

# Clear Creek Amana

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6-8 Lunch

Aug 12, 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		Aug - 23  Turkey/Ch Sandwich Mayo Green Beans Red Pepper Strips Fresh Fruit BBQ Baked Chips MILK - Variety	Aug - 24  Hot Dog/Cheddarwurst Ketchup/Mustard Broccoli w/Cheese Sauce Cherry Tomatoes Pears Sliced MILK - Variety	Aug - 25  Beef Taco Refried Beans Black Bean Salsa Tortilla Chips 1oz Bag Fresh Fruit MILK - Variety
		Nutrients Target Cals... 623 100% Sodium. 1240 mg Sugar 14.7*g 9.4%Cal Prot 24.9g 16.0%Cal Carb 89.3g 57.3%Cal T.Fat 19.8g 28.5%Cal	Nutrients Target Cals... 665 100% Sodium. 1489 mg Sugar 2.3*g 1.4%Cal Prot 28.4g 17.1%Cal Carb 84.5g 50.8%Cal T.Fat 22.9g 31.0%Cal	Nutrients Target Cals... 665 100% Sodium. 2076 mg Sugar 14.4*g 8.7%Cal Prot 36.6g 22.0%Cal Carb 102.0g 61.3%Cal T.Fat 15.1g 20.5%Cal
Aug - 28  BBQ Rib Sandwich Dill Pickle Spear Baked Beans Celery/Carrot Sticks Dressing Ranch Lite Fresh Fruit MILK - Variety	Aug - 29  Deli Wrap Sweet Potato Fries KETCHUP Cucumber Slices Peaches Sliced MILK - Variety	Aug - 30  Chicken Patty on Bun Mayo Carrots Glazed Coleslaw Pineapple Slices MILK - Variety	Aug - 31  McClipper Hamburger/Bun Cheese American Sliced Ketchup/Mustard Tomato/Leaf Lett Corn, frozen, yellow Orange Cheez it WG MILK - Variety	Sep - 1  Pep/ Cheese Pizza Slice Spinach Romaine Salad Salad Dressing Asstd Cherry Tomatoes Mixed Fruit Rice Krispie Bar MILK - Variety
Nutrients Target Cals... 660 100% Sodium. 1318 mg Sugar 16.0*g 9.7%Cal Prot 34.0g 20.6%Cal Carb 95.2g 57.7%Cal T.Fat 16.1g 22.0%Cal	Nutrients Target Cals... 634 100% Sodium. 1715 mg Sugar 13.1*g 8.2%Cal Prot 30.8g 19.4%Cal Carb 93.2g 58.8%Cal T.Fat 15.5g 22.0%Cal	Nutrients Target Cals... 641 100% Sodium. 943 mg Sugar 5.0*g 3.1%Cal Prot 28.8g 18.0%Cal Carb 88.1g 55.0%Cal T.Fat 20.4g 28.6%Cal	Nutrients Target Cals... 660 100% Sodium. 1173 mg Sugar 16.1*g 9.8%Cal Prot 35.8g 21.7%Cal Carb 95.3g 57.8%Cal T.Fat 16.9g 23.1%Cal	Nutrients Target Cals... 644 100% Sodium. 1363 mg Sugar 5.6*g 3.5%Cal Prot 27.9g 17.4%Cal Carb 93.1g 57.8%Cal T.Fat 21.2g 29.6%Cal
Sep - 4  HOLIDAY	Sep - 5  Chicken Nuggets Dipping Sauce Cheesy Mashed Potatoes Red Pepper Strips Applesauce MILK - Variety	Sep - 6  Waffle Stix, WG Syrup Lite Egg Patty Tri Tater Orange Dragon Punch/Mango Wango Juic MILK - Variety	Sep - 7  American Hoagie Mayo Baked Beans Carroteenies Grapes 1 cup serving Doritos RF 1 oz MILK - Variety	Sep - 8  Crispito Sour Cream Mozz String Cheese Fresh Broccoli Buds Cherry Tomatoes Dressing Ranch Lite Strawberries,fzn MILK - Variety

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<b>Nutrients</b> Target Cals... 0 100% 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	<b>Nutrients</b> Target Cals... 664 100% Sodium. 801 mg Sugar 1.9*g 1.1%Cal Prot 30.2g 18.2%Cal Carb 95.7g 57.6%Cal T.Fat 20.0g 27.1%Cal	<b>Nutrients</b> Target Cals... 668 100% Sodium. 977 mg Sugar 24.2*g 14.5%Cal Prot 21.2g 12.7%Cal Carb 119.8g 71.7%Cal T.Fat 11.8g 15.9%Cal	<b>Nutrients</b> Target Cals... 633 100% Sodium. 1156 mg Sugar 8.2*g 5.2%Cal Prot 28.9g 18.3%Cal Carb 98.3g 62.1%Cal T.Fat 15.6g 22.2%Cal	<b>Nutrients</b> Target Cals... 649 100% Sodium. 910 mg Sugar 1.7*g 1.1%Cal Prot 31.2g 19.3%Cal Carb 81.9g 50.5%Cal T.Fat 24.0g 33.3%Cal
Sep - 11	Sep - 12	Sep - 13	Sep - 14	Sep - 15
PepRally Popcorn Chicken Dipping Sauce Broccoli w/Cheese Sauce Cucumber/Rd Pepper Cherry Crisp MILK - Variety	Go Team BBQ Pork Sand Coleslaw Dill Pickle Spear Celery/Carrot Sticks Dressing Ranch Lite Banana MILK - Variety	Touchdown Pizza Cruncher Marinara Sauce Peas Mandarin Oranges MILK - Variety	Halftime Ham/Ch Sand Mayo French Fries Ketchup Cucumber Slices Fresh Fruit MILK - Variety	Tailgators Hot Dogs/Chdr Ketchup/Mustard Carroteenies Dragon Punch/Mango Wango Juic Apple, fresh MILK - Variety
<b>Nutrients</b> Target Cals... 624 100% Sodium. 1072 mg Sugar 3.6*g 2.3%Cal Prot 30.6g 19.6%Cal Carb 76.2g 48.9%Cal T.Fat 24.1g 34.7%Cal	<b>Nutrients</b> Target Cals... 645 100% Sodium. 1059 mg Sugar 18.0*g 11.2%Cal Prot 35.2g 21.8%Cal Carb 86.7g 53.8%Cal T.Fat 19.9g 27.8%Cal	<b>Nutrients</b> Target Cals... 658 100% Sodium. 1039 mg Sugar 11.9*g 7.2%Cal Prot 32.7g 19.8%Cal Carb 88.5g 53.8%Cal T.Fat 21.9g 30.0%Cal	<b>Nutrients</b> Target Cals... 624 100% Sodium. 1116 mg Sugar 14.7*g 9.4%Cal Prot 24.9g 15.9%Cal Carb 94.8g 60.7%Cal T.Fat 17.3g 25.0%Cal	<b>Nutrients</b> Target Cals... 626 100% Sodium. 1309 mg Sugar 26.3*g 16.8%Cal Prot 23.5g 15.0%Cal Carb 95.8g 61.2%Cal T.Fat 20.0g 28.8%Cal
Sep - 18	Sep - 19	Sep - 20	Sep - 21	Sep - 22
Chicken & Noodles Mozz String Cheese Green Beans Red Pepper Strips White Cake Strawberries,fzn MILK - Variety	Pep/ Cheese Pizza Slice Spinach Romaine Salad Salad Dressing Asstd Cucumber Slices Mixed Fruit Rice Krispie Bar MILK - Variety	Sloppy Joe on Bun Dill Pickle Spear Carrot Coins Baked Beans Banana MILK - Variety	Chicken Nuggets Mashed Potato/Gravy Cherry Tomatoes Fresh Fruit MILK - Variety	Macho Nachos Black Bean Salsa Sour Cream Pears Sliced Slushie 4oz MILK - Variety
<b>Nutrients</b> Target Cals... 638 100% Sodium. 983 mg Sugar 1.1*g 0.7%Cal Prot 34.0g 21.3%Cal Carb 99.2g 62.2%Cal T.Fat 13.3g 18.7%Cal	<b>Nutrients</b> Target Cals... 635 100% Sodium. 1360 mg Sugar 4.0*g 2.6%Cal Prot 27.5g 17.3%Cal Carb 91.2g 57.5%Cal T.Fat 21.1g 29.9%Cal	<b>Nutrients</b> Target Cals... 651 100% Sodium. 1013 mg Sugar 25.6*g 15.7%Cal Prot 35.0g 21.5%Cal Carb 93.4g 57.4%Cal T.Fat 16.7g 23.1%Cal	<b>Nutrients</b> Target Cals... 631 100% Sodium. 859 mg Sugar 14.7*g 9.3%Cal Prot 27.2g 17.3%Cal Carb 99.9g 63.3%Cal T.Fat 15.4g 22.1%Cal	<b>Nutrients</b> Target Cals... 626 100% Sodium. 1831 mg Sugar 0.7*g 0.5%Cal Prot 29.6g 18.9%Cal Carb 93.4g 59.7%Cal T.Fat 17.4g 25.0%Cal

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Aug 12, 2017

Monday	Tuesday	Wednesday	Thursday	Friday
Sep - 25	Sep - 26	Sep - 27	Sep - 28	Sep - 29
Breaded Pork Patty/Bun Ketchup/Mustard Twister Fries Dill Pickle Spear Broccoli Fresh Fruit MILK - Variety	Spaghetti w/Meat Sauce Breadstick WG Spinach Romaine Salad Dressing Ranch Lite Pineapple Slices MILK - Variety	Cheese Stx w/Marinara Peas Grapes Oatmeal CC Cookie MILK - Variety	Orange Chic/Rice Mozz String Cheese Oriental Vegetables Carroteenies Mandarin Oranges Fortune Cookie MILK - Variety	Walking Taco Refried Beans Sour Cream Apple, fresh Churro WG MILK - Variety
Nutrients Target Cals... 630 100% Sodium. 1734 mg Sugar 14.1*g 8.9%Cal Prot 28.1g 17.8%Cal Carb 85.7g 54.4%Cal T.Fat 21.6g 30.8%Cal	Nutrients Target Cals... 660 100% Sodium. 1245 mg Sugar 1.1*g 0.7%Cal Prot 37.1g 22.5%Cal Carb 96.8g 58.7%Cal T.Fat 15.2g 20.7%Cal	Nutrients Target Cals... 649 100% Sodium. 1085 mg Sugar 16.6*g 10.2%Cal Prot 28.2g 17.4%Cal Carb 91.8g 56.5%Cal T.Fat 19.8g 27.4%Cal	Nutrients Target Cals... 608 100% Sodium. 706 mg Sugar 0.0*g 0.0%Cal Prot 33.2g 21.9%Cal Carb 101.7g 67.0%Cal T.Fat 7.8g 11.6%Cal	Nutrients Target Cals... 701 100% Sodium. 1218 mg Sugar 19.2*g 10.9%Cal Prot 25.9g 14.8%Cal Carb 99.9g 57.0%Cal T.Fat 25.6g 32.9%Cal

Daily Alternate Meal: Cheese Sandwich and Milk

Homecoming Week, September 11-15, 2017

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