

Clear Creek Amana

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 1 *No School	Jan - 2 *No School	Jan - 3 *Pizza Cheese Cruncher *Marinara Sauce *Peas *Peaches Sliced *MILK - Variety	Jan - 4 *Hot Dog on a Bun *Ketchup/Mustard *Broccoli w/Cheese Sauce *Tater Tots *Pears Sliced *MILK - Variety	Jan - 5 *Chicken Patty on Bun *Mayo *Green Beans *Red Pepper Strips *Mandarin Oranges *Rice Krispie Bar *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... 675 104% Sodium. 1047 mg Sugar 11.9*g 7.0%Cal Prot 31.9g 18.9%Cal Carb 92.3g 54.6%Cal T.Fat 21.6g 28.8%Cal	Nutrients Target Cals... 610 100% Sodium. 1493 mg Sugar 2.0*g 1.3%Cal Prot 27.3g 17.9%Cal Carb 92.0g 60.3%Cal T.Fat 16.9g 25.0%Cal	Nutrients Target Cals... 633 100% Sodium. 1024 mg Sugar 2.3*g 1.4%Cal Prot 28.5g 18.0%Cal Carb 90.5g 57.3%Cal T.Fat 18.9g 26.8%Cal
Jan - 8 *Toasted Cheese Sandwich *Tomato Soup *Saltine Cracker *Carroteenies *Celery Sticks *Apple Slices *MILK - Variety	Jan - 9 *Pepp or Chs Pizza *Corn, frozen, yellow *Cucumber Slices *Slushie 4oz *Oatmeal CC Cookie *MILK - Variety	Jan - 10 *BBQ Pork Sandwich *Coleslaw *Baked Beans *Pineapple Slices *MILK - Variety	Jan - 11 *Cheeseburger *Ketchup/Mustard *Sweet Potato Fries *Peppers, green strips *Pears Sliced *MILK - Variety	Jan - 12 *Spaghetti w/Meat Sauce *Garlic Toast *Spinach Romaine Salad *Dressing Ranch Lite *Mandarin Oranges *MILK - Variety
Nutrients Target Cals... 569 100% Sodium. 1034 mg Sugar 6.5*g 4.6%Cal Prot 27.0g 19.0%Cal Carb 76.2g 53.6%Cal T.Fat 16.2g 25.7%Cal	Nutrients Target Cals... 643 100% Sodium. 1153 mg Sugar 10.7*g 6.7%Cal Prot 27.8g 17.3%Cal Carb 102.7g 63.9%Cal T.Fat 16.2g 22.6%Cal	Nutrients Target Cals... 648 100% Sodium. 736 mg Sugar 2.2*g 1.4%Cal Prot 39.0g 24.1%Cal Carb 89.2g 55.1%Cal T.Fat 16.4g 22.7%Cal	Nutrients Target Cals... 636 100% Sodium. 1219 mg Sugar 7.5*g 4.7%Cal Prot 31.5g 19.8%Cal Carb 90.3g 56.7%Cal T.Fat 16.5g 23.3%Cal	Nutrients Target Cals... 631 100% Sodium. 1142 mg Sugar 1.1*g 0.7%Cal Prot 35.9g 22.7%Cal Carb 90.8g 57.5%Cal T.Fat 17.0g 24.2%Cal
Jan - 15 *No School	Jan - 16 *Chicken Nuggets *Mashed Potato/Gravy *Green Beans *Applesauce *Oatmeal CC Cookie *MILK - Variety	Jan - 17 *Beef Taco *Refried Beans *Fresh Fruit *Chips, Tortilla *MILK - Variety	Jan - 18 *Breaded Pork Patty/Bun *French Fries *Celery Sticks *Pears Sliced *MILK - Variety	Jan - 19 *Orange Chic/Rice *Broccoli Normandy *Carroteenies *Mandarin Oranges *Fortune Cookie *MILK - Variety

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

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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... 626 100% Sodium. 1130 mg Sugar 7.7*g 4.9%Cal Prot 27.1g 17.3%Cal Carb 89.4g 57.1%Cal T.Fat 19.3g 27.7%Cal	Nutrients Target Cals... 675 104% Sodium. 1213 mg Sugar 14.4*g 8.5%Cal Prot 31.3g 18.6%Cal Carb 93.3g 55.3%Cal T.Fat 21.6g 28.8%Cal	Nutrients Target Cals... 634 100% Sodium. 767 mg Sugar 1.0*g 0.6%Cal Prot 26.0g 16.4%Cal Carb 84.5g 53.3%Cal T.Fat 21.6g 30.7%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
Jan - 22 *Sloppy Joe on Bun *Ketchup/Mustard *Broccoli w/Cheese Sauce *Dill Pickle Spear *Carrot Sticks *PINEAPPLE CHUNKS *MILK - Variety	Jan - 23 *Macho Nachos *Black Bean Salsa *Refried Beans *Apple, fresh *Churro WG 1/2 *MILK - Variety	Jan - 24 *Ch Breadstick w/marinara *Green Beans *Grapes *Oatmeal CC Cookie *MILK - Variety	Jan - 25 *Crispito *Sour Cream *Mozz String Cheese *Lettuce Salad *Salad Dressing Asstd *Cucumber Slices *Peaches Sliced *MILK - Variety	Jan - 26 *Crazy Chicken Wrap *Corn, frozen, yellow *Red Pepper Strips *Fresh Fruit *MILK - Variety
Nutrients Target Cals... 640 100% Sodium. 1501 mg Sugar 26.9*g 16.8%Cal Prot 37.1g 23.2%Cal Carb 82.7g 51.6%Cal T.Fat 19.7g 27.7%Cal	Nutrients Target Cals... 590 100% Sodium. 1584 mg Sugar 17.5*g 11.8%Cal Prot 29.8g 20.2%Cal Carb 79.8g 54.1%Cal T.Fat 20.0g 30.5%Cal	Nutrients Target Cals... 631 100% Sodium. 1226 mg Sugar 22.2*g 14.1%Cal Prot 27.0g 17.1%Cal Carb 89.1g 56.4%Cal T.Fat 19.7g 28.1%Cal	Nutrients Target Cals... 646 100% Sodium. 1039 mg Sugar 3.3*g 2.1%Cal Prot 29.8g 18.5%Cal Carb 65.7g 40.7%Cal T.Fat 29.6g 41.3%Cal	Nutrients Target Cals... 675 104% Sodium. 987 mg Sugar 17.5*g 10.4%Cal Prot 34.2g 20.3%Cal Carb 90.7g 53.8%Cal T.Fat 22.4g 29.9%Cal
Jan - 29 *Popcorn Chicken *Mashed Potato/Gravy *Green Beans *Cherry Crisp *MILK - Variety	Jan - 30 *Chicken Rice Soup *Saltine Cracker *Bologna Sandwich 1/2 *Carrot Coins *Strawberries,fzn *MILK - Variety	Jan - 31 *BBQ Pork Rib Sandwich *Tater Tots *Coleslaw *Pears Sliced *MILK - Variety		
Nutrients Target Cals... 658 101% Sodium. 1149 mg Sugar 0.0*g 0.0%Cal Prot 27.2g 16.5%Cal Carb 91.9g 55.8%Cal T.Fat 22.0g 30.0%Cal	Nutrients Target Cals... 606 100% Sodium. 745 mg Sugar 5.0*g 3.3%Cal Prot 34.8g 23.0%Cal Carb 96.3g 63.6%Cal T.Fat 10.4g 15.4%Cal	Nutrients Target Cals... 672 103% Sodium. 1089 mg Sugar 2.4*g 1.4%Cal Prot 28.8g 17.1%Cal Carb 96.3g 57.3%Cal T.Fat 19.6g 26.2%Cal		

Alternate Meal: Cheese Sandwich and Milk

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