

# Clear Creek Amana

Monday	Tuesday	Wednesday	Thursday	Friday
			Mar - 1  WG French Toast Sticks Syrup Lite Fresh Fruit Fruit Juice MILK - Variety	Mar - 2  Pastry/Muffin Variety Lowfat Yogurt Fresh Fruit Fruit Juice MILK - Variety
			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
Mar - 5  Breakfast Boat Bacon Lowfat Yogurt Fresh Fruit Fruit Juice MILK - Variety	Mar - 6  McClipper Sandwich Fresh Fruit Fruit Juice MILK - Variety	Mar - 7  Breakfast Pizza Variety Sausage Links Fresh Fruit Fruit Juice MILK - Variety	Mar - 8  UBR Granola Bar Cinn Pork Sausage Patty Fresh Fruit Fruit Juice MILK - Variety	Mar - 9  Frudel Friday! Apple or Cherry Frudel Lowfat Yogurt Fruit Juice MILK - Variety
Nutrients Target Cals... 549 100% Sodium. 566 mg Sugar 30.0*g 21.9%Cal Prot 22.4g 16.3%Cal Carb 95.2g 69.4%Cal T.Fat 9.6g 15.7%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... 524 100% 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... 603 100% Sodium. 636 mg Sugar 44.0*g 29.2%Cal Prot 18.4g 12.2%Cal Carb 96.9g 64.3%Cal T.Fat 17.2g 25.6%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
Mar - 12  No School	Mar - 13  No School	Mar - 14  No School	Mar - 15  No School	Mar - 16  No School
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... 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... 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... 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... 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
Mar - 19  Muffin Monday! Muffin, variety Ham Bites Fresh Fruit Fruit Juice MILK - Variety	Mar - 20  Omelet/Egg Patty Tri Tater Fresh Fruit Fruit Juice MILK - Variety	Mar - 21  Breakfast Pizza Variety Sausage Links Fresh Fruit Fruit Juice MILK - Variety	Mar - 22  WG French Toast Sticks Syrup Lite Fresh Fruit Fruit Juice MILK - Variety	Mar - 23  Pastry/Muffin Variety Lowfat Yogurt 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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Monday	Tuesday	Wednesday	Thursday	Friday
<b>Nutrients</b> 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	<b>Nutrients</b> 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	<b>Nutrients</b> 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	<b>Nutrients</b> 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	<b>Nutrients</b> 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
Mar - 26	Mar - 27	Mar - 28	Mar - 29	Mar - 30
Breakfast Boat Bacon Lowfat Yogurt 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 Fresh Fruit Fruit Juice MILK - Variety	Frudel Friday! Apple or Cherry Frudel Lowfat Yogurt Fruit Juice MILK - Variety
<b>Nutrients</b> Target Cals... 549* 100% Sodium. 566* mg Sugar 30.0*g 21.9%Cal Prot 22.4*g 16.3%Cal Carb 95.2*g 69.4%Cal T.Fat 9.6*g 15.7%Cal	<b>Nutrients</b> 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	<b>Nutrients</b> 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	<b>Nutrients</b> Target Cals... 513* 100% Sodium. 541* mg Sugar 36.0*g 28.1%Cal Prot 15.4*g 12.0%Cal Carb 83.9*g 65.4%Cal T.Fat 14.7*g 25.8%Cal	<b>Nutrients</b> 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

Alternate Meal Cereal, Yogurt, Fruit, Juice and Milk

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

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