

# 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 Fresh Fruit 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... 545 100% 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... 506 100% 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 Craisins Tri Tater Fruit Juice MILK - Variety	Aug - 29 McClipper Sandwich 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 Fresh Fruit Fruit Juice MILK - Variety	Sep - 1 Frudel Friday! Apple or Cherry Frudel Lowfat Yogurt Fresh Fruit Fruit Juice MILK - Variety
Nutrients Target Cals... 517 100% Sodium. 735 mg Sugar 23.6*g 18.2%Cal Prot 18.5g 14.3%Cal Carb 79.4g 61.4%Cal T.Fat 13.8g 24.0%Cal	Nutrients Target Cals... 514 100% Sodium. 951 mg Sugar 27.0*g 21.0%Cal Prot 27.2g 21.2%Cal Carb 78.4g 61.1%Cal T.Fat 10.3g 18.0%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... 535 100% Sodium. 598 mg Sugar 27.0*g 20.2%Cal Prot 15.4g 11.5%Cal Carb 113.1g 84.6%Cal T.Fat 4.1g 6.8%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 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 Fresh Fruit 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... 489* 100% Sodium. 486* mg Sugar 35.0*g 28.7%Cal Prot 21.4*g 17.5%Cal Carb 91.2*g 74.7%Cal T.Fat 6.1*g 11.2%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... 545* 100% 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* 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.

**\*** - denotes combined nutrient totals with either missing or incomplete nutrient data.

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# Clear Creek Amana

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Breakfast 6-8

Aug 10, 2017

Monday	Tuesday	Wednesday	Thursday	Friday
Sep - 11  Breakfast Boat Bacon Craisins Tri Tater Fruit Juice MILK - Variety	Sep - 12  McClipper Sandwich 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 Fresh Fruit Fruit Juice MILK - Variety	Sep - 15  Frudel Friday! Apple or Cherry Frudel Lowfat Yogurt Fresh Fruit Fruit Juice MILK - Variety
Nutrients Target Cals... 517* 100% Sodium. 735* mg Sugar 23.6*g 18.2%Cal Prot 18.5*g 14.3%Cal Carb 79.4*g 61.4%Cal T.Fat 13.8*g 24.0%Cal	Nutrients Target Cals... 514* 100% 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... 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... 535* 100% Sodium. 598* mg Sugar 27.0*g 20.2%Cal Prot 15.4*g 11.5%Cal Carb 113.1*g 84.6%Cal T.Fat 4.1*g 6.8%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  Cereal WG Eng Muffin Fruit Juice Fresh Fruit MILK - Variety	Sep - 19  Breakfast Sliders Lowfat Yogurt 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 Fresh Fruit Fruit Juice MILK - Variety	Sep - 22  Pastry/Muffin Variety Lowfat Yogurt Fresh Fruit Fruit Juice MILK - Variety
Nutrients Target Cals... 542* 100% Sodium. 656* mg Sugar 27.0*g 19.9%Cal Prot 15.7*g 11.6%Cal Carb 108.2*g 79.9%Cal T.Fat 6.7*g 11.2%Cal	Nutrients Target Cals... 489* 100% Sodium. 486* mg Sugar 35.0*g 28.7%Cal Prot 21.4*g 17.5%Cal Carb 91.2*g 74.7%Cal T.Fat 6.1*g 11.2%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... 545* 100% 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* 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 Craisins Tri Tater Fruit Juice MILK - Variety	Sep - 26  McClipper Sandwich 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 Fresh Fruit Fruit Juice MILK - Variety	Sep - 29  Frudel Friday! Apple or Cherry Frudel Lowfat Yogurt Fresh Fruit Fruit Juice MILK - Variety
Nutrients Target Cals... 517* 100% Sodium. 735* mg Sugar 23.6*g 18.2%Cal Prot 18.5*g 14.3%Cal Carb 79.4*g 61.4%Cal T.Fat 13.8*g 24.0%Cal	Nutrients Target Cals... 514* 100% 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... 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... 535* 100% Sodium. 598* mg Sugar 27.0*g 20.2%Cal Prot 15.4*g 11.5%Cal Carb 113.1*g 84.6%Cal T.Fat 4.1*g 6.8%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

Daily Alternate Meal: Cereal, Yogurt, Fruit and Milk

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Breakfast 6-8

Aug 10, 2017

Monday	Tuesday	Wednesday	Thursday	Friday
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Homecoming Week, September 11-15, 2017

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