

Clear Creek Amana

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 Pork Sausage Patty Fruit Juice MILK - Variety	Aug - 25 Pastry/Muffin Variety Lowfat Yogurt Fresh Fruit Fruit Juice MILK - Variety
		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... 585 100% 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... 506 100% 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
Aug - 28 Breakfast Boat Bacon Tri Tater Fresh Fruit Fruit Juice MILK - Variety	Aug - 29 Omelet/Egg Patty Biscuit WG Jelly Fresh Fruit Fruit Juice MILK - Variety	Aug - 30 Breakfast Pizza Variety Sausage Links Fresh Fruit Fruit Juice MILK - Variety	Aug - 31 Waffle Stix, WG Syrup Lite Pork Sausage Patty Fruit Juice MILK - Variety	Sep - 1 Frudel Friday! Apple or Cherry Frudel Lowfat Yogurt Fresh Fruit Fruit Juice MILK - Variety
Nutrients Target Cals... 559 100% Sodium. 736 mg Sugar 30.0*g 21.5%Cal Prot 19.4g 13.9%Cal Carb 90.2g 64.6%Cal T.Fat 14.1g 22.7%Cal	Nutrients Target Cals... 574 100% Sodium. 747 mg Sugar 39.6*g 27.6%Cal Prot 22.0g 15.4%Cal Carb 89.4g 62.3%Cal T.Fat 15.3g 24.0%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... 575 100% Sodium. 867 mg Sugar 13.3*g 9.3%Cal Prot 18.5g 12.9%Cal Carb 94.7g 65.8%Cal T.Fat 13.9g 21.8%Cal	Nutrients Target Cals... 549* 100% Sodium. 486* mg Sugar 27.0*g 19.7%Cal Prot 18.4*g 13.4%Cal Carb 106.2*g 77.5%Cal T.Fat 7.6*g 12.4%Cal
Sep - 4 HOLIDAY	Sep - 5 Breakfast Sliders Lowfat Yogurt Tri Tater 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 Pork Sausage Patty Fruit Juice MILK - Variety	Sep - 8 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... 589* 100% Sodium. 706* mg Sugar 35.0*g 23.8%Cal Prot 22.4*g 15.2%Cal Carb 103.2*g 70.2%Cal T.Fat 11.1*g 16.9%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... 585* 100% Sodium. 772* mg Sugar 13.3*g 9.1%Cal Prot 17.9*g 12.2%Cal Carb 85.5*g 58.4%Cal T.Fat 18.9*g 29.1%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.

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Clear Creek Amana

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Breakfast 9-12

Aug 10, 2017

Monday	Tuesday	Wednesday	Thursday	Friday
Sep - 11 Breakfast Boat Bacon Tri Tater Fresh Fruit Fruit Juice MILK - Variety	Sep - 12 Omelet/Egg Patty Biscuit WG Jelly Fresh Fruit Fruit Juice MILK - Variety	Sep - 13 Breakfast Pizza Variety Sausage Links Fresh Fruit Fruit Juice MILK - Variety	Sep - 14 Waffle Stix, WG Syrup Lite Pork Sausage Patty Fruit Juice MILK - Variety	Sep - 15 Frudel Friday! Apple or Cherry Frudel Lowfat Yogurt Fresh Fruit Fruit Juice MILK - Variety
Nutrients Target Cals... 559* 100% Sodium. 736* mg Sugar 30.0*g 21.5%Cal Prot 19.4*g 13.9%Cal Carb 90.2*g 64.6%Cal T.Fat 14.1*g 22.7%Cal	Nutrients Target Cals... 574* 100% Sodium. 747* mg Sugar 39.6*g 27.6%Cal Prot 22.0*g 15.4%Cal Carb 89.4*g 62.3%Cal T.Fat 15.3*g 24.0%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... 575* 100% Sodium. 867* mg Sugar 13.3*g 9.3%Cal Prot 18.5*g 12.9%Cal Carb 94.7*g 65.8%Cal T.Fat 13.9*g 21.8%Cal	Nutrients Target Cals... 549* 100% Sodium. 486* mg Sugar 27.0*g 19.7%Cal Prot 18.4*g 13.4%Cal Carb 106.2*g 77.5%Cal T.Fat 7.6*g 12.4%Cal
Sep - 18 Pancake & Sausage on-a-Stick Syrup Lite Mozz String Cheese Fresh Fruit Fruit Juice MILK - Variety	Sep - 19 Breakfast Sliders Lowfat Yogurt Tri Tater 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 Pork Sausage Patty Fruit Juice MILK - Variety	Sep - 22 Pastry/Muffin Variety Lowfat Yogurt Fresh Fruit Fruit Juice MILK - Variety
Nutrients Target Cals... 547* 100% Sodium. 709* mg Sugar 31.0*g 22.7%Cal Prot 24.4*g 17.8%Cal Carb 80.9*g 59.2%Cal T.Fat 13.6*g 22.3%Cal	Nutrients Target Cals... 589* 100% Sodium. 706* mg Sugar 35.0*g 23.8%Cal Prot 22.4*g 15.2%Cal Carb 103.2*g 70.2%Cal T.Fat 11.1*g 16.9%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... 585* 100% Sodium. 772* mg Sugar 13.3*g 9.1%Cal Prot 17.9*g 12.2%Cal Carb 85.5*g 58.4%Cal T.Fat 18.9*g 29.1%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
Sep - 25 Breakfast Boat Bacon Tri Tater Fresh Fruit Fruit Juice MILK - Variety	Sep - 26 Omelet/Egg Patty Biscuit WG Jelly Fresh Fruit Fruit Juice MILK - Variety	Sep - 27 Breakfast Pizza Variety Sausage Links Fresh Fruit Fruit Juice MILK - Variety	Sep - 28 Waffle Stix, WG Syrup Lite Pork Sausage Patty Fruit Juice MILK - Variety	Sep - 29 Frudel Friday! Apple or Cherry Frudel Lowfat Yogurt Fresh Fruit Fruit Juice MILK - Variety
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Breakfast 9-12

Aug 10, 2017

Monday	Tuesday	Wednesday	Thursday	Friday
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Daily Alternate Meal: Cereal, Yogurt, Fruit and Milk

Homecoming Week, September 11-15, 2017

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