

Clear Creek Amana

005 - Clear Creek High School

9-12 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
	May - 1 *Crispito *Sour Cream *Green Beans *Cherry Tomatoes *Applesauce *Fresh Fruit *MILK - Variety	May - 2 *Toasted Cheese Sandwich *Ketchup *Dill Pickle Spear *French Fries *Red Pepper Strips *Peaches *Fresh Fruit *MILK - Variety	May - 3 *Pizza Cheese Crunchers *Broccoli *Carroteenies *Pineapple *Fresh Fruit *Snack Cracker Bug Bites *MILK - Variety	May - 4 *Deli Wrap (HS) *Sweet Potato WaffleFries *Ketchup *Cucumber Slices *Dipping Sauce *Apple Slices *Fresh Fruit *MILK - Variety
	Nutrients Target Cals... 832 100% Sodium. 1082 mg Sugar 15.7*g 7.5%Cal Prot 35.1g 16.8%Cal Carb 104.3g 50.1%Cal T.Fat 32.2g 34.9%Cal	Nutrients Target Cals... 797 100% Sodium. 1588 mg Sugar 31.7*g 15.9%Cal Prot 25.9g 13.0%Cal Carb 126.1g 63.2%Cal T.Fat 21.8g 24.6%Cal	Nutrients Target Cals... 825 100% Sodium. 1392 mg Sugar 32.6*g 15.8%Cal Prot 34.7g 16.8%Cal Carb 128.4g 62.2%Cal T.Fat 24.3g 26.5%Cal	Nutrients Target Cals... 763 100% Sodium. 1931 mg Sugar 32.8*g 17.2%Cal Prot 31.5g 16.5%Cal Carb 112.5g 59.0%Cal T.Fat 21.3g 25.2%Cal
May - 7 *Beef Taco *Refried Beans *Black Bean Salsa *PINEAPPLE CHUNKS *Chips, Tortilla *Fresh Fruit *MILK - Variety	May - 8 *Chicken Nuggets *Mashed Potato/Gravy *Red Pepper Strips *Applesauce *Fresh Fruit *Cookie Choc Chip *MILK - Variety	May - 9 *Bf Stroganoff/Pasta *WG Dinner Roll *Margarine *Carrots Glazed *Cucumber Slices *Slushie 4oz *Fresh Fruit *MILK - Variety	May - 10 *Pizza Quesadilla Cheese *Spinach Romaine Salad *Salad Dressing Asstd *Cherry Tomatoes *Peaches Sliced *Fresh Fruit *Rice Krispie Bar *MILK - Variety	May - 11 *Hot Dog/Cheddarwurst *Ketchup/Mustard *French Fries *Carroteenies *Fruit Salad *Fresh Fruit *MILK - Variety
Nutrients Target Cals... 805 100% Sodium. 1699 mg Sugar 30.3*g 15.1%Cal Prot 35.4g 17.6%Cal Carb 124.1g 61.6%Cal T.Fat 22.0g 24.6%Cal	Nutrients Target Cals... 850 100% Sodium. 1035 mg Sugar 16.9*g 8.0%Cal Prot 29.2g 13.7%Cal Carb 135.6g 63.8%Cal T.Fat 23.6g 25.0%Cal	Nutrients Target Cals... 787 100% Sodium. 1122 mg Sugar 16.6*g 8.4%Cal Prot 30.6g 15.6%Cal Carb 121.5g 61.7%Cal T.Fat 22.2g 25.4%Cal	Nutrients Target Cals... 789 100% Sodium. 1416 mg Sugar 25.3*g 12.8%Cal Prot 27.3g 13.8%Cal Carb 120.1g 60.9%Cal T.Fat 24.4g 27.8%Cal	Nutrients Target Cals... 867 102% Sodium. 1486 mg Sugar 13.7*g 6.3%Cal Prot 27.4g 12.7%Cal Carb 127.9g 59.0%Cal T.Fat 27.2g 28.2%Cal
May - 14 *Western Burger *Ketchup/Mustard *Green Beans *Cherry Tomatoes *Apricots *Fresh Fruit *Doritos RF 1 oz *MILK - Variety	May - 15 *Spaghetti Sauce *MEAT BALLS *WG Pasta *Garlic Toast *Spinach Romaine Salad *Dressing Ranch Lite *Pears *Fresh Fruit *MILK - Variety	May - 16 *BBQ Pork Sandwich *French Fries *Ketchup *Dill Pickle Spear *Coleslaw *Apple Slices *Fresh Fruit *MILK - Variety	May - 17 *American Hoagie *Baked Beans *Cucumber Slices *Slushie 4oz *Fresh Fruit *Cookie Choc Chip *MILK - Variety	May - 18 *Chicken Alfredo *WG Pasta *Breadstick WG *Peas, green *Red Pepper Strips *Peaches Sliced *Fresh Fruit *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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005 - Clear Creek High School
9-12 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Nutrients Target Cals... 756 100% Sodium. 1466 mg Sugar 33.9*g 17.9%Cal Prot 34.6g 18.3%Cal Carb 128.8g 68.1%Cal T.Fat 14.7g 17.5%Cal	Nutrients Target Cals... 796 100% Sodium. 972 mg Sugar 30.0*g 15.1%Cal Prot 37.3g 18.8%Cal Carb 118.5g 59.6%Cal T.Fat 23.9g 27.0%Cal	Nutrients Target Cals... 841 100% Sodium. 1300 mg Sugar 22.3*g 10.6%Cal Prot 39.0g 18.6%Cal Carb 123.1g 58.6%Cal T.Fat 23.7g 25.4%Cal	Nutrients Target Cals... 791 100% Sodium. 1164 mg Sugar 16.5*g 8.4%Cal Prot 32.0g 16.2%Cal Carb 133.4g 67.5%Cal T.Fat 16.0g 18.2%Cal	Nutrients Target Cals... 777 100% Sodium. 795 mg Sugar 18.4*g 9.5%Cal Prot 59.8g 30.8%Cal Carb 105.8g 54.5%Cal T.Fat 15.3g 17.7%Cal
May - 21 *Crazy Chicken Wrap *Broccoli w/Cheese Sauce *Cherry Tomatoes *Strawberries,fzn *Fresh Fruit *MILK - Variety	May - 22 *Macho Nachos *Black Bean Salsa *Refried Beans *Mandarin Oranges *Fresh Fruit *MILK - Variety	May - 23 *Ch Breadstick w/marinara *Lettuce Salad *Salad Dressing Asstd *Apple Slices *Fresh Fruit *Raspberry Sherbet *MILK - Variety	May - 24 *Chicken Patty on Bun *Tom/Leaf Lett/Onion *Mayo *Corn, frozen, yellow *Peaches *Fresh Fruit *MILK - Variety	May - 25 *Orange Chic/Rice *Oriental Vegetables *Carroteenies *Tropical Fruit *Fresh Fruit *Fortune Cookie *MILK - Variety
Nutrients Target Cals... 798 100% Sodium. 1262 mg Sugar 16.4*g 8.2%Cal Prot 38.4g 19.2%Cal Carb 114.1g 57.2%Cal T.Fat 25.1g 28.3%Cal	Nutrients Target Cals... 885 104% Sodium. 2199 mg Sugar 14.7*g 6.7%Cal Prot 37.7g 17.0%Cal Carb 130.6g 59.0%Cal T.Fat 30.1g 30.7%Cal	Nutrients Target Cals... 753 100% Sodium. 1218 mg Sugar 29.6*g 15.7%Cal Prot 25.8g 13.7%Cal Carb 112.5g 59.8%Cal T.Fat 24.3g 29.0%Cal	Nutrients Target Cals... 756 100% Sodium. 868 mg Sugar 34.8*g 18.4%Cal Prot 32.2g 17.1%Cal Carb 123.4g 65.3%Cal T.Fat 19.3g 23.0%Cal	Nutrients Target Cals... 755 100% Sodium. 495 mg Sugar 13.7*g 7.3%Cal Prot 27.3g 14.5%Cal Carb 148.3g 78.6%Cal T.Fat 6.0g 7.2%Cal
May - 28 *No School	May - 29 *Turkey/Ch Sandwich *Mayo *Sweet Potato Fries *Ketchup *Cucumber Slices *PINEAPPLE CHUNKS *Fresh Fruit *Dick & Jane Snacks *MILK - Variety	May - 30 *Walking Taco *Sour Cream *Salsa *Refried Beans *Corn *Watermelon *Fresh Fruit *MILK - Variety	May - 31 *Sloppy Joe on Bun *Tater Tots *Ketchup *Dill Pickle Spear *Cherry Tomatoes *Pineapple *Fresh Fruit *MILK - Variety	Jun - 1 *Last Day of School *Clipper Cheeseburger HS *Ketchup/Mustard *Sweet Potato Fries *Carroteenies *Grapes *Fresh Fruit *MILK - Variety
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... 820 100% Sodium. 1578 mg Sugar 43.6*g 21.3%Cal Prot 33.4g 16.3%Cal Carb 138.9g 67.8%Cal T.Fat 19.1g 20.9%Cal	Nutrients Target Cals... 857 101% Sodium. 1622 mg Sugar 25.3*g 11.8%Cal Prot 37.1g 17.3%Cal Carb 113.2g 52.8%Cal T.Fat 32.6g 34.2%Cal	Nutrients Target Cals... 795 100% Sodium. 1410 mg Sugar 39.0*g 19.6%Cal Prot 35.4g 17.8%Cal Carb 120.0g 60.4%Cal T.Fat 22.7g 25.7%Cal	Nutrients Target Cals... 773* 100% Sodium. 1473* mg Sugar 33.1*g 17.1%Cal Prot 29.6*g 15.3%Cal Carb 123.4*g 63.8%Cal T.Fat 20.0*g 23.3%Cal

Alternate Cheese Sandwich, Apple and Milk

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