596 mg Sugar 27.0*g 21.1%Cal Prot 14.7g 11.5%Cal Carb 100.2g 78.3%Cal T.Fat 6.7g 11.8%Cal	Nutrients Target Cals... 484 100% Sodium. 651 mg Sugar 27.0*g 22.3%Cal Prot 21.9g 18.1%Cal Carb 78.2g 64.7%Cal T.Fat 9.6g 17.8%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... 439 100% Sodium. 540 mg Sugar 22.3*g 20.3%Cal Prot 14.5g 13.2%Cal Carb 64.8g 59.0%Cal T.Fat 14.4g 29.5%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
May - 14  *Muffin Monday! *Muffin, variety *Ham Bites *Fresh Fruit *Fruit Juice *MILK - Variety	May - 15  *Omelet/Egg Patty *Tri Tater *Fresh Fruit *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... 490* 100% Sodium. 580* mg Sugar 27.0*g 22.1%Cal Prot 17.0*g 13.9%Cal Carb 85.4*g 69.8%Cal T.Fat 10.0*g 18.4%Cal	Nutrients Target Cals... 464* 100% Sodium. 616* mg Sugar 27.0*g 23.3%Cal Prot 19.4*g 16.7%Cal Carb 66.7*g 57.6%Cal T.Fat 13.1*g 25.4%Cal	Nutrients Target Cals... 524* 105% 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* 109% 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* 101% 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

## Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
May - 21	May - 22	May - 23	May - 24	May - 25
*Cereal *WG Toast *Fresh Fruit *Fruit Juice *MILK - Variety	*McClipper Sandwich *Fresh Fruit *Fruit Juice *MILK - Variety	*Breakfast Pizza Variety *Sausage Links *Fresh Fruit *Fruit Juice *MILK - Variety	*Cereal Bar *Pork Sausage Patty *Fruit Juice *MILK - Variety	*Frudel Friday! *Apple or Cherry Frudel *Lowfat Yogurt *Fruit Juice *MILK - Variety
Nutrients Target Cals... 512* 102% Sodium. 596* mg Sugar 27.0*g 21.1%Cal Prot 14.7*g 11.5%Cal Carb 100.2*g 78.3%Cal T.Fat 6.7*g 11.8%Cal	Nutrients Target Cals... 484* 100% Sodium. 651* mg Sugar 27.0*g 22.3%Cal Prot 21.9*g 18.1%Cal Carb 78.2*g 64.7%Cal T.Fat 9.6*g 17.8%Cal	Nutrients Target Cals... 524* 105% 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... 439* 100% Sodium. 540* mg Sugar 22.3*g 20.3%Cal Prot 14.5*g 13.2%Cal Carb 64.8*g 59.0%Cal T.Fat 14.4*g 29.5%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
May - 28	May - 29	May - 30	May - 31	Jun - 1
*No School	*Omelet/Egg Patty *Tri Tater *Fresh Fruit *Fruit Juice *MILK - Variety	*Breakfast Pizza Variety *Sausage Links *Fresh Fruit *Fruit Juice *MILK - Variety	*WG French Toast Sticks *Syrup Lite *Fresh Fruit *Fruit Juice *MILK - Variety	*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... 464* 100% Sodium. 616* mg Sugar 27.0*g 23.3%Cal Prot 19.4*g 16.7%Cal Carb 66.7*g 57.6%Cal T.Fat 13.1*g 25.4%Cal	Nutrients Target Cals... 524* 105% 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* 109% 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* 101% 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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