

# Clear Creek Amana

## Breakfast

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday  |
|--|--|--|--|---|
| Apr - 2<br><br>*Muffin Monday!<br>*Muffin, variety<br>*Ham Bites<br>*Fresh Fruit<br>*Fruit Juice<br>*MILK - Variety  | Apr - 3<br><br>*Omelet/Egg Patty<br>*Tri Tater<br>*Fresh Fruit<br>*Fruit Juice<br>*MILK - Variety  | Apr - 4<br><br>*Breakfast Pizza Variety<br>*Sausage Links<br>*Fresh Fruit<br>*Fruit Juice<br>*MILK - Variety   | Apr - 5<br><br>*WG French Toast Sticks<br>*Syrup Lite<br>*Fresh Fruit<br>*Fruit Juice<br>*MILK - Variety   | Apr - 6<br><br>*Pastry/Muffin Variety<br>*Lowfat Yogurt<br>*Fresh Fruit<br>*Fruit Juice<br>*MILK - Variety  |
| Nutrients<br>Target<br>Cals... 490*<br>100%<br>Sodium. 580* mg<br>Sugar 27.0*g<br>22.1%Cal<br>Prot 17.0*g<br>13.9%Cal<br>Carb 85.4*g<br>69.8%Cal<br>T.Fat 10.0*g<br>18.4%Cal | Nutrients<br>Target<br>Cals... 464*<br>100%<br>Sodium. 616* mg<br>Sugar 27.0*g<br>23.3%Cal<br>Prot 19.4*g<br>16.7%Cal<br>Carb 66.7*g<br>57.6%Cal<br>T.Fat 13.1*g<br>25.4%Cal | Nutrients<br>Target<br>Cals... 524*<br>105%<br>Sodium. 701* mg<br>Sugar 27.0*g<br>20.6%Cal<br>Prot 20.4*g<br>15.6%Cal<br>Carb 65.7*g<br>50.2%Cal<br>T.Fat 21.6*g<br>37.1%Cal | Nutrients<br>Target<br>Cals... 545*<br>109%<br>Sodium. 503* mg<br>Sugar 27.0*g<br>19.8%Cal<br>Prot 14.7*g<br>10.8%Cal<br>Carb 103.9*g<br>76.3%Cal<br>T.Fat 9.1*g<br>15.0%Cal | Nutrients<br>Target<br>Cals... 506*<br>101%<br>Sodium. 353* mg<br>Sugar 27.0*g<br>21.4%Cal<br>Prot 16.6*g<br>13.1%Cal<br>Carb 99.0*g<br>78.2%Cal<br>T.Fat 6.3*g<br>11.2%Cal |
| Apr - 9<br><br>*Cereal<br>*WG Toast<br>*Fresh Fruit<br>*Fruit Juice<br>*MILK - Variety   | Apr - 10<br><br>*McClipper Sandwich<br>*Fresh Fruit<br>*Fruit Juice<br>*MILK - Variety   | Apr - 11<br><br>*Breakfast Pizza Variety<br>*Sausage Links<br>*Fresh Fruit<br>*Fruit Juice<br>*MILK - Variety  | Apr - 12<br><br>*Cereal Bar<br>*Pork Sausage Patty<br>*Fruit Juice<br>*MILK - Variety  | Apr - 13<br><br>*Frudel Friday!<br>*Apple or Cherry Frudel<br>*Lowfat Yogurt<br>*Fruit Juice<br>*MILK - Variety   |
| Nutrients<br>Target<br>Cals... 512*<br>102%<br>Sodium. 596* mg<br>Sugar 27.0*g<br>21.1%Cal<br>Prot 14.7*g<br>11.5%Cal<br>Carb 100.2*g<br>78.3%Cal<br>T.Fat 6.7*g<br>11.8%Cal | Nutrients<br>Target<br>Cals... 484*<br>100%<br>Sodium. 651* mg<br>Sugar 27.0*g<br>22.3%Cal<br>Prot 21.9*g<br>18.1%Cal<br>Carb 78.2*g<br>64.7%Cal<br>T.Fat 9.6*g<br>17.8%Cal  | Nutrients<br>Target<br>Cals... 524*<br>105%<br>Sodium. 701* mg<br>Sugar 27.0*g<br>20.6%Cal<br>Prot 20.4*g<br>15.6%Cal<br>Carb 65.7*g<br>50.2%Cal<br>T.Fat 21.6*g<br>37.1%Cal | Nutrients<br>Target<br>Cals... 439*<br>100%<br>Sodium. 540* mg<br>Sugar 22.3*g<br>20.3%Cal<br>Prot 14.5*g<br>13.2%Cal<br>Carb 64.8*g<br>59.0%Cal<br>T.Fat 14.4*g<br>29.5%Cal | Nutrients<br>Target<br>Cals... 474*<br>100%<br>Sodium. 485* mg<br>Sugar 13.3*g<br>11.2%Cal<br>Prot 17.5*g<br>14.7%Cal<br>Carb 87.1*g<br>73.5%Cal<br>T.Fat 7.3*g<br>13.8%Cal |
| Apr - 16<br><br>*Muffin Monday!<br>*Muffin, variety<br>*Ham Bites<br>*Fresh Fruit<br>*Fruit Juice<br>*MILK - Variety   | Apr - 17<br><br>*Omelet/Egg Patty<br>*Tri Tater<br>*Fresh Fruit<br>*Fruit Juice<br>*MILK - Variety   | Apr - 18<br><br>*Breakfast Pizza Variety<br>*Sausage Links<br>*Fresh Fruit<br>*Fruit Juice<br>*MILK - Variety  | Apr - 19<br><br>*WG French Toast Sticks<br>*Syrup Lite<br>*Fresh Fruit<br>*Fruit Juice<br>*MILK - Variety  | Apr - 20<br><br>*No School  |
| Nutrients<br>Target<br>Cals... 490*<br>100%<br>Sodium. 580* mg<br>Sugar 27.0*g<br>22.1%Cal<br>Prot 17.0*g<br>13.9%Cal<br>Carb 85.4*g<br>69.8%Cal<br>T.Fat 10.0*g<br>18.4%Cal | Nutrients<br>Target<br>Cals... 464*<br>100%<br>Sodium. 616* mg<br>Sugar 27.0*g<br>23.3%Cal<br>Prot 19.4*g<br>16.7%Cal<br>Carb 66.7*g<br>57.6%Cal<br>T.Fat 13.1*g<br>25.4%Cal | Nutrients<br>Target<br>Cals... 524*<br>105%<br>Sodium. 701* mg<br>Sugar 27.0*g<br>20.6%Cal<br>Prot 20.4*g<br>15.6%Cal<br>Carb 65.7*g<br>50.2%Cal<br>T.Fat 21.6*g<br>37.1%Cal | Nutrients<br>Target<br>Cals... 545*<br>109%<br>Sodium. 503* mg<br>Sugar 27.0*g<br>19.8%Cal<br>Prot 14.7*g<br>10.8%Cal<br>Carb 103.9*g<br>76.3%Cal<br>T.Fat 9.1*g<br>15.0%Cal | Nutrients<br>Target<br>Cals... 0*<br>0%<br>Sodium. 0* mg<br>Sugar 0.0*g<br>0.0%Cal<br>Prot 0.0*g<br>0.0%Cal<br>Carb 0.0*g<br>0.0%Cal<br>T.Fat 0.0*g<br>0.0%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.

# Clear Creek Amana

## Breakfast

| Monday   | Tuesday   | Wednesday  | Thursday   | Friday  |
|--|---|--|--|---|
| Apr - 23<br><br>*Cereal<br>*WG Toast<br>*Fresh Fruit<br>*Fruit Juice<br>*MILK - Variety  | Apr - 24<br><br>*McClipper Sandwich<br>*Fresh Fruit<br>*Fruit Juice<br>*MILK - Variety  | Apr - 25<br><br>*Breakfast Pizza Variety<br>*Sausage Links<br>*Fresh Fruit<br>*Fruit Juice<br>*MILK - Variety  | Apr - 26<br><br>*Cereal Bar<br>*Pork Sausage Patty<br>*Fruit Juice<br>*MILK - Variety  | Apr - 27<br><br>*Frudel Friday!<br>*Apple or Cherry Frudel<br>*Lowfat Yogurt<br>*Fruit Juice<br>*MILK - Variety   |
| Nutrients<br>Target<br>Cals... 512*<br>102%<br>Sodium. 596* mg<br>Sugar 27.0*g<br>21.1%Cal<br>Prot 14.7*g<br>11.5%Cal<br>Carb 100.2*g<br>78.3%Cal<br>T.Fat 6.7*g<br>11.8%Cal | Nutrients<br>Target<br>Cals... 484*<br>100%<br>Sodium. 651* mg<br>Sugar 27.0*g<br>22.3%Cal<br>Prot 21.9*g<br>18.1%Cal<br>Carb 78.2*g<br>64.7%Cal<br>T.Fat 9.6*g<br>17.8%Cal | Nutrients<br>Target<br>Cals... 524*<br>105%<br>Sodium. 701* mg<br>Sugar 27.0*g<br>20.6%Cal<br>Prot 20.4*g<br>15.6%Cal<br>Carb 65.7*g<br>50.2%Cal<br>T.Fat 21.6*g<br>37.1%Cal | Nutrients<br>Target<br>Cals... 439*<br>100%<br>Sodium. 540* mg<br>Sugar 22.3*g<br>20.3%Cal<br>Prot 14.5*g<br>13.2%Cal<br>Carb 64.8*g<br>59.0%Cal<br>T.Fat 14.4*g<br>29.5%Cal | Nutrients<br>Target<br>Cals... 474*<br>100%<br>Sodium. 485* mg<br>Sugar 13.3*g<br>11.2%Cal<br>Prot 17.5*g<br>14.7%Cal<br>Carb 87.1*g<br>73.5%Cal<br>T.Fat 7.3*g<br>13.8%Cal |
| Apr - 30<br><br>*Muffin Monday!<br>*Muffin, variety<br>*Ham Bites<br>*Fresh Fruit<br>*Fruit Juice<br>*MILK - Variety   |   |  |  |   |
| Nutrients<br>Target<br>Cals... 490*<br>100%<br>Sodium. 580* mg<br>Sugar 27.0*g<br>22.1%Cal<br>Prot 17.0*g<br>13.9%Cal<br>Carb 85.4*g<br>69.8%Cal<br>T.Fat 10.0*g<br>18.4%Cal |   |  |  |   |

Alternate Meal Cereal, Toast, Fruit, Juice and Milk

**\*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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