

Clear Creek Amana

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 Egg Pop WG Eng Muffin Pork Sausage Patty Fresh Fruit Fruit Juice MILK - Variety	Jan - 5 Pancake & Sausage on-a-Stick Syrup Lite Egg Patty 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... 524 100% 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... 561 100% Sodium. 708 mg Sugar 27.6*g 19.7%Cal Prot 24.7g 17.6%Cal Carb 77.5g 55.3%Cal T.Fat 17.5g 28.1%Cal	Nutrients Target Cals... 547 100% Sodium. 634 mg Sugar 31.0*g 22.7%Cal Prot 21.4g 15.6%Cal Carb 80.9g 59.2%Cal T.Fat 14.1g 23.2%Cal
Jan - 8 Oatmeal WG Toast Jelly Lowfat Yogurt Fresh Fruit Fruit Juice MILK - Variety	Jan - 9 Ham/Cheese Brkfst Stick Egg Patty Tri Tater Fresh Fruit Fruit Juice MILK - Variety	Jan - 10 Breakfast Pizza Variety Sausage Links Fresh Fruit Fruit Juice MILK - Variety	Jan - 11 WG French Toast Sticks Syrup Lite Pork Sausage Patty Fruit Juice MILK - Variety	Jan - 12 Pastry/Muffin Variety Lowfat Yogurt Fresh Fruit Fruit Juice MILK - Variety
Nutrients Target Cals... 583 100% Sodium. 379 mg Sugar 34.5*g 23.7%Cal Prot 25.5g 17.5%Cal Carb 126.0g 86.4%Cal T.Fat 5.9g 9.1%Cal	Nutrients Target Cals... 549 100% Sodium. 941 mg Sugar 29.0*g 21.2%Cal Prot 21.4g 15.6%Cal Carb 85.2g 62.2%Cal T.Fat 13.1g 21.4%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... 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
Jan - 15 No School	Jan - 16 Omelet/Egg Patty Biscuit WG Jelly Fresh Fruit Fruit Juice MILK - Variety	Jan - 17 Breakfast Pizza Variety Sausage Links Fresh Fruit Fruit Juice MILK - Variety	Jan - 18 Egg Pop WG Eng Muffin Pork Sausage Patty Fresh Fruit Fruit Juice MILK - Variety	Jan - 19 Pancake & Sausage on-a-Stick Syrup Lite Egg Patty Fresh Fruit Fruit Juice MILK - Variety

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.

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Jan - 22	Jan - 23	Jan - 24	Jan - 25	Jan - 26
Oatmeal WG Toast Jelly Lowfat Yogurt Fresh Fruit Fruit Juice MILK - Variety	Ham/Cheese Brkfst Stick 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 Pork Sausage Patty Fruit Juice MILK - Variety	Pastry/Muffin Variety Lowfat Yogurt Fresh Fruit Fruit Juice MILK - Variety
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Jan - 29	Jan - 30	Jan - 31		
Breakfast Sliders Potato Smiles Fresh Fruit Fruit Juice MILK - Variety	Omelet/Egg Patty Biscuit WG Jelly Fresh Fruit Fruit Juice MILK - Variety	Breakfast Pizza Variety Sausage Links Fresh Fruit Fruit Juice MILK - Variety		
Nutrients Target Cals... 561 100% Sodium. 661 mg Sugar 35.0*g 25.0%Cal Prot 19.9g 14.2%Cal Carb 99.2g 70.8%Cal T.Fat 11.2g 18.0%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		

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

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