

Clear Creek Amana

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9-12 Lunch

Aug 12, 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		Aug - 23 Turkey/Cheese Sub Tomato/Leaf Lett Mayo Green Beans Red Pepper Strips Peaches Sliced Fresh Fruit BBQ Baked Chips MILK - Variety	Aug - 24 Hot Dog/Cheddarwurst Ketchup/Mustard RELISH Broccoli w/Cheese Sauce Cherry Tomatoes Pears Sliced Fresh Fruit MILK - Variety	Aug - 25 Beef Taco Refried Beans Black Bean Salsa Tortilla Chips 1oz Bag Pineapple Slices Fresh Fruit MILK - Variety
		Nutrients Target Cals... 768 100% Sodium. 1743 mg Sugar 16.0*g 8.3%Cal Prot 31.9g 16.6%Cal Carb 116.1g 60.5%Cal T.Fat 20.6g 24.2%Cal	Nutrients Target Cals... 756 100% Sodium. 1552 mg Sugar 19.2*g 10.2%Cal Prot 29.7g 15.7%Cal Carb 107.7g 57.0%Cal T.Fat 23.3g 27.7%Cal	Nutrients Target Cals... 779 100% Sodium. 2306 mg Sugar 14.7*g 7.6%Cal Prot 40.6g 20.8%Cal Carb 124.1g 63.7%Cal T.Fat 16.3g 18.9%Cal
Aug - 28 Pork Rib BBQ Sandwich Dill Pickle Spear Baked Beans Celery/Carrot Sticks Dressing Ranch Lite Pears Fresh Fruit MILK - Variety	Aug - 29 Deli Wrap (HS) Sweet Potato Fries Dipping Sauce Cucumber/Rd Pepper Rosy Applesauce Fresh Fruit MILK - Variety	Aug - 30 Chicken Patty on Bun Mayo Carrots Glazed Coleslaw Pineapple Slices Fresh Fruit MILK - Variety	Aug - 31 Hamburger Cheese American Sliced Ketchup/Mustard Tomato/Leaf Lett Corn, frozen, yellow Mandarin Oranges Fresh Fruit Cheez it WG MILK - Variety	Sep - 1 Pepperoni/Cheese Pizza Spinach Romaine Salad Salad Dressing Asstd Cherry Tomatoes Mixed Fruit Fresh Fruit Rice Krispie Bar MILK - Variety
Nutrients Target Cals... 773 100% Sodium. 1376 mg Sugar 31.2*g 16.1%Cal Prot 36.3g 18.8%Cal Carb 123.5g 63.9%Cal T.Fat 16.7g 19.4%Cal	Nutrients Target Cals... 753 100% Sodium. 1740 mg Sugar 45.7*g 24.3%Cal Prot 32.3g 17.2%Cal Carb 120.6g 64.1%Cal T.Fat 16.9g 20.2%Cal	Nutrients Target Cals... 756 100% Sodium. 995 mg Sugar 18.7*g 9.9%Cal Prot 31.8g 16.8%Cal Carb 116.4g 61.6%Cal T.Fat 21.2g 25.2%Cal	Nutrients Target Cals... 796 100% Sodium. 1247 mg Sugar 17.6*g 8.8%Cal Prot 36.3g 18.3%Cal Carb 122.3g 61.5%Cal T.Fat 22.9g 25.9%Cal	Nutrients Target Cals... 802 100% Sodium. 1277 mg Sugar 20.0*g 10.0%Cal Prot 29.5g 14.7%Cal Carb 126.9g 63.2%Cal T.Fat 22.6g 25.3%Cal
Sep - 4 HOLIDAY	Sep - 5 Chicken Nuggets Dipping Sauce Cheesy Mashed Potatoes Red Pepper Strips Fruit Salad Fresh Fruit MILK - Variety	Sep - 6 Waffle Stix, WG Syrup Lite Egg Patty Pork Sausage Patty Tri Tater Dragon Punch/Mango Wango Juic Applesauce Fresh Fruit MILK - Variety	Sep - 7 American Hoagie Mayo Baked Beans Carroteenies Pears Sliced Fresh Fruit Doritos RF 1 oz MILK - Variety	Sep - 8 Crispito Sour Cream Fresh Broccoli Buds Cherry Tomatoes Dressing Ranch Lite Pineapple Slices Fresh Fruit MILK - Variety

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Monday	Tuesday	Wednesday	Thursday	Friday
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... 760 100% Sodium. 807 mg Sugar 15.5*g 8.2%Cal Prot 31.3g 16.5%Cal Carb 120.2g 63.2%Cal T.Fat 20.2g 23.9%Cal	Nutrients Target Cals... 846 100% Sodium. 1250 mg Sugar 25.7*g 12.1%Cal Prot 25.1g 11.9%Cal Carb 137.9g 65.2%Cal T.Fat 22.1g 23.5%Cal	Nutrients Target Cals... 756 100% Sodium. 1161 mg Sugar 14.4*g 7.6%Cal Prot 29.5g 15.6%Cal Carb 129.5g 68.5%Cal T.Fat 15.7g 18.7%Cal	Nutrients Target Cals... 871 102% Sodium. 1077 mg Sugar 15.4*g 7.1%Cal Prot 36.5g 16.7%Cal Carb 104.0g 47.8%Cal T.Fat 35.6g 36.8%Cal
Sep - 11	Sep - 12	Sep - 13	Sep - 14	Sep - 15
PepRally Popcorn Chicken Dipping Sauce Breadstick WG Broccoli w/Cheese Sauce Cucumber/Rd Pepper Cherry Crisp Fresh Fruit MILK - Variety	Go Team BBQ Pulled Pork Coleslaw Dill Pickle Spear Celery/Carrot Sticks Dressing Ranch Lite Fruit Salad Fresh Fruit MILK - Variety	Touchdown Pizza Cruncher Marinara Sauce Garlic Toast Peas Mandarin Oranges Fresh Fruit MILK - Variety	Halftime Ham/Cheese Sub Mayo French Fries Ketchup Cucumber Slices Peaches Sliced Fresh Fruit MILK - Variety	Tailgators Hot Dogs/Chdr Ketchup/Mustard RELISH Sweet Potato Fries Carroteenies Pears Sliced Fresh Fruit MILK - Variety
Nutrients Target Cals... 788 100% Sodium. 1263 mg Sugar 17.3*g 8.8%Cal Prot 34.5g 17.5%Cal Carb 112.3g 57.0%Cal T.Fat 25.3g 28.9%Cal	Nutrients Target Cals... 801 100% Sodium. 1125 mg Sugar 17.3*g 8.6%Cal Prot 37.7g 18.8%Cal Carb 126.3g 63.0%Cal T.Fat 20.5g 23.0%Cal	Nutrients Target Cals... 802 100% Sodium. 1135 mg Sugar 25.6*g 12.8%Cal Prot 35.5g 17.7%Cal Carb 119.6g 59.7%Cal T.Fat 24.7g 27.7%Cal	Nutrients Target Cals... 765 100% Sodium. 1591 mg Sugar 14.7*g 7.7%Cal Prot 31.3g 16.4%Cal Carb 119.3g 62.4%Cal T.Fat 18.6g 21.9%Cal	Nutrients Target Cals... 817 100% Sodium. 1699 mg Sugar 22.8*g 11.2%Cal Prot 25.4g 12.4%Cal Carb 131.6g 64.4%Cal T.Fat 24.4g 26.9%Cal
Sep - 18	Sep - 19	Sep - 20	Sep - 21	Sep - 22
Chicken & Noodles Mozz String Cheese California Vegetables Red Pepper Strips White Cake Strawberries,fzn Fresh Fruit MILK - Variety	Pepperoni/Cheese Pizza Spinach Romaine Salad Salad Dressing Asstd Cucumber Slices Peaches Sliced Fresh Fruit Rice Krispie Bar MILK - Variety	Sloppy Joe on Bun Dill Pickle Spear Baked Beans Corn Cobbett Fruit Cocktail Fresh Fruit MILK - Variety	Chicken Nuggets Dipping Sauce Mashed Potato/Gravy Cherry Tom/Celery Slushie 4oz Fresh Fruit Snack Cracker Bug Bites MILK - Variety	Macho Nachos Black Bean Salsa Pears Sliced Fresh Fruit MILK - Variety
Nutrients Target Cals... 780 100% Sodium. 1009 mg Sugar 14.9*g 7.6%Cal Prot 39.2g 20.1%Cal Carb 126.4g 64.8%Cal T.Fat 15.4g 17.7%Cal	Nutrients Target Cals... 794 100% Sodium. 1275 mg Sugar 18.5*g 9.3%Cal Prot 28.5g 14.4%Cal Carb 123.8g 62.4%Cal T.Fat 22.4g 25.4%Cal	Nutrients Target Cals... 848 100% Sodium. 1098 mg Sugar 43.8*g 20.6%Cal Prot 42.7g 20.1%Cal Carb 136.2g 64.2%Cal T.Fat 17.7g 18.8%Cal	Nutrients Target Cals... 859 101% Sodium. 1181 mg Sugar 16.1*g 7.5%Cal Prot 29.8g 13.9%Cal Carb 146.5g 68.3%Cal T.Fat 19.9g 20.9%Cal	Nutrients Target Cals... 860 101% Sodium. 1982 mg Sugar 14.4*g 6.7%Cal Prot 33.9g 15.8%Cal Carb 129.5g 60.2%Cal T.Fat 28.6g 30.0%Cal

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Sep - 25	Sep - 26	Sep - 27	Sep - 28	Sep - 29
Breaded Pork Patty/Bun Ketchup/Mustard Twister Fries Dill Pickle Spear Broccoli Applesauce Fresh Fruit MILK - Variety	Spaghetti w/ Meat Sc Garlic Toast Spinach Romaine Salad Dressing Ranch Lite Mandarin Oranges Fresh Fruit MILK - Variety	Cheese Stx w/Marinara Peas Peaches Sliced Fresh Fruit Oatmeal CC Cookie MILK - Variety	Orange Chic/Rice Mozz String Cheese Oriental Vegetables Mandarin Salad Fresh Fruit Fortune Cookie MILK - Variety	Walking Taco Refried Beans Churro WG Applesauce Fresh Fruit MILK - Variety
Nutrients Target Cals... 841 100% Sodium. 1936 mg Sugar 14.1*g 6.7%Cal Prot 35.3g 16.8%Cal Carb 130.4g 62.0%Cal T.Fat 23.7g 25.4%Cal	Nutrients Target Cals... 862 101% Sodium. 1341 mg Sugar 14.8*g 6.9%Cal Prot 46.5g 21.6%Cal Carb 135.3g 62.8%Cal T.Fat 19.5g 20.4%Cal	Nutrients Target Cals... 761 100% Sodium. 1095 mg Sugar 30.3*g 15.9%Cal Prot 28.8g 15.1%Cal Carb 119.7g 62.9%Cal T.Fat 19.9g 23.5%Cal	Nutrients Target Cals... 779 100% Sodium. 660 mg Sugar 22.5*g 11.6%Cal Prot 33.8g 17.3%Cal Carb 120.6g 61.9%Cal T.Fat 18.8g 21.7%Cal	Nutrients Target Cals... 868 102% Sodium. 1510 mg Sugar 18.5*g 8.5%Cal Prot 33.3g 15.3%Cal Carb 116.9g 53.9%Cal T.Fat 34.2g 35.5%Cal

Daily Alternate Meal: Cheese Sandwich and Milk

Homecoming Week, September 11-15, 2017

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