

Clear Creek Amana

005 - Clear Creek High School

9-12 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 1 *No School	Jan - 2 *No School	Jan - 3 *Pizza Cheese Cruncher *Marinara Sauce *Peas (HS) *Mandarin Oranges *Fresh Fruit *Oatmeal CC Cookie *MILK - Variety	Jan - 4 *Hot Dog/Cheddarwurst *Ketchup/Mustard *Broccoli w/Cheese Sauce *Tater Tots *Pears Sliced *Fresh Fruit *MILK - Variety	Jan - 5 *Chicken Patty on Bun *Mayo *Green Beans *Red Pepper Strips *Peaches Sliced *Fresh Fruit *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... 875 103% Sodium. 1196 mg Sugar 35.2*g 16.1%Cal Prot 37.7g 17.2%Cal Carb 128.7g 58.8%Cal T.Fat 27.3g 28.0%Cal	Nutrients Target Cals... 855 101% Sodium. 1784 mg Sugar 15.2*g 7.1%Cal Prot 30.3g 14.2%Cal Carb 119.6g 55.9%Cal T.Fat 28.9g 30.4%Cal	Nutrients Target Cals... 793 100% Sodium. 1080 mg Sugar 16.7*g 8.4%Cal Prot 29.3g 14.8%Cal Carb 129.0g 65.1%Cal T.Fat 19.5g 22.1%Cal
Jan - 8 *Toasted Cheese Sandwich *Tomato Soup *Cheddar Goldfish WG *CUCUMBER,RAW *Carroteenies *Rosy Applesauce *Fresh Fruit *MILK - Variety	Jan - 9 *Pep/ Cheese Pizza Slice *Chuckwagon Corn *Red Pepper Strips *Pineapple Slices *Fresh Fruit *Rice Krispie Bar *MILK - Variety	Jan - 10 *BBQ Pork Sandwich *Sweet Potato Fries *Baked Beans *Slushie 4oz *Fresh Fruit *MILK - Variety	Jan - 11 *Cheeseburger *Ketchup/Mustard *Potato Wedges *Peppers, green strips *Strawberries,fzn *Fresh Fruit *MILK - Variety	Jan - 12 *Spaghetti w/ Meat Sc *Breadstick WG *Spinach Romaine Salad *Dressing Ranch Lite *Mandarin Oranges *Fresh Fruit *MILK - Variety
Nutrients Target Cals... 804 100% Sodium. 1180 mg Sugar 33.3*g 16.6%Cal Prot 30.5g 15.2%Cal Carb 125.2g 62.3%Cal T.Fat 20.8g 23.3%Cal	Nutrients Target Cals... 772 100% Sodium. 1117 mg Sugar 22.3*g 11.6%Cal Prot 30.0g 15.5%Cal Carb 138.7g 71.9%Cal T.Fat 13.5g 15.7%Cal	Nutrients Target Cals... 875 103% Sodium. 947 mg Sugar 20.7*g 9.4%Cal Prot 41.7g 19.1%Cal Carb 136.9g 62.6%Cal T.Fat 19.2g 19.8%Cal	Nutrients Target Cals... 805 100% Sodium. 1111 mg Sugar 14.2*g 7.1%Cal Prot 33.8g 16.8%Cal Carb 130.5g 64.9%Cal T.Fat 20.6g 23.1%Cal	Nutrients Target Cals... 882 104% Sodium. 1436 mg Sugar 14.8*g 6.7%Cal Prot 47.5g 21.5%Cal Carb 140.3g 63.6%Cal T.Fat 18.0g 18.4%Cal
Jan - 15 *No School	Jan - 16 *Chicken Nuggets *Dipping Sauce *Mashed Potato/Gravy *Cucumber Slices *Fresh Fruit *Apple Crisp *MILK - Variety	Jan - 17 *Beef Taco *Refried Beans *Mixed Fruit *Fresh Fruit *Churro WG *MILK - Variety	Jan - 18 *Breaded Pork Patty/Bun *French Fries *Ketchup/Mustard *Celery Sticks *Applesauce *Fresh Fruit *MILK - Variety	Jan - 19 *Orange Chic/Rice *Oriental Vegetables *Carroteenies *Mandarin Oranges *Fresh Fruit *Cornbread *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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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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... 850 100% Sodium. 1103 mg Sugar 15.0*g 7.1%Cal Prot 29.3g 13.8%Cal Carb 135.7g 63.9%Cal T.Fat 23.8g 25.2%Cal	Nutrients Target Cals... 846 100% Sodium. 1497 mg Sugar 18.9*g 9.0%Cal Prot 34.8g 16.5%Cal Carb 128.5g 60.8%Cal T.Fat 24.9g 26.5%Cal	Nutrients Target Cals... 868 102% Sodium. 1276 mg Sugar 14.7*g 6.8%Cal Prot 34.7g 16.0%Cal Carb 134.1g 61.8%Cal T.Fat 24.5g 25.4%Cal	Nutrients Target Cals... 818 100% Sodium. 805 mg Sugar 13.7*g 6.7%Cal Prot 29.1g 14.2%Cal Carb 155.7g 76.1%Cal T.Fat 9.9g 10.9%Cal
Jan - 22 *Sloppy Joe on Bun *Ketchup/Mustard *Broccoli w/Cheese Sauce *Red Pepper Strips *Slushie 4oz *Fresh Fruit *MILK - Variety	Jan - 23 *Macho Nachos *Black Bean Salsa *Refried Beans *Applesauce *Fresh Fruit *MILK - Variety	Jan - 24 *Ch Breadstick w/marinara *Peas (HS) *Tropical Fruit *Fresh Fruit *Oatmeal CC Cookie *MILK - Variety	Jan - 25 *Chicken Patty on Bun *French Fries *Ketchup *Celery/Carrot Sticks *Peaches Sliced *Fresh Fruit *MILK - Variety	Jan - 26 *Crazy Chicken Wrap *Corn, frozen, yellow *Carroteenies *Apple Slices *Fresh Fruit *Doritos RF 1 oz *MILK - Variety
Nutrients Target Cals... 761 100% Sodium. 1294 mg Sugar 23.8*g 12.5%Cal Prot 39.4g 20.7%Cal Carb 111.7g 58.7%Cal T.Fat 20.3g 24.0%Cal	Nutrients Target Cals... 819 100% Sodium. 1715 mg Sugar 14.7*g 7.2%Cal Prot 33.5g 16.3%Cal Carb 117.5g 57.4%Cal T.Fat 29.7g 32.6%Cal	Nutrients Target Cals... 824 100% Sodium. 1114 mg Sugar 32.2*g 15.6%Cal Prot 30.9g 15.0%Cal Carb 132.7g 64.4%Cal T.Fat 20.0g 21.8%Cal	Nutrients Target Cals... 861 101% Sodium. 1262 mg Sugar 15.6*g 7.3%Cal Prot 32.4g 15.1%Cal Carb 135.4g 62.9%Cal T.Fat 23.0g 24.1%Cal	Nutrients Target Cals... 857 101% Sodium. 1252 mg Sugar 22.6*g 10.5%Cal Prot 36.5g 17.0%Cal Carb 123.2g 57.5%Cal T.Fat 27.4g 28.8%Cal
Jan - 29 *Popcorn Chicken *Dipping Sauce *Potato Smiles *Carrot/Red Peppers *Strawberries,fzn *Fresh Fruit *Snack Cracker Bug Bites *MILK - Variety	Jan - 30 *Chicken Rice Soup *Saltine Cracker *Bologna Sandwich *Carrot Coins *Celery Sticks *Fruit Cocktail *Fresh Fruit *MILK - Variety	Jan - 31 *Pork Rib Sandwich *Sweet Potato Fries *Ketchup *Baked Beans *PINEAPPLE CHUNKS *Fresh Fruit *MILK - Variety		
Nutrients Target Cals... 843 100% Sodium. 1061 mg Sugar 17.6*g 8.3%Cal Prot 28.9g 13.7%Cal Carb 139.1g 66.0%Cal T.Fat 23.2g 24.8%Cal	Nutrients Target Cals... 766 100% Sodium. 1075 mg Sugar 36.7*g 19.1%Cal Prot 41.9g 21.9%Cal Carb 117.3g 61.2%Cal T.Fat 15.1g 17.7%Cal	Nutrients Target Cals... 774 100% Sodium. 1217 mg Sugar 36.6*g 18.9%Cal Prot 30.7g 15.9%Cal Carb 128.7g 66.6%Cal T.Fat 16.9g 19.6%Cal		

Alternate Meal: Cheese Sandwich and Milk

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