

Clear Creek Amana

6-8 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>May - 1</p> <ul style="list-style-type: none"> *Crispito *Sour Cream *Mozz String Cheese *Lettuce Salad *Salad Dressing Asstd *Cherry Tomatoes *Applesauce *MILK - Variety 	<p>May - 2</p> <ul style="list-style-type: none"> *Toasted Cheese Sandwich *Ketchup *Dill Pickle Spear *French Fries *Red Pepper Strips *Peaches *MILK - Variety 	<p>May - 3</p> <ul style="list-style-type: none"> *Pizza Cheese Crunchers *Broccoli *Carroteenies *Pineapple *MILK - Variety 	<p>May - 4</p> <ul style="list-style-type: none"> *American Hoagie *Sweet Potato WaffleFries *Ketchup *Cucumber Slices *Dipping Sauce *Apple Slices *MILK - Variety
	<p>Nutrients Target Cals... 631 100% Sodium. 1032 mg Sugar 3.9*g 2.5%Cal Prot 30.2g 19.1%Cal Carb 63.2g 40.1%Cal T.Fat 29.8g 42.5%Cal</p>	<p>Nutrients Target Cals... 723 103% Sodium. 1587 mg Sugar 18.0*g 9.9%Cal Prot 25.0g 13.8%Cal Carb 107.0g 59.2%Cal T.Fat 21.5g 26.8%Cal</p>	<p>Nutrients Target Cals... 631 100% Sodium. 1276 mg Sugar 18.9*g 12.0%Cal Prot 31.8g 20.2%Cal Carb 88.3g 56.0%Cal T.Fat 20.0g 28.5%Cal</p>	<p>Nutrients Target Cals... 611 100% Sodium. 1326 mg Sugar 14.5*g 9.5%Cal Prot 24.5g 16.1%Cal Carb 92.8g 60.7%Cal T.Fat 17.1g 25.2%Cal</p>
<p>May - 7</p> <ul style="list-style-type: none"> *Beef Taco *Refried Beans *Black Bean Salsa *Applesauce *Chips, Tortilla *MILK - Variety 	<p>May - 8</p> <ul style="list-style-type: none"> *Chicken Nuggets *Mashed Potato/Gravy *Red Pepper Strips *Fresh Fruit *MILK - Variety 	<p>May - 9</p> <ul style="list-style-type: none"> *Beef and Noodles *WG Dinner Roll *Carrot Coins *Cucumber Slices *Slushie 4oz *MILK - Variety 	<p>May - 10</p> <ul style="list-style-type: none"> *Pep/ Cheese Pizza Slice *Spinach Romaine Salad *Salad Dressing Asstd *Peaches Sliced *Rice Krispie Bar *MILK - Variety 	<p>May - 11</p> <ul style="list-style-type: none"> *Corn Dog *Ketchup/Mustard *French Fries *Carroteenies *Fresh Fruit *MILK - Variety
<p>Nutrients Target Cals... 717 102% Sodium. 1699 mg Sugar 0.7*g 0.4%Cal Prot 34.3g 19.1%Cal Carb 101.8g 56.8%Cal T.Fat 21.7g 27.2%Cal</p>	<p>Nutrients Target Cals... 631 100% Sodium. 858 mg Sugar 14.7*g 9.3%Cal Prot 27.1g 17.2%Cal Carb 99.8g 63.3%Cal T.Fat 15.4g 22.0%Cal</p>	<p>Nutrients Target Cals... 600 100% Sodium. 699 mg Sugar 3.5*g 2.3%Cal Prot 28.8g 19.2%Cal Carb 104.1g 69.4%Cal T.Fat 8.0g 11.9%Cal</p>	<p>Nutrients Target Cals... 632 100% Sodium. 1361 mg Sugar 3.6*g 2.3%Cal Prot 26.8g 17.0%Cal Carb 89.1g 56.4%Cal T.Fat 20.9g 29.9%Cal</p>	<p>Nutrients Target Cals... 683 100% Sodium. 1277 mg Sugar 13.7*g 8.0%Cal Prot 22.0g 12.9%Cal Carb 111.3g 65.2%Cal T.Fat 16.5g 21.8%Cal</p>
<p>May - 14</p> <ul style="list-style-type: none"> *Western Burger *Ketchup/Mustard *Green Beans *Cherry Tomatoes *Apricots *Doritos RF 1 oz *MILK - Variety 	<p>May - 15</p> <ul style="list-style-type: none"> *Spaghetti Sauce *MEAT BALLS *WG Pasta *Garlic Toast *Spinach Romaine Salad *Dressing Ranch Lite *Fresh Fruit *MILK - Variety 	<p>May - 16</p> <ul style="list-style-type: none"> *BBQ Pork Sandwich *French Fries *Dill Pickle Spear *Coleslaw *Apple Slices *MILK - Variety 	<p>May - 17</p> <ul style="list-style-type: none"> *American Hoagie *Baked Beans *Cucumber Slices *Slushie 4oz *Oatmeal CC Cookie *MILK - Variety 	<p>May - 18</p> <ul style="list-style-type: none"> *Chicken Alfredo *WG Pasta *Peas, green *Red Pepper Strips *Peaches Sliced *Craisins *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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6-8 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Nutrients Target Cals... 641 100% Sodium. 1414 mg Sugar 20.2*g 12.6%Cal Prot 31.6g 19.7%Cal Carb 100.4g 62.7%Cal T.Fat 13.9g 19.5%Cal	Nutrients Target Cals... 654 100% Sodium. 871 mg Sugar 14.8*g 9.1%Cal Prot 35.1g 21.5%Cal Carb 87.5g 53.5%Cal T.Fat 21.4g 29.4%Cal	Nutrients Target Cals... 705 101% Sodium. 1087 mg Sugar 8.6*g 4.9%Cal Prot 36.1g 20.5%Cal Carb 89.8g 50.9%Cal T.Fat 22.9g 29.3%Cal	Nutrients Target Cals... 660 100% Sodium. 1116 mg Sugar 8.3*g 5.0%Cal Prot 31.3g 19.0%Cal Carb 107.5g 65.1%Cal T.Fat 12.6g 17.2%Cal	Nutrients Target Cals... 645 100% Sodium. 604 mg Sugar 11.9*g 7.4%Cal Prot 55.9g 34.7%Cal Carb 78.0g 48.4%Cal T.Fat 14.0g 19.6%Cal
May - 21 *Crazy Chicken Wrap *Broccoli w/Cheese Sauce *Cherry Tomatoes *Fresh Fruit *MILK - Variety	May - 22 *Macho Nachos *Black Bean Salsa *Refried Beans *Fresh Fruit *Churro WG *MILK - Variety	May - 23 *Ch Breadstick w/marinara *Lettuce Salad *Dressing Ranch Lite *Apple Slices *Raspberry Sherbet *MILK - Variety	May - 24 *Chicken Patty on Bun *Tomato/Leaf Lett *Mayo *Corn, frozen, yellow *Fresh Fruit *Craisins *MILK - Variety	May - 25 *Orange Chic/Rice *Oriental Vegetables *Carroteenies *Fresh Fruit *Fortune Cookie *MILK - Variety
Nutrients Target Cals... 676 100% Sodium. 1258 mg Sugar 16.4*g 9.7%Cal Prot 37.7g 22.3%Cal Carb 81.1g 47.9%Cal T.Fat 25.0g 33.2%Cal	Nutrients Target Cals... 687 100% Sodium. 1663 mg Sugar 18.9*g 11.0%Cal Prot 31.3g 18.2%Cal Carb 94.0g 54.7%Cal T.Fat 24.6g 32.2%Cal	Nutrients Target Cals... 653 100% Sodium. 1229 mg Sugar 14.2*g 8.7%Cal Prot 25.3g 15.5%Cal Carb 92.5g 56.6%Cal T.Fat 21.6g 29.8%Cal	Nutrients Target Cals... 674 100% Sodium. 809 mg Sugar 25.4*g 15.1%Cal Prot 29.5g 17.5%Cal Carb 102.8g 61.0%Cal T.Fat 18.7g 25.0%Cal	Nutrients Target Cals... 570 95% Sodium. 495 mg Sugar 13.7*g 9.6%Cal Prot 25.3g 17.8%Cal Carb 106.8g 75.0%Cal T.Fat 5.3g 8.3%Cal
May - 28 *No School	May - 29 *Turkey/Ch Sandwich *Mayo *Sweet Potato Fries *Ketchup *Cucumber Slices *Fresh Fruit *Snack Cracker Bug Bites *MILK - Variety	May - 30 *Walking Taco *Sour Cream *Salsa *Refried Beans *Corn *Watermelon *MILK - Variety	May - 31 *Sloppy Joe on Bun *Tater Tots *Ketchup *Dill Pickle Spear *Cherry Tomatoes *Pineapple *MILK - Variety	Jun - 1 *Last Day of School *Hamburger or Hot Dog *Carroteenies *Dragon Punch/Mango Wango Juic *Apple, fresh *Doritos RF 1 oz *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... 688 100% Sodium. 1250 mg Sugar 21.7*g 12.6%Cal Prot 25.4g 14.7%Cal Carb 111.2g 64.7%Cal T.Fat 18.2g 23.7%Cal	Nutrients Target Cals... 639 100% Sodium. 1316 mg Sugar 11.6*g 7.3%Cal Prot 29.1g 18.2%Cal Carb 89.8g 56.2%Cal T.Fat 20.9g 29.4%Cal	Nutrients Target Cals... 679 100% Sodium. 1358 mg Sugar 25.3*g 14.9%Cal Prot 32.4g 19.1%Cal Carb 91.6g 54.0%Cal T.Fat 21.9g 29.0%Cal	Nutrients Target Cals... 682* 100% Sodium. 1028* mg Sugar 26.3*g 15.5%Cal Prot 25.9*g 15.2%Cal Carb 105.4*g 61.8%Cal T.Fat 20.7*g 27.4%Cal

Alternate Cheese Sandwich, Apple and Milk

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