

Clear Creek Amana

Monday	Tuesday	Wednesday	Thursday	Friday
			Mar - 1 *BBQ Pork Sandwich *Baked Beans *Coleslaw *Pears *MILK - Variety	Mar - 2 *WG Cheese Pizza *French Fries *Cucumber Slices *Peaches *MILK - Variety
			Nutrients Target Cals... 647 100% Sodium. 705 mg Sugar 16.3*g 10.1%Cal Prot 38.4g 23.7%Cal Carb 90.7g 56.0%Cal T.Fat 15.0g 20.9%Cal	Nutrients Target Cals... 632 100% Sodium. 1157 mg Sugar 17.1*g 10.8%Cal Prot 26.7g 16.9%Cal Carb 95.7g 60.6%Cal T.Fat 17.7g 25.2%Cal
Mar - 5 *Crispito *Cheese Stick *Sour Cream *Lettuce Salad *Cherry Tomatoes *Dressing Ranch Lite *Tropical Fruit *MILK - Variety	Mar - 6 *Spaghetti w/Meat Sauce *Garlic Toast *Spinach Romaine Salad *Dressing Ranch Lite *Pears *MILK - Variety	Mar - 7 *Chicken Patty on Bun *Tater Tots *Red Pepper Strips *Applesauce *MILK - Variety	Mar - 8 *American Hoagie *Mayo *Baked Beans *Cucumber Slices *Fresh Fruit *MILK - Variety	Mar - 9 *Ch Breadstick w/marinara *Green Beans *Mandarin Oranges *ScoobyDoo Grahams *MILK - Variety
Nutrients Target Cals... 655 101% Sodium. 1043 mg Sugar 2.1*g 1.3%Cal Prot 30.3g 18.5%Cal Carb 72.6g 44.4%Cal T.Fat 27.3g 37.5%Cal	Nutrients Target Cals... 651 100% Sodium. 1146 mg Sugar 16.3*g 10.0%Cal Prot 35.3g 21.7%Cal Carb 96.8g 59.5%Cal T.Fat 16.7g 23.1%Cal	Nutrients Target Cals... 640 100% Sodium. 1088 mg Sugar 1.1*g 0.7%Cal Prot 27.7g 17.3%Cal Carb 87.9g 54.9%Cal T.Fat 21.1g 29.7%Cal	Nutrients Target Cals... 575 100% Sodium. 961 mg Sugar 14.9*g 10.3%Cal Prot 30.2g 21.0%Cal Carb 93.5g 65.1%Cal T.Fat 10.6g 16.7%Cal	Nutrients Target Cals... 660 102% Sodium. 1215 mg Sugar 7.0*g 4.3%Cal Prot 27.4g 16.6%Cal Carb 99.9g 60.5%Cal T.Fat 18.9g 25.7%Cal
Mar - 12 *Spring Break	Mar - 13 *Spring Break	Mar - 14 *Spring Break	Mar - 15 *Spring Break	Mar - 16 *Spring Break
Nutrients Target Cals... *N/A* Sodium. *N/A* mg Sugar *N/A*g *N/A%Cal Prot *N/A*g *N/A%Cal Carb *N/A*g *N/A%Cal T.Fat *N/A*g *N/A%Cal	Nutrients Target Cals... *N/A* Sodium. *N/A* mg Sugar *N/A*g *N/A%Cal Prot *N/A*g *N/A%Cal Carb *N/A*g *N/A%Cal T.Fat *N/A*g *N/A%Cal	Nutrients Target Cals... *N/A* Sodium. *N/A* mg Sugar *N/A*g *N/A%Cal Prot *N/A*g *N/A%Cal Carb *N/A*g *N/A%Cal T.Fat *N/A*g *N/A%Cal	Nutrients Target Cals... *N/A* Sodium. *N/A* mg Sugar *N/A*g *N/A%Cal Prot *N/A*g *N/A%Cal Carb *N/A*g *N/A%Cal T.Fat *N/A*g *N/A%Cal	Nutrients Target Cals... *N/A* Sodium. *N/A* mg Sugar *N/A*g *N/A%Cal Prot *N/A*g *N/A%Cal Carb *N/A*g *N/A%Cal T.Fat *N/A*g *N/A%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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Mar - 19 *Chicken Nuggets *Mashed Potato/Gravy *Green Beans *Apple Slices *MILK - Variety	Mar - 20 *Walking Taco *Sour Cream *Red Pepper Strips *Corn, frozen, yellow *Apple, fresh *Churro WG 1/2 *MILK - Variety	Mar - 21 *Cheeseburger *Ketchup/Mustard *Baked Beans *Carroteenies *Fresh Fruit *MILK - Variety	Mar - 22 *Breaded Pork Patty/Bun *Ketchup/Mustard *Sweet Potato Fries *Cucumber Slices *Peaches *MILK - Variety	Mar - 23 *Cheese Garlic Flatbread *Spinach Romaine Salad *Salad Dressing Asstd *Cherry Tomatoes *Fresh Fruit *MILK - Variety
Nutrients Target Cals... 586* 100% Sodium. 941* mg Sugar 6.0*g 4.1%Cal Prot 26.4*g 18.0%Cal Carb 87.8*g 59.9%Cal T.Fat 15.1*g 23.2%Cal	Nutrients Target Cals... 590* 100% Sodium. 918* mg Sugar 18.5*g 12.5%Cal Prot 23.1*g 15.7%Cal Carb 86.4*g 58.6%Cal T.Fat 20.2*g 30.9%Cal	Nutrients Target Cals... 637* 100% Sodium. 1226* mg Sugar 13.7*g 8.6%Cal Prot 37.4*g 23.5%Cal Carb 94.1*g 59.1%Cal T.Fat 12.5*g 17.7%Cal	Nutrients Target Cals... 600* 100% Sodium. 1052* mg Sugar 24.0*g 16.0%Cal Prot 25.6*g 17.1%Cal Carb 83.7*g 55.8%Cal T.Fat 19.5*g 29.3%Cal	Nutrients Target Cals... 604* 100% Sodium. 1017* mg Sugar 20.6*g 13.6%Cal Prot 28.3*g 18.7%Cal Carb 78.3*g 51.8%Cal T.Fat 21.7*g 32.3%Cal
Mar - 26 *Roast Turkey *Mashed Potato/Gravy *Carrot Coins *WG Dinner Roll *Margarine *Applesauce *MILK - Variety	Mar - 27 *Macho Nachos *Black Bean Salsa *Refried Beans *Apple, fresh *Churro WG 1/2 *MILK - Variety	Mar - 28 *Sloppy Joe on Bun *Dill Pickle Spear *Broccoli w/Cheese Sauce *Celery Sticks *Fresh Fruit *MILK - Variety	Mar - 29 *Deli Wrap *Sweet Potato Puffs *Cucumber Slices *RANCH DRESSING *Pears *MILK - Variety	Mar - 30 *Pizza Cheese Crunchers *Marinara Sauce *Green Beans *Pineapple *MILK - Variety
Nutrients Target Cals... 677* 104% Sodium. 1097* mg Sugar 3.0*g 1.8%Cal Prot 28.6*g 16.9%Cal Carb 109.7*g 64.8%Cal T.Fat 14.5*g 19.3%Cal	Nutrients Target Cals... 590* 100% Sodium. 1584* mg Sugar 17.5*g 11.8%Cal Prot 29.8*g 20.2%Cal Carb 79.8*g 54.1%Cal T.Fat 20.0*g 30.5%Cal	Nutrients Target Cals... 611* 100% Sodium. 1191* mg Sugar 24.3*g 15.9%Cal Prot 36.7*g 24.0%Cal Carb 77.1*g 50.5%Cal T.Fat 19.2*g 28.3%Cal	Nutrients Target Cals... 602* 100% Sodium. 1679* mg Sugar 19.4*g 12.9%Cal Prot 30.8*g 20.4%Cal Carb 90.3*g 60.0%Cal T.Fat 14.5*g 21.6%Cal	Nutrients Target Cals... 654* 101% Sodium. 1179* mg Sugar 26.0*g 15.9%Cal Prot 31.1*g 19.0%Cal Carb 89.8*g 54.9%Cal T.Fat 21.7*g 29.9%Cal

Alternate Meal Cheese Sandwich, Apple and Milk

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