

# Clear Creek Amana

## 6-8 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
			Feb - 1  *Deli Wrap *Green Beans *Red Pepper Strips *Fresh Fruit *Doritos RF 1 oz *MILK - Variety	Feb - 2  *Italian Pasta Bake *Garlic Toast *Spinach Romaine Salad *Salad Dressing Asstd *Cucumber Slices *Fresh Fruit *MILK - Variety
			Nutrients Target Cals... 648 100% Sodium. 1799 mg Sugar 18.4*g 11.4%Cal Prot 33.1g 20.5%Cal Carb 95.4g 59.0%Cal T.Fat 16.5g 23.0%Cal	Nutrients Target Cals... 632 100% Sodium. 1090 mg Sugar 17.3*g 11.0%Cal Prot 30.1g 19.0%Cal Carb 91.7g 58.0%Cal T.Fat 20.1g 28.6%Cal
Feb - 5  *Chicken & Noodles *WG Dinner Roll *Margarine *Green Beans *Red Pepper Strips *Fresh Fruit *MILK - Variety	Feb - 6  *Chili 6 oz *Cinnamon Roll Petite *Saltine Cracker *Mozz String Cheese *Celery Sticks *Applesauce *MILK - Variety	Feb - 7  *Pizza Cheese Cruncher *Marinara Sauce *Peas *PINEAPPLE CHUNKS *MILK - Variety	Feb - 8  *American Hoagie *French Fries *Ketchup *Cucumber Slices *Mixed Fruit *MILK - Variety	Feb - 9  *Hot Dog/Cheddarwurst *Ketchup/Mustard *Broccoli w/Cheese Sauce *Red Pepper Strips *Peaches Sliced *MILK - Variety
Nutrients Target Cals... 601 100% Sodium. 929 mg Sugar 14.8*g 9.9%Cal Prot 31.0g 20.6%Cal Carb 88.8g 59.1%Cal T.Fat 15.3g 22.9%Cal	Nutrients Target Cals... 640 100% Sodium. 1336 mg Sugar 7.2*g 4.5%Cal Prot 40.2g 25.1%Cal Carb 85.9g 53.7%Cal T.Fat 14.7g 20.6%Cal	Nutrients Target Cals... 672 100% Sodium. 1038 mg Sugar 27.8*g 16.6%Cal Prot 32.3g 19.2%Cal Carb 92.5g 55.0%Cal T.Fat 21.8g 29.2%Cal	Nutrients Target Cals... 627 100% Sodium. 1172 mg Sugar 0.6*g 0.4%Cal Prot 26.8g 17.1%Cal Carb 101.1g 64.5%Cal T.Fat 14.8g 21.2%Cal	Nutrients Target Cals... 655 100% Sodium. 1493 mg Sugar 2.3*g 1.4%Cal Prot 28.3g 17.3%Cal Carb 81.1g 49.6%Cal T.Fat 22.9g 31.5%Cal
Feb - 12  *Crazy Chicken Wrap *Corn, frozen, yellow *Cherry Tomatoes *Fresh Fruit *MILK - Variety	Feb - 13  *Pepp or Chs Pizza *Spinach Romaine Salad *Salad Dressing Asstd *Cucumber Slices *Orange *Rice Krispie Bar *MILK - Variety	Feb - 14  *Tomato Soup *Toasted Cheese Sandwich *Saltine Cracker *Red Pepper Strips *Rosy Applesauce *MILK - Variety	Feb - 15  *Cheeseburger *Ketchup/Mustard *Sweet Potato Fries *Celery/Carrot Sticks *Pears Sliced *MILK - Variety	Feb - 16  *Shrimp Poppers *Dipping Sauce *Mozz Ch Sticks (2) *Baked Beans *Peppers, green strips *Apple Slices *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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## 6-8 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Nutrients Target Cals... 674 100% Sodium. 988 mg Sugar 17.6*g 10.4%Cal Prot 34.3g 20.4%Cal Carb 90.8g 53.8%Cal T.Fat 22.4g 29.9%Cal	Nutrients Target Cals... 628 100% Sodium. 1322 mg Sugar 16.3*g 10.4%Cal Prot 27.7g 17.6%Cal Carb 88.7g 56.5%Cal T.Fat 21.1g 30.3%Cal	Nutrients Target Cals... 644 100% Sodium. 1002 mg Sugar 19.0*g 11.8%Cal Prot 27.6g 17.2%Cal Carb 91.1g 56.6%Cal T.Fat 17.8g 24.9%Cal	Nutrients Target Cals... 641 100% Sodium. 1244 mg Sugar 7.9*g 4.9%Cal Prot 31.6g 19.7%Cal Carb 91.2g 56.9%Cal T.Fat 16.5g 23.2%Cal	Nutrients Target Cals... 667 100% Sodium. 1083 mg Sugar 8.4*g 5.1%Cal Prot 34.5g 20.7%Cal Carb 87.2g 52.3%Cal T.Fat 20.1g 27.1%Cal
Feb - 19  *Popcorn Chicken *Mashed Potato/Gravy *Green Beans *Cherry Crisp *MILK - Variety	Feb - 20  *Orange Chic/Rice *Oriental Vegetables *Carroteenies *Fresh Fruit *Fortune Cookie *MILK - Variety	Feb - 21  *Pancake/Saus Mini Wraps *Syrup Lite *Egg Patty *Tater Tots *Dragon Punch/Mango Wango Juic *Orange *MILK - Variety	Feb - 22  *No School	Feb - 23  *No School
Nutrients Target Cals... 658 100% Sodium. 1149 mg Sugar 0.0*g 0.0%Cal Prot 27.2g 16.5%Cal Carb 91.9g 55.8%Cal T.Fat 22.0g 30.0%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	Nutrients Target Cals... 623 100% Sodium. 925 mg Sugar 28.4*g 18.3%Cal Prot 21.6g 13.9%Cal Carb 90.0g 57.9%Cal T.Fat 18.6g 26.9%Cal	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... 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 *Broccoli w/Cheese Sauce *Dill Pickle Spear *Carrot Sticks *PINEAPPLE CHUNKS *MILK - Variety	Feb - 27  *Chicken Fajita *Mozz Ch Sticks (2) *Fajita Pepper/Onions *Salsa *Fresh Fruit *MILK - Variety	Feb - 28  *Ch Breadstick w/marinara *Green Beans *Grapes *Cookie, Cherry Oatmeal *MILK - Variety		
Nutrients Target Cals... 611 100% Sodium. 1191 mg Sugar 26.9*g 17.6%Cal Prot 36.6g 23.9%Cal Carb 76.9g 50.3%Cal T.Fat 19.2g 28.3%Cal	Nutrients Target Cals... 681 100% Sodium. 1318 mg Sugar 15.0*g 8.8%Cal Prot 36.7g 21.6%Cal Carb 87.1g 51.2%Cal T.Fat 21.9g 28.9%Cal	Nutrients Target Cals... 658 100% Sodium. 1153 mg Sugar 17.5*g 10.7%Cal Prot 27.3g 16.6%Cal Carb 98.0g 59.6%Cal T.Fat 18.3g 25.1%Cal		

Alternate Meal: Cheese Sandwich and Milk

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