

Clear Creek Amana

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
Apr - 3	Apr - 4	Apr - 5	Apr - 6	Apr - 7
*Muffin Monday! *Mozz String Cheese *Fresh Fruit *Fruit Juice *MILK - Variety	*McClipper Sandwich *Fresh Fruit *Fruit Juice *MILK - Variety	*Breakfast Pizza Variety *Sausage Links *Fresh Fruit *Fruit Juice *MILK - Variety	*WG French Toast Sticks *Syrup Lite *Sausage Links *Fruit Juice *MILK - Variety	*Pastry/Muffin Variety *Lowfat Yogurt *Orange half *Fruit Juice *MILK - Variety
Nutrients Target Cals... 499 100% Sodium. 496 mg Sugar 27.0*g 21.7%Cal Prot 20.4g 16.3%Cal Carb 85.2g 68.4%Cal T.Fat 9.6g 17.3%Cal	Nutrients Target Cals... 514 103% Sodium. 951 mg Sugar 27.0*g 21.0%Cal Prot 27.2g 21.2%Cal Carb 78.4g 61.1%Cal T.Fat 10.3g 18.0%Cal	Nutrients Target Cals... 439 100% Sodium. 511 mg Sugar 27.0*g 24.6%Cal Prot 17.4g 15.8%Cal Carb 65.2g 59.5%Cal T.Fat 13.6g 27.8%Cal	Nutrients Target Cals... 556 111% Sodium. 692 mg Sugar 13.3*g 9.6%Cal Prot 16.8g 12.1%Cal Carb 85.3g 61.4%Cal T.Fat 16.8g 27.2%Cal	Nutrients Target Cals... 463 100% Sodium. 352 mg Sugar 19.4*g 16.8%Cal Prot 16.3g 14.1%Cal Carb 87.6g 75.7%Cal T.Fat 6.1g 11.9%Cal
Apr - 10	Apr - 11	Apr - 12	Apr - 13	Apr - 14
*Cereal *Lowfat Yogurt *Fruit Juice *Fresh Fruit *MILK - Variety	*Omelet/Egg Patty *Tri Tater *Pork Sausage Patty *Fruit Juice *MILK - Variety	*Breakfast Pizza Variety *Sausage Links *Fresh Fruit *Fruit Juice *MILK - Variety	*Waffle Stix WG *Syrup Lite *Sausage Links *Fruit Juice *MILK - Variety	*No School
Nutrients Target Cals... 512 102% Sodium. 486 mg Sugar 27.0*g 21.1%Cal Prot 14.7g 11.5%Cal Carb 102.2g 79.9%Cal T.Fat 6.2g 11.0%Cal	Nutrients Target Cals... 504 101% Sodium. 885 mg Sugar 13.3*g 10.6%Cal Prot 22.5g 17.9%Cal Carb 48.3g 38.3%Cal T.Fat 22.9g 40.9%Cal	Nutrients Target Cals... 439 100% Sodium. 511 mg Sugar 27.0*g 24.6%Cal Prot 17.4g 15.8%Cal Carb 65.2g 59.5%Cal T.Fat 13.6g 27.8%Cal	Nutrients Target Cals... 457 100% Sodium. 645 mg Sugar 13.3*g 11.7%Cal Prot 15.5g 13.6%Cal Carb 76.2g 66.7%Cal T.Fat 10.8g 21.3%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
Apr - 17	Apr - 18	Apr - 19	Apr - 20	Apr - 21
*No School	*McClipper Sandwich *Fresh Fruit *Fruit Juice *MILK - Variety	*Breakfast Pizza Variety *Sausage Links *Fresh Fruit *Fruit Juice *MILK - Variety	*WG French Toast Sticks *Syrup Lite *Sausage Links *Fruit Juice *MILK - Variety	*Pastry/Muffin Variety *Lowfat Yogurt *Orange half *Fruit Juice *MILK - Variety
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... 514 103% Sodium. 951 mg Sugar 27.0*g 21.0%Cal Prot 27.2g 21.2%Cal Carb 78.4g 61.1%Cal T.Fat 10.3g 18.0%Cal	Nutrients Target Cals... 439 100% Sodium. 511 mg Sugar 27.0*g 24.6%Cal Prot 17.4g 15.8%Cal Carb 65.2g 59.5%Cal T.Fat 13.6g 27.8%Cal	Nutrients Target Cals... 556 111% Sodium. 692 mg Sugar 13.3*g 9.6%Cal Prot 16.8g 12.1%Cal Carb 85.3g 61.4%Cal T.Fat 16.8g 27.2%Cal	Nutrients Target Cals... 463 100% Sodium. 352 mg Sugar 19.4*g 16.8%Cal Prot 16.3g 14.1%Cal Carb 87.6g 75.7%Cal T.Fat 6.1g 11.9%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 - 24	Apr - 25	Apr - 26	Apr - 27	Apr - 28
*Cereal *Lowfat Yogurt *Fruit Juice *Fresh Fruit *MILK - Variety	*Omelet/Egg Patty *Tri Tater *Pork Sausage Patty *Fruit Juice *MILK - Variety	*Breakfast Pizza Variety *Sausage Links *Fresh Fruit *Fruit Juice *MILK - Variety	*Waffle Stix WG *Syrup Lite *Sausage Links *Fruit Juice *MILK - Variety	*Frudel Friday! *Apple or Cherry Frudel *Lowfat Yogurt *Fruit Juice *MILK - Variety
Nutrients Target Cals... 512 102% Sodium. 486 mg Sugar 27.0*g 21.1%Cal Prot 14.7g 11.5%Cal Carb 102.2g 79.9%Cal T.Fat 6.2g 11.0%Cal	Nutrients Target Cals... 504 101% Sodium. 885 mg Sugar 13.3*g 10.6%Cal Prot 22.5g 17.9%Cal Carb 48.3g 38.3%Cal T.Fat 22.9g 40.9%Cal	Nutrients Target Cals... 439 100% Sodium. 511 mg Sugar 27.0*g 24.6%Cal Prot 17.4g 15.8%Cal Carb 65.2g 59.5%Cal T.Fat 13.6g 27.8%Cal	Nutrients Target Cals... 457 100% Sodium. 645 mg Sugar 13.3*g 11.7%Cal Prot 15.5g 13.6%Cal Carb 76.2g 66.7%Cal T.Fat 10.8g 21.3%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

Daily Alternate Meal: Cereal, Yogurt, Juice and Milk

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