

# Clear Creek Amana

| Monday   | Tuesday   | Wednesday  | Thursday   | Friday  |
|--|---|--|--|---|
|  | <b>May - 1</b><br>*Crispito<br>*Sour Cream<br>*Mozz String Cheese<br>*Lettuce Salad<br>*Salad Dressing Asstd<br>*Cherry Tomatoes<br>*Applesauce<br>*MILK - Variety      | <b>May - 2</b><br>*Toasted Cheese Sandwich<br>*Ketchup<br>*Dill Pickle Spear<br>*Green Beans<br>*Red Pepper Strips<br>*Peaches<br>*MILK - Variety                        | <b>May - 3</b><br>*Pizza Cheese Crunchers<br>*Broccoli<br>*Carroteenies<br>*Fresh Fruit<br>*MILK - Variety   | <b>May - 4</b><br>*American Hoagie<br>*Sweet Potato Fries<br>*Ketchup<br>*Cucumber Slices<br>*Dipping Sauce<br>*Apple Slices<br>*MILK - Variety                           |
|  | Nutrients<br>Target<br>Cals... 631<br>100%<br>Sodium. 1032 mg<br>Sugar 3.9*g<br>2.5%Cal<br>Prot 30.2g<br>19.1%Cal<br>Carb 63.2g<br>40.1%Cal<br>T.Fat 29.8g<br>42.5%Cal  | Nutrients<br>Target<br>Cals... 557<br>100%<br>Sodium. 1556 mg<br>Sugar 18.0*g<br>12.9%Cal<br>Prot 22.8g<br>16.4%Cal<br>Carb 84.0g<br>60.4%Cal<br>T.Fat 14.6g<br>23.6%Cal | Nutrients<br>Target<br>Cals... 640<br>100%<br>Sodium. 1276 mg<br>Sugar 16.7*g<br>10.4%Cal<br>Prot 32.3g<br>20.2%Cal<br>Carb 90.5g<br>56.6%Cal<br>T.Fat 20.1g<br>28.3%Cal | Nutrients<br>Target<br>Cals... 560<br>100%<br>Sodium. 1291 mg<br>Sugar 14.4*g<br>10.3%Cal<br>Prot 24.9g<br>17.8%Cal<br>Carb 90.0g<br>64.3%Cal<br>T.Fat 12.4g<br>19.9%Cal  |
| <b>May - 7</b><br>*Beef Taco<br>*Refried Beans<br>*Applesauce<br>*Chips, Tortilla<br>*MILK - Variety   | <b>May - 8</b><br>*Chicken Nuggets<br>*Mashed Potato/Gravy<br>*Cucumber Slices<br>*PINEAPPLE CHUNKS<br>*MILK - Variety  | <b>May - 9</b><br>*Fish Sticks<br>*Tartar Sauce<br>*Tater Tots<br>*Ketchup<br>*Baked Beans<br>*Fresh Fruit<br>*MILK - Variety  | <b>May - 10</b><br>*Pep/ Cheese Pizza Slice<br>*Spinach Romaine Salad<br>*Salad Dressing Asstd<br>*Peaches Sliced<br>*Rice Krispie Bar<br>*MILK - Variety                | <b>May - 11</b><br>*Hamburger or Hot Dog<br>*Ketchup/Mustard<br>*Carroteenies<br>*Dragon Punch/Mango<br>Wango Juic<br>*Orange<br>*Cheddar Goldfish WG<br>*MILK - Variety  |
| Nutrients<br>Target<br>Cals... 652<br>100%<br>Sodium. 1215 mg<br>Sugar 0.7*g<br>0.4%Cal<br>Prot 30.6g<br>18.8%Cal<br>Carb 87.9g<br>54.0%Cal<br>T.Fat 21.4g<br>29.6%Cal | Nutrients<br>Target<br>Cals... 619<br>100%<br>Sodium. 858 mg<br>Sugar 16.4*g<br>10.6%Cal<br>Prot 26.6g<br>17.2%Cal<br>Carb 97.2g<br>62.8%Cal<br>T.Fat 15.3g<br>22.2%Cal | Nutrients<br>Target<br>Cals... 678<br>104%<br>Sodium. 1140 mg<br>Sugar 14.9*g<br>8.8%Cal<br>Prot 28.4g<br>16.7%Cal<br>Carb 106.0g<br>62.5%Cal<br>T.Fat 16.5g<br>21.9%Cal | Nutrients<br>Target<br>Cals... 632<br>100%<br>Sodium. 1361 mg<br>Sugar 3.6*g<br>2.3%Cal<br>Prot 26.8g<br>17.0%Cal<br>Carb 89.1g<br>56.4%Cal<br>T.Fat 20.9g<br>29.9%Cal   | Nutrients<br>Target<br>Cals... 670<br>103%<br>Sodium. 1307 mg<br>Sugar 24.2*g<br>14.5%Cal<br>Prot 27.3g<br>16.3%Cal<br>Carb 101.5g<br>60.6%Cal<br>T.Fat 20.2g<br>27.1%Cal |
| <b>May - 14</b><br>*Western Burger<br>*Ketchup/Mustard<br>*Green Beans<br>*Cherry Tomatoes<br>*Apricots<br>*Doritos RF 1 oz<br>*MILK - Variety                         | <b>May - 15</b><br>*Spaghetti Sauce<br>*MEAT BALLS<br>*WG Pasta<br>*Garlic Toast<br>*Spinach Romaine Salad<br>*Dressing Ranch Lite<br>*Fresh Fruit<br>*MILK - Variety   | <b>May - 16</b><br>*BBQ Pork Sandwich<br>*Tater Tots<br>*Dill Pickle Spear<br>*Coleslaw<br>*Apple Slices<br>*MILK - Variety  | <b>May - 17</b><br>*American Hoagie<br>*Baked Beans<br>*Cucumber Slices<br>*Slushie 4oz<br>*Cheez it WG<br>*MILK - Variety   | <b>May - 18</b><br>*Chicken & Noodles<br>*Breadstick WG<br>*Peas, green<br>*Red Pepper Strips<br>*Peaches Sliced<br>*Craisins<br>*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.

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# Clear Creek Amana

| Monday  | Tuesday  | Wednesday   | Thursday   | Friday   |
|---|--|---|--|--|
| Nutrients<br>Target<br>Cals... 641<br>100%<br>Sodium. 1414 mg<br>Sugar 20.2*g<br>12.6%Cal<br>Prot 31.6g<br>19.7%Cal<br>Carb 100.4g<br>62.7%Cal<br>T.Fat 13.9g<br>19.5%Cal | Nutrients<br>Target<br>Cals... 654<br>101%<br>Sodium. 871 mg<br>Sugar 14.8*g<br>9.1%Cal<br>Prot 35.1g<br>21.5%Cal<br>Carb 87.5g<br>53.5%Cal<br>T.Fat 21.4g<br>29.4%Cal   | Nutrients<br>Target<br>Cals... 648<br>100%<br>Sodium. 1183 mg<br>Sugar 8.8*g<br>5.4%Cal<br>Prot 34.5g<br>21.3%Cal<br>Carb 81.2g<br>50.1%Cal<br>T.Fat 21.7g<br>30.2%Cal  | Nutrients<br>Target<br>Cals... 649<br>100%<br>Sodium. 1139 mg<br>Sugar 0.6*g<br>0.4%Cal<br>Prot 31.2g<br>19.3%Cal<br>Carb 106.2g<br>65.5%Cal<br>T.Fat 11.7g<br>16.2%Cal  | Nutrients<br>Target<br>Cals... 583<br>100%<br>Sodium. 751 mg<br>Sugar 12.1*g<br>8.3%Cal<br>Prot 30.4g<br>20.9%Cal<br>Carb 96.0g<br>66.0%Cal<br>T.Fat 8.7g<br>13.4%Cal          |
| May - 21<br><br>*Crazy Chicken Wrap<br>*Spinach Romaine Salad<br>*Dressing Ranch Lite<br>*Cherry Tomatoes<br>*Applesauce<br>*MILK - Variety                               | May - 22<br><br>*Macho Nachos<br>*Black Bean Salsa<br>*Refried Beans<br>*Mandarin Oranges<br>*Churro WG 1/2<br>*MILK - Variety   | May - 23<br><br>*Ch Breadstick w/marinara<br>*Lettuce Salad<br>*Dressing Ranch Lite<br>*Apple Slices<br>*Raspberry Sherbet<br>*MILK - Variety                           | May - 24<br><br>*Chicken Patty on Bun<br>*Mayo<br>*Corn, frozen, yellow<br>*Red Pepper Strips<br>*PINEAPPLE CHUNKS<br>*MILK - Variety                                    | May - 25<br><br>*Orange Chic/Rice<br>*Oriental Vegetables<br>*Carroteenies<br>*Fresh Fruit<br>*Fortune Cookie<br>*MILK - Variety   |
| Nutrients<br>Target<br>Cals... 673<br>103%<br>Sodium. 1295 mg<br>Sugar 2.5*g<br>1.5%Cal<br>Prot 34.0g<br>20.2%Cal<br>Carb 74.9g<br>44.5%Cal<br>T.Fat 29.0g<br>38.8%Cal    | Nutrients<br>Target<br>Cals... 570<br>100%<br>Sodium. 1584 mg<br>Sugar 3.1*g<br>2.2%Cal<br>Prot 30.2g<br>21.2%Cal<br>Carb 73.7g<br>51.7%Cal<br>T.Fat 20.1g<br>31.7%Cal   | Nutrients<br>Target<br>Cals... 653<br>101%<br>Sodium. 1229 mg<br>Sugar 14.2*g<br>8.7%Cal<br>Prot 25.3g<br>15.5%Cal<br>Carb 92.5g<br>56.6%Cal<br>T.Fat 21.6g<br>29.8%Cal | Nutrients<br>Target<br>Cals... 630<br>100%<br>Sodium. 807 mg<br>Sugar 20.0*g<br>12.7%Cal<br>Prot 28.8g<br>18.3%Cal<br>Carb 91.8g<br>58.2%Cal<br>T.Fat 18.6g<br>26.5%Cal  | Nutrients<br>Target<br>Cals... 570<br>100%<br>Sodium. 495 mg<br>Sugar 13.7*g<br>9.6%Cal<br>Prot 25.3g<br>17.8%Cal<br>Carb 106.8g<br>75.0%Cal<br>T.Fat 5.3g<br>8.3%Cal          |
| May - 28<br><br>*No School  | May - 29<br><br>*Turkey/Ch Sandwich<br>*Mayo<br>*Sweet Potato Puffs<br>*Cucumber Slices<br>*Fresh Fruit<br>*Snack Cracker Bug Bites<br>*MILK - Variety                   | May - 30<br><br>*Walking Taco<br>*Sour Cream<br>*Salsa<br>*Refried Beans<br>*Corn<br>*Watermelon<br>*MILK - Variety   | May - 31<br><br>*Sloppy Joe on Bun<br>*Tater Tots<br>*Ketchup<br>*Dill Pickle Spear<br>*Cherry Tomatoes<br>*Pineapple<br>*MILK - Variety                                 | Jun - 1<br><br>*Last Day of School<br>*Hot Dog on WG Bun<br>*Carroteenies<br>*Dragon Punch/Mango<br>Wango Juic<br>*Apple, fresh<br>*Doritos RF 1 oz<br>*MILK - Variety         |
| Nutrients<br>Target<br>Cals... 0<br>0%<br>Sodium. 0 mg<br>Sugar 0.0*g<br>0.0%Cal<br>Prot 0.0g<br>0.0%Cal<br>Carb 0.0g<br>0.0%Cal<br>T.Fat 0.0g<br>0.0%Cal                 | Nutrients<br>Target<br>Cals... 626<br>100%<br>Sodium. 1049 mg<br>Sugar 14.7*g<br>9.4%Cal<br>Prot 24.7g<br>15.8%Cal<br>Carb 101.7g<br>65.0%Cal<br>T.Fat 16.2g<br>23.3%Cal | Nutrients<br>Target<br>Cals... 639<br>100%<br>Sodium. 1316 mg<br>Sugar 11.6*g<br>7.3%Cal<br>Prot 29.1g<br>18.2%Cal<br>Carb 89.8g<br>56.2%Cal<br>T.Fat 20.9g<br>29.4%Cal | Nutrients<br>Target<br>Cals... 679<br>104%<br>Sodium. 1358 mg<br>Sugar 25.3*g<br>14.9%Cal<br>Prot 32.4g<br>19.1%Cal<br>Carb 91.6g<br>54.0%Cal<br>T.Fat 21.9g<br>29.0%Cal | Nutrients<br>Target<br>Cals... 652*<br>100%<br>Sodium. 1057* mg<br>Sugar 26.9*g<br>16.5%Cal<br>Prot 23.4*g<br>14.4%Cal<br>Carb 110.2*g<br>67.6%Cal<br>T.Fat 15.7*g<br>21.7%Cal |

Alternate Cheese Sandwich, Apple and Milk

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