

Clear Creek Amana

6-8 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
			Mar - 1 *BBQ Pork Sandwich *Baked Beans *Coleslaw *Pears *MILK - Variety	Mar - 2 *Pizza Quesadilla Cheese *Salsa *Sour Cream *Chuckwagon Corn *Peaches Sliced *MILK - Variety
			Nutrients Target Cals... 647 100% Sodium. 705 mg Sugar 16.3*g 10.1%Cal Prot 38.4g 23.7%Cal Carb 90.7g 56.0%Cal T.Fat 15.0g 20.9%Cal	Nutrients Target Cals... 681 100% Sodium. 1329 mg Sugar 12.2*g 7.2%Cal Prot 26.8g 15.8%Cal Carb 103.6g 60.8%Cal T.Fat 18.0g 23.8%Cal
Mar - 5 *Crispito *Cheese Stick *Sour Cream *Lettuce Salad *Cherry Tomatoes *Dressing Ranch Lite *Strawberries,fzn *MILK - Variety	Mar - 6 *Spaghetti w/Meat Sauce *Garlic Toast *Spinach Romaine Salad *Salad Dressing Asstd *Pears *MILK - Variety	Mar - 7 *Chicken Patty on Bun *Tater Tots *Red Pepper Strips *Applesauce *Rice Krispie Bar *MILK - Variety	Mar - 8 *American Hoagie *Baked Beans *Twister Fries *Ketchup *Cucumber Slices *Fresh Fruit *MILK - Variety	Mar - 9 *Ch Breadstick w/marinara *Green Beans *Mandarin Oranges *ScoobyDoo Grahams *MILK - Variety
Nutrients Target Cals... 677 100% Sodium. 1047 mg Sugar 2.1*g 1.2%Cal Prot 31.0g 18.3%Cal Carb 81.7g 48.3%Cal T.Fat 27.4g 36.5%Cal	Nutrients Target Cals... 676 100% Sodium. 1134 mg Sugar 18.1*g 10.7%Cal Prot 34.9g 20.7%Cal Carb 97.7g 57.7%Cal T.Fat 19.1g 25.4%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	Nutrients Target Cals... 683 100% Sodium. 1425 mg Sugar 14.3*g 8.4%Cal Prot 32.1g 18.8%Cal Carb 111.3g 65.2%Cal T.Fat 14.0g 18.4%Cal	Nutrients Target Cals... 660 100% Sodium. 1215 mg Sugar 7.0*g 4.3%Cal Prot 27.4g 16.6%Cal Carb 99.9g 60.5%Cal T.Fat 18.9g 25.7%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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Clear Creek Amana

004 - Clear Creek Middle School

6-8 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Mar - 19 *Chicken Nuggets *Mashed Potato/Gravy *Green Beans *Cherry Crisp *MILK - Variety	Mar - 20 *Walking Taco *Sour Cream *Red Pepper Strips *Corn, frozen, yellow *Apple, fresh *Churro WG *MILK - Variety	Mar - 21 *Clipper Cheeseburger HS *Ketchup/Mustard *Baked Beans *Carroteenies *Fresh Fruit *MILK - Variety	Mar - 22 *Breaded Pork Patty/Bun *Ketchup/Mustard *Sweet Potato Fries *Cucumber Slices *Peaches *MILK - Variety	Mar - 23 *Cheese Garlic Flatbread *Spinach Romaine Salad *Salad Dressing Asstd *Cherry Tomatoes *Fresh Fruit *MILK - Variety
Nutrients Target Cals... 758* 108% Sodium. 1059* mg Sugar 0.0*g 0.0%Cal Prot 28.8*g 15.2%Cal Carb 112.4*g 59.3%Cal T.Fat 22.9*g 27.3%Cal	Nutrients Target Cals... 685* 100% Sodium. 998* mg Sugar 20.6*g 12.0%Cal Prot 24.1*g 14.1%Cal Carb 100.5*g 58.7%Cal T.Fat 24.7*g 32.5%Cal	Nutrients Target Cals... 703* 100% Sodium. 1257* mg Sugar 18.7*g 10.6%Cal Prot 34.0*g 19.3%Cal Carb 109.3*g 62.2%Cal T.Fat 15.5*g 19.9%Cal	Nutrients Target Cals... 600* 100% Sodium. 1052* mg Sugar 24.0*g 16.0%Cal Prot 25.6*g 17.1%Cal Carb 83.7*g 55.8%Cal T.Fat 19.5*g 29.3%Cal	Nutrients Target Cals... 604* 100% Sodium. 1017* mg Sugar 20.6*g 13.6%Cal Prot 28.3*g 18.7%Cal Carb 78.3*g 51.8%Cal T.Fat 21.7*g 32.3%Cal
Mar - 26 *Roast Turkey *Mashed Potato/Gravy *Carrot Coins *WG Dinner Roll *Margarine *Pineapple *MILK - Variety	Mar - 27 *Macho Nachos *Black Bean Salsa *Refried Beans *Apple, fresh *Churro WG *MILK - Variety	Mar - 28 *Sloppy Joe on Bun *Dill Pickle Spear *Broccoli w/Cheese Sauce *Celery Sticks *Fresh Fruit *MILK - Variety	Mar - 29 *Deli Wrap *Sweet Potato Puffs *CAULIFLOWER,raw *RANCH DRESSING *Pears *MILK - Variety	Mar - 30 *Pizza Cheese Crunchers *Marinara Sauce *Green Beans *Fresh Fruit *MILK - Variety
Nutrients Target Cals... 691* 100% Sodium. 1096* mg Sugar 18.9*g 10.9%Cal Prot 28.9*g 16.7%Cal Carb 112.9*g 65.3%Cal T.Fat 14.5*g 18.9%Cal	Nutrients Target Cals... 685* 100% Sodium. 1664* mg Sugar 19.6*g 11.4%Cal Prot 30.8*g 18.0%Cal Carb 93.9*g 54.8%Cal T.Fat 24.5*g 32.2%Cal	Nutrients Target Cals... 611* 100% Sodium. 1191* mg Sugar 24.3*g 15.9%Cal Prot 36.7*g 24.0%Cal Carb 77.1*g 50.5%Cal T.Fat 19.2*g 28.3%Cal	Nutrients Target Cals... 605* 100% Sodium. 1686* mg Sugar 19.4*g 12.8%Cal Prot 31.1*g 20.6%Cal Carb 90.6*g 59.9%Cal T.Fat 14.5*g 21.6%Cal	Nutrients Target Cals... 663* 100% Sodium. 1179* mg Sugar 23.7*g 14.3%Cal Prot 31.5*g 19.0%Cal Carb 92.0*g 55.5%Cal T.Fat 21.9*g 29.7%Cal

Alternate Meal Cheese Sandwich, Apple and Milk

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