

Clear Creek Amana

9-12 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
			Mar - 1 *BBQ Pork Sandwich *Baked Beans *Coleslaw *Pears *Fresh Fruit *MILK - Variety	Mar - 2 *Pizza Quesadilla Cheese *Salsa *Sour Cream *Chuckwagon Corn *Peaches Sliced *Fresh Fruit *MILK - Variety
			Nutrients Target Cals... 763 100% Sodium. 758 mg Sugar 30.0*g 15.7%Cal Prot 41.4g 21.7%Cal Carb 119.0g 62.4%Cal T.Fat 15.8g 18.7%Cal	Nutrients Target Cals... 756 100% Sodium. 1330 mg Sugar 25.9*g 13.7%Cal Prot 27.7g 14.7%Cal Carb 122.7g 65.0%Cal T.Fat 18.3g 21.7%Cal
Mar - 5 *Crispito *Sour Cream *Green Beans *Cherry Tomatoes *Applesauce *Fresh Fruit *MILK - Variety	Mar - 6 *Spaghetti w/ Meat Sc *Garlic Toast *Spinach Romaine Salad *Dressing Ranch Lite *Mandarin Oranges *Fresh Fruit *MILK - Variety	Mar - 7 *Chicken Patty on Bun *French Fries *Red Pepper Strips *PINEAPPLE CHUNKS *Fresh Fruit *Rice Krispie Bar *MILK - Variety	Mar - 8 *American Hoagie *Baked Beans *Sweet Potato Puffs *Ketchup *Cucumber Slices *Strawberries,fzn *Fresh Fruit *MILK - Variety	Mar - 9 *Ch Breadstick w/marinara *Green Beans *Tropical Fruit *Fresh Fruit *ScoobyDoo Grahams *MILK - Variety
Nutrients Target Cals... 826 100% Sodium. 1080 mg Sugar 14.7*g 7.1%Cal Prot 34.7g 16.8%Cal Carb 102.8g 49.8%Cal T.Fat 32.2g 35.1%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... 855 101% Sodium. 1039 mg Sugar 31.3*g 14.7%Cal Prot 31.2g 14.6%Cal Carb 134.3g 62.9%Cal T.Fat 23.2g 24.5%Cal	Nutrients Target Cals... 771 100% Sodium. 1263 mg Sugar 14.3*g 7.4%Cal Prot 31.5g 16.3%Cal Carb 146.0g 75.7%Cal T.Fat 10.5g 12.2%Cal	Nutrients Target Cals... 783 100% Sodium. 1214 mg Sugar 20.7*g 10.6%Cal Prot 27.5g 14.1%Cal Carb 130.0g 66.4%Cal T.Fat 18.9g 21.7%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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9-12 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Mar - 19 *Chicken Nuggets *Dipping Sauce *Mashed Potato/Gravy *Green Beans *Fresh Fruit *MILK - Variety	Mar - 20 *Walking Taco *Sour Cream *Red Pepper Strips *Corn, frozen, yellow *Applesauce *Fresh Fruit *Churro WG *MILK - Variety	Mar - 21 *Clipper Cheeseburger K-8 *Ketchup/Mustard *Dill Pickle Spear *Baked Beans *Carroteenies *Strawberries/Bananas *Fresh Fruit *MILK - Variety	Mar - 22 *Breaded Pork Patty/Bun *Ketchup/Mustard *Sweet Potato Fries *Cucumber Slices *Peaches *Fresh Fruit *MILK - Variety	Mar - 23 *Cheese Garlic Flatbread *Spinach Romaine Salad *Salad Dressing Asstd *Cherry Tomatoes *Fruit Salad *Fresh Fruit *MILK - Variety
Nutrients Target Cals... 653* 87% Sodium. 1074* mg Sugar 14.6*g 8.9%Cal Prot 27.6*g 16.9%Cal Carb 104.5*g 64.0%Cal T.Fat 15.8*g 21.8%Cal	Nutrients Target Cals... 881* 104% Sodium. 1306* mg Sugar 19.9*g 9.1%Cal Prot 32.0*g 14.5%Cal Carb 118.5*g 53.8%Cal T.Fat 36.3*g 37.1%Cal	Nutrients Target Cals... 801* 100% Sodium. 1652* mg Sugar 23.7*g 11.8%Cal Prot 33.0*g 16.5%Cal Carb 136.5*g 68.2%Cal T.Fat 15.4*g 17.3%Cal	Nutrients Target Cals... 834* 100% Sodium. 1253* mg Sugar 37.7*g 18.1%Cal Prot 33.5*g 16.1%Cal Carb 133.8*g 64.2%Cal T.Fat 21.8*g 23.5%Cal	Nutrients Target Cals... 781* 100% Sodium. 1162* mg Sugar 23.3*g 11.9%Cal Prot 29.4*g 15.1%Cal Carb 110.2*g 56.4%Cal T.Fat 27.8*g 32.0%Cal
Mar - 26 *Roast Turkey *Mashed Potato/Gravy *Carrot Coins *WG Dinner Roll *Margarine *Pineapple *Fresh Fruit *MILK - Variety	Mar - 27 *Macho Nachos *Black Bean Salsa *Refried Beans *Mandarin Oranges *Fresh Fruit *MILK - Variety	Mar - 28 *Sloppy Joe on Bun *Dill Pickle Spear *Broccoli w/Cheese Sauce *Celery Sticks *Dressing Ranch Lite *Slushie 4oz *Fresh Fruit *MILK - Variety	Mar - 29 *Deli Wrap (HS) *Sweet Potato Fries *CAULIFLOWER,raw *Dressing Ranch Lite *Pears *Fresh Fruit *MILK - Variety	Mar - 30 *Pizza Cheese Crunchers *Marinara Sauce *Peas (HS) *Mixed Fruit *Fresh Fruit *MILK - Variety
Nutrients Target Cals... 765* 100% Sodium. 1097* mg Sugar 32.6*g 17.0%Cal Prot 29.8*g 15.6%Cal Carb 132.0*g 69.0%Cal T.Fat 14.8*g 17.4%Cal	Nutrients Target Cals... 820* 100% Sodium. 1715* mg Sugar 14.7*g 7.2%Cal Prot 34.1*g 16.6%Cal Carb 116.7*g 57.0%Cal T.Fat 29.9*g 32.8%Cal	Nutrients Target Cals... 775* 100% Sodium. 1470* mg Sugar 24.2*g 12.5%Cal Prot 39.8*g 20.5%Cal Carb 108.6*g 56.0%Cal T.Fat 23.4*g 27.1%Cal	Nutrients Target Cals... 755* 100% Sodium. 1770* mg Sugar 41.5*g 22.0%Cal Prot 33.1*g 17.5%Cal Carb 114.7*g 60.8%Cal T.Fat 19.9*g 23.7%Cal	Nutrients Target Cals... 780* 100% Sodium. 1075* mg Sugar 27.5*g 14.1%Cal Prot 35.3*g 18.1%Cal Carb 118.2*g 60.6%Cal T.Fat 22.1*g 25.5%Cal

Alternate Meal Cheese Sandwich, Apple and Milk

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