

# Clear Creek Amana

## 9-12 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
			Feb - 1  *Deli Wrap (HS) *French Fries *Ketchup *Red Pepper Strips *Applesauce *Fresh Fruit *MILK - Variety	Feb - 2  *Italian Pasta Bake *Garlic Toast *Spinach Romaine Salad *Salad Dressing Asstd *Cucumber Slices *Slushie 4oz *Fresh Fruit *MILK - Variety
			Nutrients Target Cals... 765 100% Sodium. 1772 mg Sugar 19.4*g 10.1%Cal Prot 33.5g 17.5%Cal Carb 117.1g 61.2%Cal T.Fat 19.1g 22.5%Cal	Nutrients Target Cals... 750 100% Sodium. 1226 mg Sugar 17.4*g 9.3%Cal Prot 33.1g 17.6%Cal Carb 116.2g 62.0%Cal T.Fat 21.0g 25.2%Cal
Feb - 5  *Beef and Noodles *WG Dinner Roll *Margarine *Mozz String Cheese *Green Beans *Red Pepper Strips *Tropical Fruit *Fresh Fruit *MILK - Variety	Feb - 6  *Chili 8 oz *Roll Cinnamon Petite *Saltine Cracker *Celery Sticks *Applesauce *Fresh Fruit *MILK - Variety	Feb - 7  *Pizza Cheese Crunchers *Marinara Sauce *Peas (HS) *PINEAPPLE CHUNKS *Fresh Fruit *MILK - Variety	Feb - 8  *Meatball Sub *French Fries *CUCUMBER,RAW *Applesauce *Fresh Fruit *MILK - Variety	Feb - 9  *Hot Dog/Cheddarwurst *Ketchup/Mustard *Broccoli w/Cheese Sauce *Carroteenies *Peaches Sliced *Fresh Fruit *MILK - Variety
Nutrients Target Cals... 789 100% Sodium. 1067 mg Sugar 14.8*g 7.5%Cal Prot 38.1g 19.3%Cal Carb 126.0g 63.9%Cal T.Fat 15.3g 17.5%Cal	Nutrients Target Cals... 792 100% Sodium. 1447 mg Sugar 22.1*g 11.2%Cal Prot 39.6g 20.0%Cal Carb 121.0g 61.1%Cal T.Fat 17.9g 20.3%Cal	Nutrients Target Cals... 777 100% Sodium. 1068 mg Sugar 43.4*g 22.3%Cal Prot 35.3g 18.1%Cal Carb 117.3g 60.4%Cal T.Fat 22.2g 25.7%Cal	Nutrients Target Cals... 854 100% Sodium. 1088 mg Sugar 15.3*g 7.1%Cal Prot 41.3g 19.3%Cal Carb 122.3g 57.3%Cal T.Fat 24.5g 25.8%Cal	Nutrients Target Cals... 751 100% Sodium. 1559 mg Sugar 15.0*g 8.0%Cal Prot 29.5g 15.7%Cal Carb 105.8g 56.3%Cal T.Fat 23.2g 27.8%Cal
Feb - 12  *Crazy Chicken Wrap *Corn, frozen, yellow *Cherry Tomatoes *Apple Slices *Fresh Fruit *Doritos RF 1 oz *MILK - Variety	Feb - 13  *Pepperoni/Cheese Pizza *Spinach Romaine Salad *Salad Dressing Asstd *Cucumber Slices *Peaches *Fresh Fruit *Rice Krispie Bar *MILK - Variety	Feb - 14  *Tomato Soup *Toasted Cheese Sandwich *Cheddar Goldfish WG *Red Pepper Strips *Rosy Applesauce *Fresh Fruit *MILK - Variety	Feb - 15  *Cheeseburger *Ketchup/Mustard *Sweet Potato Fries *Celery/Carrot Sticks *Pears Sliced *Fresh Fruit *MILK - Variety	Feb - 16  *Shrimp Poppers *Dipping Sauce *Mozz Ch Sticks (2) *Baked Beans *Peppers, green strips *Strawberries,fzn *Fresh Fruit *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.

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# Clear Creek Amana

## 005 - Clear Creek High School

### 9-12 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Nutrients</b> Target Cals... 841 100% Sodium. 1190 mg Sugar 24.5*g 11.7%Cal Prot 36.6g 17.4%Cal Carb 119.2g 56.7%Cal T.Fat 27.5g 29.4%Cal	<b>Nutrients</b> Target Cals... 793 100% Sodium. 1272 mg Sugar 35.1*g 17.7%Cal Prot 29.1g 14.7%Cal Carb 125.3g 63.2%Cal T.Fat 22.4g 25.4%Cal	<b>Nutrients</b> Target Cals... 768 100% Sodium. 1113 mg Sugar 32.7*g 17.0%Cal Prot 29.5g 15.4%Cal Carb 117.2g 61.1%Cal T.Fat 20.6g 24.2%Cal	<b>Nutrients</b> Target Cals... 787 100% Sodium. 1316 mg Sugar 21.6*g 11.0%Cal Prot 32.6g 16.6%Cal Carb 120.6g 61.3%Cal T.Fat 22.3g 25.5%Cal	<b>Nutrients</b> Target Cals... 831 100% Sodium. 1087 mg Sugar 15.9*g 7.6%Cal Prot 36.0g 17.3%Cal Carb 131.8g 63.5%Cal T.Fat 20.5g 22.2%Cal
Feb - 19  *Popcorn Chicken *Mashed Potato/Gravy *Green Beans *Cherry Crisp *Fresh Fruit *MILK - Variety	Feb - 20  *Orange Chic/Rice *Oriental Vegetables *Carroteenies *Tropical Fruit *Fresh Fruit *Fortune Cookie *MILK - Variety	Feb - 21  *WG French Toast Sticks *Syrup Lite *Egg Patty *Potato Smiles *Dragon Punch/Mango Wango Juic *Mandarin Oranges *Fresh Fruit *MILK - Variety	Feb - 22  *No School	Feb - 23  *No School
<b>Nutrients</b> Target Cals... 833 100% Sodium. 1175 mg Sugar 13.7*g 6.6%Cal Prot 30.1g 14.4%Cal Carb 133.0g 63.9%Cal T.Fat 23.3g 25.1%Cal	<b>Nutrients</b> Target Cals... 755 100% Sodium. 495 mg Sugar 13.7*g 7.3%Cal Prot 27.3g 14.5%Cal Carb 148.3g 78.6%Cal T.Fat 6.0g 7.2%Cal	<b>Nutrients</b> Target Cals... 805 100% Sodium. 890 mg Sugar 25.7*g 12.8%Cal Prot 22.5g 11.2%Cal Carb 140.3g 69.8%Cal T.Fat 17.8g 19.9%Cal	<b>Nutrients</b> 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	<b>Nutrients</b> 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
Feb - 26  *Sloppy Joe on Bun *Ketchup/Mustard *Broccoli w/Cheese Sauce *Dill Pickle Spear *Carrot Sticks *PINEAPPLE CHUNKS *Fresh Fruit *MILK - Variety	Feb - 27  *Chicken Fajita *Mozz Ch Sticks (2) *Fajita Pepper/Onions *Salsa *Slushie 4oz *Fresh Fruit *MILK - Variety	Feb - 28  *Ch Breadstick w/marinara *Green Beans *Fruit Salad *Fresh Fruit *Cookie, Cherry Oatmeal *MILK - Variety		
<b>Nutrients</b> Target Cals... 768 100% Sodium. 1575 mg Sugar 42.1*g 21.9%Cal Prot 40.3g 21.0%Cal Carb 113.9g 59.3%Cal T.Fat 20.6g 24.1%Cal	<b>Nutrients</b> Target Cals... 781 100% Sodium. 1607 mg Sugar 15.0*g 7.7%Cal Prot 37.6g 19.2%Cal Carb 111.1g 56.9%Cal T.Fat 22.0g 25.3%Cal	<b>Nutrients</b> Target Cals... 774 100% Sodium. 1160 mg Sugar 23.7*g 12.3%Cal Prot 28.3g 14.6%Cal Carb 128.3g 66.3%Cal T.Fat 18.5g 21.5%Cal		

Alternate Meal: Cheese Sandwich and Milk

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