

Clear Creek Amana

6-8 Lunch

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|---|
| Jan - 1 *No School | Jan - 2 *No School | Jan - 3 *Pizza Cheese Cruncher *Marinara Sauce *Green Beans *Mandarin Oranges *Craisins *MILK - Variety | Jan - 4 *Hot Dog/Cheddarwurst *Ketchup/Mustard *Broccoli w/Cheese Sauce *Carroteenies *Pears Sliced *MILK - Variety | Jan - 5 *Chicken Patty on Bun *Tater Tots *Red Pepper Strips *Applesauce *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... 673 100% Sodium. 1180 mg Sugar 17.3*g 10.3%Cal Prot 31.4g 18.7%Cal Carb 94.1g 55.9%Cal T.Fat 21.9g 29.3%Cal | Nutrients Target Cals... 689 100% Sodium. 1553 mg Sugar 1.4*g 0.8%Cal Prot 28.6g 16.6%Cal Carb 90.0g 52.3%Cal T.Fat 22.9g 29.9%Cal | Nutrients Target Cals... 709 101% Sodium. 1136 mg Sugar 1.9*g 1.0%Cal Prot 28.4g 16.0%Cal Carb 103.5g 58.4%Cal T.Fat 21.7g 27.6%Cal |
| Jan - 8 *Toasted Cheese Sandwich *Tomato Soup *Cheddar Goldfish WG *Peas, green *Apple Slices *MILK - Variety | Jan - 9 *Pepp or Chs Pizza *Chuckwagon Corn *Cucumber Slices *Fresh Fruit *Oatmeal CC Cookie *MILK - Variety | Jan - 10 *BBQ Pork Sandwich *Sweet Potato Puffs *Baked Beans *Pineapple Slices *MILK - Variety | Jan - 11 *Clipper Cheeseburger K-8 *Ketchup/Mustard *Dill Pickle Spear *Green Beans *Red Pepper Strips *Fresh Fruit *Doritos RF 1 oz *MILK - Variety | Jan - 12 *Spaghetti w/Meat Sauce *Garlic Toast *Spinach Romaine Salad *Salad Dressing Asstd *Mandarin Oranges *MILK - Variety |
| Nutrients Target Cals... 695 100% Sodium. 1166 mg Sugar 9.7*g 5.6%Cal Prot 32.3g 18.6%Cal Carb 93.6g 53.9%Cal T.Fat 20.3g 26.3%Cal | Nutrients Target Cals... 682 100% Sodium. 1108 mg Sugar 28.1*g 16.5%Cal Prot 29.1g 17.1%Cal Carb 108.3g 63.5%Cal T.Fat 17.1g 22.6%Cal | Nutrients Target Cals... 684 100% Sodium. 799 mg Sugar 0.0*g 0.0%Cal Prot 38.2g 22.3%Cal Carb 97.2g 56.9%Cal T.Fat 17.0g 22.4%Cal | Nutrients Target Cals... 677 100% Sodium. 1653 mg Sugar 20.0*g 11.8%Cal Prot 28.6g 16.9%Cal Carb 98.4g 58.2%Cal T.Fat 20.2g 26.8%Cal | Nutrients Target Cals... 657 100% Sodium. 1130 mg Sugar 2.9*g 1.8%Cal Prot 35.5g 21.6%Cal Carb 91.6g 55.8%Cal T.Fat 19.4g 26.5%Cal |
| Jan - 15 *No School | Jan - 16 *Chicken Nuggets *Dipping Sauce *Sweet Potato Fries *Cucumber Slices *Cherry Crisp *MILK - Variety | Jan - 17 *Beef Taco *REFRIED BEANS *Mixed Fruit *Churro WG *MILK - Variety | Jan - 18 *Breaded Pork Patty/Bun *French Fries *Ketchup/Mustard *Celery Sticks *Pears Sliced *MILK - Variety | Jan - 19 *Orange Chic/Rice *Mozz String Cheese *Oriental Vegetables *Carroteenies *Mandarin Oranges *Fortune Cookie *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... 683 100% Sodium. 965 mg Sugar 8.3*g 4.9%Cal Prot 26.2g 15.3%Cal Carb 89.8g 52.6%Cal T.Fat 25.2g 33.2%Cal | Nutrients Target Cals... 771 110% Sodium. 1496 mg Sugar 5.3*g 2.7%Cal Prot 34.0g 17.6%Cal Carb 109.4g 56.7%Cal T.Fat 24.6g 28.7%Cal | Nutrients Target Cals... 663 100% Sodium. 1077 mg Sugar 1.0*g 0.6%Cal Prot 26.6g 16.0%Cal Carb 90.3g 54.5%Cal T.Fat 22.2g 30.1%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 |
| Jan - 22 *Sloppy Joe on Bun *Ketchup/Mustard *Broccoli w/Cheese Sauce *Red Pepper Strips *Slushie 4oz *MILK - Variety | Jan - 23 *Macho Nachos *Black Bean Salsa *Refried Beans *Apple, fresh *Churro WG *MILK - Variety | Jan - 24 *Ch Breadstick w/marinara *Green Beans *Fresh Fruit *Oatmeal CC Cookie *MILK - Variety | Jan - 25 *Chicken Patty on Bun *Tater Tots *Celery/Carrot Sticks *Fresh Fruit *MILK - Variety | Jan - 26 *Crazy Chicken Wrap *Corn, frozen, yellow *Red Pepper Strips *Fresh Fruit *MILK - Variety |
| Nutrients Target Cals... 645 100% Sodium. 1241 mg Sugar 10.1*g 6.3%Cal Prot 36.4g 22.6%Cal Carb 83.3g 51.7%Cal T.Fat 19.5g 27.2%Cal | Nutrients Target Cals... 685 100% Sodium. 1664 mg Sugar 19.6*g 11.4%Cal Prot 30.8g 18.0%Cal Carb 93.9g 54.8%Cal T.Fat 24.5g 32.2%Cal | Nutrients Target Cals... 675 100% Sodium. 1226 mg Sugar 28.5*g 16.9%Cal Prot 27.6g 16.3%Cal Carb 100.3g 59.5%Cal T.Fat 19.8g 26.4%Cal | Nutrients Target Cals... 674 100% Sodium. 1136 mg Sugar 15.8*g 9.4%Cal Prot 28.7g 17.1%Cal Carb 95.9g 56.9%Cal T.Fat 21.3g 28.5%Cal | Nutrients Target Cals... 675 100% Sodium. 987 mg Sugar 17.5*g 10.4%Cal Prot 34.2g 20.3%Cal Carb 90.7g 53.8%Cal T.Fat 22.4g 29.9%Cal |
| Jan - 29 *Popcorn Chicken *Mashed Potato/Gravy *Carrot/Red Peppers *Fresh Fruit *Slushie 4oz *MILK - Variety | Jan - 30 *Chicken Rice Soup *Saltine Cracker *Bologna Sandwich *Carrot Coins *Celery Sticks *Pears Sliced *MILK - Variety | Jan - 31 *BBQ Pork Rib Sandwich *Sweet Potato Fries *Baked Beans *PINEAPPLE CHUNKS *MILK - Variety | | |
| Nutrients Target Cals... 720 103% Sodium. 967 mg Sugar 16.7*g 9.3%Cal Prot 27.4g 15.2%Cal Carb 123.3g 68.5%Cal T.Fat 15.5g 19.4%Cal | Nutrients Target Cals... 703 100% Sodium. 1072 mg Sugar 6.1*g 3.5%Cal Prot 40.5g 23.0%Cal Carb 100.1g 56.9%Cal T.Fat 14.7g 18.9%Cal | Nutrients Target Cals... 668 100% Sodium. 964 mg Sugar 22.9*g 13.7%Cal Prot 30.7g 18.4%Cal Carb 98.4g 58.9%Cal T.Fat 16.6g 22.3%Cal | | |

Alternate Meal: Cheese Sandwich and Milk

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