

# 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 UBR Granola Bar Cinn Fresh Fruit Fruit Juice MILK - Variety	Jan - 5 Pancake/Saus Mini Wraps 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... 566 103% Sodium. 428 mg Sugar 44.6*g 31.5%Cal Prot 20.6g 14.6%Cal Carb 96.8g 68.4%Cal T.Fat 12.4g 19.7%Cal	Nutrients Target Cals... 527 100% Sodium. 604 mg Sugar 31.0*g 23.6%Cal Prot 20.4g 15.5%Cal Carb 78.9g 59.9%Cal T.Fat 13.1g 22.3%Cal
Jan - 8 Oatmeal Craisins WG Toast Lowfat Yogurt Fruit Juice MILK - Variety	Jan - 9 Ham/Cheese Brkfst Stick 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... 503 100% Sodium. 374 mg Sugar 21.2*g 16.9%Cal Prot 24.6g 19.6%Cal Carb 105.5g 84.0%Cal T.Fat 5.6g 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... 524 100% 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... 585 106% 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 Fruit Juice MILK - Variety	Jan - 17 Breakfast Pizza Variety Sausage Links Fresh Fruit Fruit Juice MILK - Variety	Jan - 18 Egg Pop UBR Granola Bar Cinn Fresh Fruit Fruit Juice MILK - Variety	Jan - 19 Pancake/Saus Mini Wraps Syrup Lite Egg Patty 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... 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... 524 100% 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... 566 103% Sodium. 428 mg Sugar 44.6*g 31.5%Cal Prot 20.6g 14.6%Cal Carb 96.8g 68.4%Cal T.Fat 12.4g 19.7%Cal	Nutrients Target Cals... 527 100% Sodium. 604 mg Sugar 31.0*g 23.6%Cal Prot 20.4g 15.5%Cal Carb 78.9g 59.9%Cal T.Fat 13.1g 22.3%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

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Breakfast 6-8

Dec 19, 2017

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 22  Oatmeal Craisins WG Toast Lowfat Yogurt Fruit Juice MILK - Variety	Jan - 23  Ham/Cheese Brkfst Stick Tri Tater Fresh Fruit Fruit Juice MILK - Variety	Jan - 24  Breakfast Pizza Variety Sausage Links Fresh Fruit Fruit Juice MILK - Variety	Jan - 25  WG French Toast Sticks Syrup Lite Pork Sausage Patty Fruit Juice MILK - Variety	Jan - 26  Pastry/Muffin Variety Lowfat Yogurt Fresh Fruit Fruit Juice MILK - Variety
Nutrients Target Cals...        503 100% Sodium.       374 mg Sugar 21.2*g 16.9%Cal Prot    24.6g 19.6%Cal Carb 105.5g 84.0%Cal T.Fat    5.6g 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...        524 100% 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...        585 106% 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 - 29  Breakfast Sliders Lowfat Yogurt Fresh Fruit Fruit Juice MILK - Variety	Jan - 30  Omelet/Egg Patty Biscuit WG Jelly Fruit Juice MILK - Variety	Jan - 31  Breakfast Pizza Variety Sausage Links Fresh Fruit Fruit Juice MILK - Variety		
Nutrients Target Cals...        489 100% Sodium.       486 mg Sugar 35.0*g 28.7%Cal Prot    21.4g 17.5%Cal Carb 91.2g 74.7%Cal T.Fat    6.1g 11.2%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...        524 100% 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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