

Clear Creek Amana

Monday	Tuesday	Wednesday	Thursday	Friday
			Feb - 1 WG French Toast Sticks Syrup Lite Fresh Fruit Fruit Juice MILK - Variety	Feb - 2 Pastry/Muffin Variety Yogurt Parfait Ham Bites Fruit Juice MILK - Variety
			Nutrients Target Cals... 545 100% 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... 554 100% Sodium. 687 mg Sugar 19.7*g 14.2%Cal Prot 22.3g 16.1%Cal Carb 96.0g 69.3%Cal T.Fat 10.5g 17.1%Cal
Feb - 5 Breakfast Boat Bacon Lowfat Yogurt Fresh Fruit Fruit Juice MILK - Variety	Feb - 6 McClipper Sandwich Tri Tater Fresh Fruit Fruit Juice MILK - Variety	Feb - 7 Breakfast Pizza Variety Sausage Links Fresh Fruit Fruit Juice MILK - Variety	Feb - 8 UBR Granola Bar Cinn Pork Sausage Patty Fresh Fruit Fruit Juice MILK - Variety	Feb - 9 Frudel Friday! Apple or Cherry Frudel Lowfat Yogurt Mozz Ch Sticks (2) Fruit Juice MILK - Variety
Nutrients Target Cals... 549 100% Sodium. 566 mg Sugar 30.0*g 21.9%Cal Prot 22.4g 16.3%Cal Carb 95.2g 69.4%Cal T.Fat 9.6g 15.7%Cal	Nutrients Target Cals... 584 100% Sodium. 871 mg Sugar 27.0*g 18.5%Cal Prot 22.9g 15.7%Cal Carb 90.2g 61.9%Cal T.Fat 14.6g 22.5%Cal	Nutrients Target Cals... 524 100% 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... 603 101% Sodium. 636 mg Sugar 44.0*g 29.2%Cal Prot 18.4g 12.2%Cal Carb 96.9g 64.3%Cal T.Fat 17.2g 25.6%Cal	Nutrients Target Cals... 634* 106% Sodium. 655* mg Sugar 14.3*g 9.0%Cal Prot 25.5*g 16.1%Cal Carb 101.1*g 63.8%Cal T.Fat 15.3*g 21.7%Cal
Feb - 12 Muffin Monday! Muffin, variety Ham Bites Egg Patty Fresh Fruit Fruit Juice MILK - Variety	Feb - 13 Omelet/Egg Patty Tri Tater Apple Breadstick 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... 550* 100% Sodium. 715* mg Sugar 27.0*g 19.7%Cal Prot 22.0*g 16.0%Cal Carb 86.4*g 62.9%Cal T.Fat 13.0*g 21.3%Cal	Nutrients Target Cals... 579* 100% Sodium. 785* mg Sugar 22.3*g 15.4%Cal Prot 23.5*g 16.2%Cal Carb 86.6*g 59.8%Cal T.Fat 14.3*g 22.2%Cal	Nutrients Target Cals... 524* 100% 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* 100% 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* 100% 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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Monday	Tuesday	Wednesday	Thursday	Friday
Feb - 19 Breakfast Wrap Salsa Tri Tater Fresh Fruit Fruit Juice MILK - Variety	Feb - 20 McClipper Sandwich Tri Tater 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... 566* 100% Sodium. 1279* mg Sugar 27.0*g 19.1%Cal Prot 22.2*g 15.7%Cal Carb 87.2*g 61.6%Cal T.Fat 16.2*g 25.7%Cal	Nutrients Target Cals... 584* 100% Sodium. 871* mg Sugar 27.0*g 18.5%Cal Prot 22.9*g 15.7%Cal Carb 90.2*g 61.9%Cal T.Fat 14.6*g 22.5%Cal	Nutrients Target Cals... 524* 100% 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 Egg Patty Fresh Fruit Fruit Juice MILK - Variety	Feb - 27 Omelet/Egg Patty Tri Tater Apple Breadstick Fruit Juice MILK - Variety	Feb - 28 Breakfast Pizza Variety Sausage Links Fresh Fruit Fruit Juice MILK - Variety		
Nutrients Target Cals... 550* 100% Sodium. 715* mg Sugar 27.0*g 19.7%Cal Prot 22.0*g 16.0%Cal Carb 86.4*g 62.9%Cal T.Fat 13.0*g 21.3%Cal	Nutrients Target Cals... 579* 100% Sodium. 785* mg Sugar 22.3*g 15.4%Cal Prot 23.5*g 16.2%Cal Carb 86.6*g 59.8%Cal T.Fat 14.3*g 22.2%Cal	Nutrients Target Cals... 524* 100% 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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