

Clear Creek Amana

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
			Feb - 1 *WG French Toast Sticks *Syrup Lite *Fresh Fruit *Fruit Juice *MILK - Variety	Feb - 2 *Pastry/Muffin Variety *Lowfat Yogurt *Fresh Fruit *Fruit Juice *MILK - Variety
			Nutrients Target Cals... 545 109% Sodium. 503 mg Sugar 27.0*g 19.8%Cal Prot 14.7g 10.8%Cal Carb 103.9g 76.3%Cal T.Fat 9.1g 15.0%Cal	Nutrients Target Cals... 506 101% Sodium. 353 mg Sugar 27.0*g 21.4%Cal Prot 16.6g 13.1%Cal Carb 99.0g 78.2%Cal T.Fat 6.3g 11.2%Cal
Feb - 5 *Cereal *WG Toast *Fresh Fruit *Fruit Juice *MILK - Variety	Feb - 6 *McClipper Sandwich *Fresh Fruit *Fruit Juice *MILK - Variety	Feb - 7 *Breakfast Pizza Variety *Sausage Links *Fresh Fruit *Fruit Juice *MILK - Variety	Feb - 8 *Apple Breadstick *Pork Sausage Patty *Fruit Juice *MILK - Variety	Feb - 9 *Frudel Friday! *Apple or Cherry Frudel *Lowfat Yogurt *Fruit Juice *MILK - Variety
Nutrients Target Cals... 512 102% Sodium. 596 mg Sugar 27.0*g 21.1%Cal Prot 14.7g 11.5%Cal Carb 100.2g 78.3%Cal T.Fat 6.7g 11.8%Cal	Nutrients Target Cals... 484 100% Sodium. 651 mg Sugar 27.0*g 22.3%Cal Prot 21.9g 18.1%Cal Carb 78.2g 64.7%Cal T.Fat 9.6g 17.8%Cal	Nutrients Target Cals... 524 105% Sodium. 701 mg Sugar 27.0*g 20.6%Cal Prot 20.4g 15.6%Cal Carb 65.7g 50.2%Cal T.Fat 21.6g 37.1%Cal	Nutrients Target Cals... 479 100% Sodium. 595 mg Sugar 22.3*g 18.6%Cal Prot 17.5g 14.6%Cal Carb 73.8g 61.6%Cal T.Fat 12.4g 23.3%Cal	Nutrients Target Cals... 474* 100% Sodium. 485* mg Sugar 13.3*g 11.2%Cal Prot 17.5*g 14.7%Cal Carb 87.1*g 73.5%Cal T.Fat 7.3*g 13.8%Cal
Feb - 12 *Muffin Monday! *Muffin, variety *Ham Bites *Fresh Fruit *Fruit Juice *MILK - Variety	Feb - 13 *Omelet/Egg Patty *Tri Tater *Fresh Fruit *Fruit Juice *MILK - Variety	Feb - 14 *Breakfast Pizza Variety *Sausage Links *Fresh Fruit *Fruit Juice *MILK - Variety	Feb - 15 *WG French Toast Sticks *Syrup Lite *Fresh Fruit *Fruit Juice *MILK - Variety	Feb - 16 *Pastry/Muffin Variety *Lowfat Yogurt *Fresh Fruit *Fruit Juice *MILK - Variety
Nutrients Target Cals... 490* 100% Sodium. 580* mg Sugar 27.0*g 22.1%Cal Prot 17.0*g 13.9%Cal Carb 85.4*g 69.8%Cal T.Fat 10.0*g 18.4%Cal	Nutrients Target Cals... 464* 100% Sodium. 616* mg Sugar 27.0*g 23.3%Cal Prot 19.4*g 16.7%Cal Carb 66.7*g 57.6%Cal T.Fat 13.1*g 25.4%Cal	Nutrients Target Cals... 524* 105% Sodium. 701* mg Sugar 27.0*g 20.6%Cal Prot 20.4*g 15.6%Cal Carb 65.7*g 50.2%Cal T.Fat 21.6*g 37.1%Cal	Nutrients Target Cals... 545* 109% Sodium. 503* mg Sugar 27.0*g 19.8%Cal Prot 14.7*g 10.8%Cal Carb 103.9*g 76.3%Cal T.Fat 9.1*g 15.0%Cal	Nutrients Target Cals... 506* 101% Sodium. 353* mg Sugar 27.0*g 21.4%Cal Prot 16.6*g 13.1%Cal Carb 99.0*g 78.2%Cal T.Fat 6.3*g 11.2%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.

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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Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
Feb - 19 *Cereal *WG Toast *Fresh Fruit *Fruit Juice *MILK - Variety	Feb - 20 *McClipper Sandwich *Fresh Fruit *Fruit Juice *MILK - Variety	Feb - 21 *Breakfast Pizza Variety *Sausage Links *Fresh Fruit *Fruit Juice *MILK - Variety	Feb - 22 *No School	Feb - 23 *No School
Nutrients Target Cals... 512* 102% Sodium. 596* mg Sugar 27.0*g 21.1%Cal Prot 14.7*g 11.5%Cal Carb 100.2*g 78.3%Cal T.Fat 6.7*g 11.8%Cal	Nutrients Target Cals... 484* 100% Sodium. 651* mg Sugar 27.0*g 22.3%Cal Prot 21.9*g 18.1%Cal Carb 78.2*g 64.7%Cal T.Fat 9.6*g 17.8%Cal	Nutrients Target Cals... 524* 105% Sodium. 701* mg Sugar 27.0*g 20.6%Cal Prot 20.4*g 15.6%Cal Carb 65.7*g 50.2%Cal T.Fat 21.6*g 37.1%Cal	Nutrients Target Cals... 0* 0% Sodium. 0* mg Sugar 0.0*g 0.0%Cal Prot 0.0*g 0.0%Cal Carb 0.0*g 0.0%Cal T.Fat 0.0*g 0.0%Cal	Nutrients Target Cals... 0* 0% Sodium. 0* mg Sugar 0.0*g 0.0%Cal Prot 0.0*g 0.0%Cal Carb 0.0*g 0.0%Cal T.Fat 0.0*g 0.0%Cal
Feb - 26 *Muffin Monday! *Muffin, variety *Ham Bites *Fresh Fruit *Fruit Juice *MILK - Variety	Feb - 27 *Omelet/Egg Patty *Tri Tater *Fresh Fruit *Fruit Juice *MILK - Variety	Feb - 28 *Breakfast Pizza Variety *Sausage Links *Fresh Fruit *Fruit Juice *MILK - Variety		
Nutrients Target Cals... 490* 100% Sodium. 580* mg Sugar 27.0*g 22.1%Cal Prot 17.0*g 13.9%Cal Carb 85.4*g 69.8%Cal T.Fat 10.0*g 18.4%Cal	Nutrients Target Cals... 464* 100% Sodium. 616* mg Sugar 27.0*g 23.3%Cal Prot 19.4*g 16.7%Cal Carb 66.7*g 57.6%Cal T.Fat 13.1*g 25.4%Cal	Nutrients Target Cals... 524* 105% Sodium. 701* mg Sugar 27.0*g 20.6%Cal Prot 20.4*g 15.6%Cal Carb 65.7*g 50.2%Cal T.Fat 21.6*g 37.1%Cal		

Alternate Meal: Cereal, Toast, Fruit, Juice and Milk

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