

Clear Creek Amana

Monday	Tuesday	Wednesday	Thursday	Friday
Apr - 3	Apr - 4	Apr - 5	Apr - 6	Apr - 7
Pancake & Sausage on-a-Stick Syrup Lite Mozz String Cheese Fresh Fruit Fruit Juice MILK - Variety	Breakfast Sliders Lowfat Yogurt Tri Tater Fresh Fruit Fruit Juice MILK - Variety	Breakfast Pizza Variety Sausage Links Fresh Fruit Fruit Juice MILK - Variety	WG French Toast Sticks Syrup Lite Pork Sausage Patty Fruit Juice MILK - Variety	Pastry/Muffin Variety Lowfat Yogurt Fresh Fruit Fruit Juice MILK - Variety
Nutrients Target Cals... 547 100% Sodium. 709 mg Sugar 31.0*g 22.7%Cal Prot 24.4g 17.8%Cal Carb 80.9g 59.2%Cal T.Fat 13.6g 22.3%Cal	Nutrients Target Cals... 589 100% Sodium. 706 mg Sugar 35.0*g 23.8%Cal Prot 22.4g 15.2%Cal Carb 103.2g 70.2%Cal T.Fat 11.1g 16.9%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... 585 100% Sodium. 772 mg Sugar 13.3*g 9.1%Cal Prot 17.9g 12.2%Cal Carb 85.5g 58.4%Cal T.Fat 18.9g 29.1%Cal	Nutrients Target Cals... 506 100% Sodium. 353 mg Sugar 27.0*g 21.4%Cal Prot 16.6g 13.1%Cal Carb 99.0g 78.2%Cal T.Fat 6.3g 11.2%Cal
Apr - 10	Apr - 11	Apr - 12	Apr - 13	Apr - 14
Breakfast Boat Bacon Tri Tater Fresh Fruit Fruit Juice MILK - Variety	Omelet/Egg Patty Biscuit WG Jelly Fresh Fruit Fruit Juice MILK - Variety	Breakfast Pizza Variety Sausage Links Fresh Fruit Fruit Juice MILK - Variety	Waffle Stix, WG Syrup Lite Pork Sausage Patty Fruit Juice MILK - Variety	No School
Nutrients Target Cals... 559 100% Sodium. 736 mg Sugar 30.0*g 21.5%Cal Prot 19.4g 13.9%Cal Carb 90.2g 64.6%Cal T.Fat 14.1g 22.7%Cal	Nutrients Target Cals... 574 100% Sodium. 747 mg Sugar 39.6*g 27.6%Cal Prot 22.0g 15.4%Cal Carb 89.4g 62.3%Cal T.Fat 15.3g 24.0%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... 575 100% Sodium. 867 mg Sugar 13.3*g 9.3%Cal Prot 18.5g 12.9%Cal Carb 94.7g 65.8%Cal T.Fat 13.9g 21.8%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	Breakfast Sliders Lowfat Yogurt Tri Tater Fresh Fruit Fruit Juice MILK - Variety	Breakfast Pizza Variety Sausage Links Fresh Fruit Fruit Juice MILK - Variety	WG French Toast Sticks Syrup Lite Pork Sausage Patty Fruit Juice MILK - Variety	Pastry/Muffin Variety Lowfat Yogurt Fresh Fruit Fruit Juice 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.

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

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Breakfast 9-12

Mar 27, 2017

Monday	Tuesday	Wednesday	Thursday	Friday
Nutrients Target Cals... 0 100% 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... 589 100% Sodium. 706 mg Sugar 35.0*g 23.8%Cal Prot 22.4g 15.2%Cal Carb 103.2g 70.2%Cal T.Fat 11.1g 16.9%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... 585 100% Sodium. 772 mg Sugar 13.3*g 9.1%Cal Prot 17.9g 12.2%Cal Carb 85.5g 58.4%Cal T.Fat 18.9g 29.1%Cal	Nutrients Target Cals... 506 100% Sodium. 353 mg Sugar 27.0*g 21.4%Cal Prot 16.6g 13.1%Cal Carb 99.0g 78.2%Cal T.Fat 6.3g 11.2%Cal
Apr - 24	Apr - 25	Apr - 26	Apr - 27	Apr - 28
Breakfast Boat Bacon Tri Tater Fresh Fruit Fruit Juice MILK - Variety	Omelet/Egg Patty Biscuit WG Jelly Fresh Fruit Fruit Juice MILK - Variety	Breakfast Pizza Variety Sausage Links Fresh Fruit Fruit Juice MILK - Variety	Waffle Stix, WG Syrup Lite Pork Sausage Patty Fruit Juice MILK - Variety	Frudel Friday! Apple or Cherry Frudel Lowfat Yogurt Fresh Fruit Fruit Juice MILK - Variety
Nutrients Target Cals... 559 100% Sodium. 736 mg Sugar 30.0*g 21.5%Cal Prot 19.4g 13.9%Cal Carb 90.2g 64.6%Cal T.Fat 14.1g 22.7%Cal	Nutrients Target Cals... 574 100% Sodium. 747 mg Sugar 39.6*g 27.6%Cal Prot 22.0g 15.4%Cal Carb 89.4g 62.3%Cal T.Fat 15.3g 24.0%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... 575 100% Sodium. 867 mg Sugar 13.3*g 9.3%Cal Prot 18.5g 12.9%Cal Carb 94.7g 65.8%Cal T.Fat 13.9g 21.8%Cal	Nutrients Target Cals... 549* 100% Sodium. 486* mg Sugar 27.0*g 19.7%Cal Prot 18.4*g 13.4%Cal Carb 106.2*g 77.5%Cal T.Fat 7.6*g 12.4%Cal

Daily Alternate Meal: Cereal, Yogurt, Juice and Milk

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