

# Clear Creek Amana

Monday	Tuesday	Wednesday	Thursday	Friday
		Aug - 23 *Turkey/Ch Sandwich *Mayo *Green Beans *Red Pepper Strips *Apple, fresh *BBQ Baked Chips *MILK - Variety	Aug - 24 *Hot Dog on a Bun *Ketchup/Mustard *Broccoli w/Cheese Sauce *Cherry Tomatoes *Pears Sliced *MILK - Variety	Aug - 25 *Beef Taco *Refried Beans *Fresh Fruit *Churro WG 1/2 *MILK - Variety
		Nutrients Target Cals... 621 100% Sodium. 1240 mg Sugar 15.3*g 9.9%Cal Prot 24.3g 15.7%Cal Carb 89.2g 57.5%Cal T.Fat 19.7g 28.6%Cal	Nutrients Target Cals... 555 100% Sodium. 1347 mg Sugar 2.9*g 2.1%Cal Prot 26.9g 19.4%Cal Carb 84.7g 61.0%Cal T.Fat 14.1g 22.9%Cal	Nutrients Target Cals... 629 100% Sodium. 1188 mg Sugar 16.5*g 10.5%Cal Prot 30.3g 19.3%Cal Carb 88.4g 56.2%Cal T.Fat 19.1g 27.3%Cal
Aug - 28 *BBQ Rib Sandwich *Baked Beans *Celery/Carrot Sticks *Dressing Ranch Lite *Watermelon *MILK - Variety	Aug - 29 *Deli Wrap *Sweet Potato Fries *Cucumber Slices *Peaches Sliced *MILK - Variety	Aug - 30 *Chicken Patty on Bun *Mayo *Carrots Glazed *Coleslaw *Pineapple Slices *MILK - Variety	Aug - 31 *McClipper Hamburger/Bun *Ketchup/Mustard *Tomato/Leaf Lett *Corn, frozen, yellow *Orange *Cheez it WG *MILK - Variety	Sep - 1 *Pep/ Cheese Pizza Slice *Spinach Romaine Salad *Salad Dressing Asstd *Cherry Tomatoes *Mixed Fruit *Rice Krispie Bar *MILK - Variety
Nutrients Target Cals... 605 100% Sodium. 1035 mg Sugar 6.7*g 4.4%Cal Prot 33.4g 22.1%Cal Carb 81.0g 53.6%Cal T.Fat 15.9g 23.6%Cal	Nutrients Target Cals... 625 100% Sodium. 1633 mg Sugar 11.1*g 7.1%Cal Prot 30.7g 19.6%Cal Carb 90.8g 58.1%Cal T.Fat 15.5g 22.3%Cal	Nutrients Target Cals... 641 100% Sodium. 943 mg Sugar 5.0*g 3.1%Cal Prot 28.8g 18.0%Cal Carb 88.1g 55.0%Cal T.Fat 20.4g 28.6%Cal	Nutrients Target Cals... 605 100% Sodium. 1033 mg Sugar 16.1*g 10.7%Cal Prot 33.3g 22.0%Cal Carb 94.3g 62.3%Cal T.Fat 12.4g 18.5%Cal	Nutrients Target Cals... 644 100% Sodium. 1363 mg Sugar 5.6*g 3.5%Cal Prot 27.9g 17.4%Cal Carb 93.1g 57.8%Cal T.Fat 21.2g 29.6%Cal
Sep - 4 *HOLIDAY	Sep - 5 *Chicken Nuggets *Cheesy Mashed Potatoes *Red Pepper Strips *Applesauce *MILK - Variety	Sep - 6 *Waffle Stix WG *Syrup Lite *Pork Sausage Patty *Tri Tater *Orange *Dragon Punch/Mango Wango Juic *MILK - Variety	Sep - 7 *American Hoagie *Mayo *Baked Beans *Carroteenies *Grapes 1 cup serving *Doritos RF 1 oz *MILK - Variety	Sep - 8 *Crispito *Sour Cream *Mozz String Cheese *Green Beans *Cherry Tomatoes *Peaches Sliced *MILK - Variety

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Nutrients Target Cals... 0 100% 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... 642 100% Sodium. 669 mg Sugar 1.0*g 0.6%Cal Prot 29.9g 18.7%Cal Carb 91.1g 56.8%Cal T.Fat 19.6g 27.4%Cal	Nutrients Target Cals... 634 100% Sodium. 970 mg Sugar 24.2*g 15.3%Cal Prot 18.3g 11.5%Cal Carb 101.1g 63.8%Cal T.Fat 17.9g 25.4%Cal	Nutrients Target Cals... 633 100% Sodium. 1156 mg Sugar 8.2*g 5.2%Cal Prot 28.9g 18.3%Cal Carb 98.3g 62.1%Cal T.Fat 15.6g 22.2%Cal	Nutrients Target Cals... 552 100% Sodium. 841 mg Sugar 1.0*g 0.7%Cal Prot 29.2g 21.2%Cal Carb 63.2g 45.8%Cal T.Fat 20.2g 33.0%Cal
Sep - 11  *PepRally Popcorn Chicken *Dipping Sauce *Broccoli w/Cheese Sauce *Cucumber/Rd Pepper *Cherry Crisp *MILK - Variety	Sep - 12  *Go Team BBQ Pork Sand *Coleslaw *Celery/Carrot Sticks *Pears Sliced *MILK - Variety	Sep - 13  *Touchdown Pizza Cruncher *Marinara Sauce *Peas *Mandarin Oranges *MILK - Variety	Sep - 14  *Halftime Ham/Ch Sand *Mayo *French Fries *Ketchup *Cucumber Slices *Fresh Fruit *MILK - Variety	Sep - 15  *Tailgators Hot Dogs *Ketchup/Mustard *Carroteenies *Dragon Punch/Mango Wango Juic *Apple, fresh *MILK - Variety
Nutrients Target Cals... 624 100% Sodium. 1072 mg Sugar 3.6*g 2.3%Cal Prot 30.6g 19.6%Cal Carb 76.2g 48.9%Cal T.Fat 24.1g 34.7%Cal	Nutrients Target Cals... 580 100% Sodium. 634 mg Sugar 3.2*g 2.2%Cal Prot 33.2g 22.9%Cal Carb 77.9g 53.7%Cal T.Fat 15.9g 24.7%Cal	Nutrients Target Cals... 658 101% Sodium. 1039 mg Sugar 11.9*g 7.2%Cal Prot 32.7g 19.8%Cal Carb 88.5g 53.8%Cal T.Fat 21.9g 30.0%Cal	Nutrients Target Cals... 624 100% Sodium. 1116 mg Sugar 14.7*g 9.4%Cal Prot 24.9g 15.9%Cal Carb 94.8g 60.7%Cal T.Fat 17.3g 25.0%Cal	Nutrients Target Cals... 551 100% Sodium. 1168 mg Sugar 26.9*g 19.5%Cal Prot 22.0g 15.9%Cal Carb 96.0g 69.7%Cal T.Fat 11.3g 18.4%Cal
Sep - 18  *Chicken & Noodles *Green Beans *Red Pepper Strips *White Cake *Strawberries,fzn *MILK - Variety	Sep - 19  *Pep/ Cheese Pizza Slice *Spinach Romaine Salad *Salad Dressing Asstd *Cucumber Slices *Mixed Fruit *Rice Krispie Bar *MILK - Variety	Sep - 20  *Sloppy Joe on Bun *Dill Pickle Spear *Carrot Coins *Baked Beans *Banana half *MILK - Variety	Sep - 21  *Chicken Nuggets *Mashed Potato/Gravy *Cherry Tomatoes *Peaches, diced *MILK - Variety	Sep - 22  *Macho Nachos *Black Bean Salsa *Sour Cream *Pears Sliced *Slushie 4oz *MILK - Variety
Nutrients Target Cals... 578 100% Sodium. 773 mg Sugar 1.1*g 0.8%Cal Prot 26.0g 18.0%Cal Carb 98.2g 67.9%Cal T.Fat 10.8g 16.8%Cal	Nutrients Target Cals... 635 100% Sodium. 1360 mg Sugar 4.0*g 2.6%Cal Prot 27.5g 17.3%Cal Carb 91.2g 57.5%Cal T.Fat 21.1g 29.9%Cal	Nutrients Target Cals... 599 100% Sodium. 1012 mg Sugar 18.4*g 12.3%Cal Prot 34.4g 23.0%Cal Carb 79.9g 53.4%Cal T.Fat 16.6g 24.9%Cal	Nutrients Target Cals... 619 100% Sodium. 867 mg Sugar 12.7*g 8.2%Cal Prot 27.2g 17.6%Cal Carb 96.1g 62.0%Cal T.Fat 15.2g 22.0%Cal	Nutrients Target Cals... 626 100% Sodium. 1831 mg Sugar 0.7*g 0.5%Cal Prot 29.6g 18.9%Cal Carb 93.4g 59.7%Cal T.Fat 17.4g 25.0%Cal

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Sep - 25  *Breaded Pork Patty/Bun *Ketchup/Mustard *Tater Tots *Dill Pickle Spear *Celery Sticks *Watermelon *MILK - Variety	Sep - 26  *Spaghetti w/Meat Sauce *Breadstick WG *Spinach Romaine Salad *Dressing Ranch Lite *Pineapple Slices *MILK - Variety	Sep - 27  *Cheese Stx w/Marinara *Peas *Grapes *Oatmeal CC Cookie *MILK - Variety	Sep - 28  *Orange Chic/Rice *Broccoli Normandy *Carroteenies *Mandarin Oranges *Fortune Cookie *MILK - Variety	Sep - 29  *Walking Taco *Refried Beans *Sour Cream *Apple, fresh *Churro WG 1/2 *MILK - Variety
Nutrients Target Cals... 553 100% Sodium. 1452 mg Sugar 6.3*g 4.5%Cal Prot 25.6g 18.5%Cal Carb 68.3g 49.4%Cal T.Fat 21.2g 34.5%Cal	Nutrients Target Cals... 660 101% Sodium. 1245 mg Sugar 1.1*g 0.7%Cal Prot 37.1g 22.5%Cal Carb 96.8g 58.7%Cal T.Fat 15.2g 20.7%Cal	Nutrients Target Cals... 649 100% Sodium. 1085 mg Sugar 16.6*g 10.2%Cal Prot 28.2g 17.4%Cal Carb 91.8g 56.5%Cal T.Fat 19.8g 27.4%Cal	Nutrients Target Cals... 551 100% Sodium. 509 mg Sugar 0.0*g 0.0%Cal Prot 25.2g 18.3%Cal Carb 101.4g 73.6%Cal T.Fat 5.3g 8.7%Cal	Nutrients Target Cals... 607 100% Sodium. 1138 mg Sugar 17.1*g 11.2%Cal Prot 24.9g 16.4%Cal Carb 85.8g 56.6%Cal T.Fat 21.1g 31.3%Cal

Daily Alternate Meal: Cheese Sandwich and Milk

Homecoming Week, September 11-15, 2017

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