

# Clear Creek Amana

Monday	Tuesday	Wednesday	Thursday	Friday
Apr - 3	Apr - 4	Apr - 5	Apr - 6	Apr - 7
Cereal WG Eng Muffin Fruit Juice Fresh Fruit MILK - Variety	Breakfast Sliders Lowfat Yogurt Fresh Fruit Fruit Juice MILK - Variety	Breakfast Pizza Variety Sausage Links Fresh Fruit Fruit Juice MILK - Variety	WG French Toast Sticks Syrup Lite Fresh Fruit Fruit Juice MILK - Variety	Pastry/Muffin Variety Lowfat Yogurt Fresh Fruit Fruit Juice MILK - Variety
Nutrients Target Cals... 542 100% Sodium. 656 mg Sugar 27.0*g 19.9%Cal Prot 15.7g 11.6%Cal Carb 108.2g 79.9%Cal T.Fat 6.7g 11.2%Cal	Nutrients Target Cals... 489 100% Sodium. 486 mg Sugar 35.0*g 28.7%Cal Prot 21.4g 17.5%Cal Carb 91.2g 74.7%Cal T.Fat 6.1g 11.2%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... 545 100% Sodium. 503 mg Sugar 27.0*g 19.8%Cal Prot 14.7g 10.8%Cal Carb 103.9g 76.3%Cal T.Fat 9.1g 15.0%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 Craisins Tri Tater Fruit Juice MILK - Variety	McClipper Sandwich Fresh Fruit Fruit Juice MILK - Variety	Breakfast Pizza Variety Sausage Links Fresh Fruit Fruit Juice MILK - Variety	Waffle Stix, WG Syrup Lite Fresh Fruit Fruit Juice MILK - Variety	No School
Nutrients Target Cals... 517 100% Sodium. 735 mg Sugar 23.6*g 18.2%Cal Prot 18.5g 14.3%Cal Carb 79.4g 61.4%Cal T.Fat 13.8g 24.0%Cal	Nutrients Target Cals... 514 100% 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... 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... 535 100% Sodium. 598 mg Sugar 27.0*g 20.2%Cal Prot 15.4g 11.5%Cal Carb 113.1g 84.6%Cal T.Fat 4.1g 6.8%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 Fresh Fruit Fruit Juice MILK - Variety	Breakfast Pizza Variety Sausage Links Fresh Fruit Fruit Juice MILK - Variety	WG French Toast Sticks Syrup Lite Fresh Fruit Fruit Juice MILK - Variety	Pastry/Muffin Variety Lowfat Yogurt Fresh Fruit 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... 489 100% Sodium. 486 mg Sugar 35.0*g 28.7%Cal Prot 21.4g 17.5%Cal Carb 91.2g 74.7%Cal T.Fat 6.1g 11.2%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... 545 100% Sodium. 503 mg Sugar 27.0*g 19.8%Cal Prot 14.7g 10.8%Cal Carb 103.9g 76.3%Cal T.Fat 9.1g 15.0%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

\*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.

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Monday	Tuesday	Wednesday	Thursday	Friday
Apr - 24  Breakfast Boat Bacon Craisins Tri Tater Fruit Juice MILK - Variety	Apr - 25  McClipper Sandwich Fresh Fruit Fruit Juice MILK - Variety	Apr - 26  Breakfast Pizza Variety Sausage Links Fresh Fruit Fruit Juice MILK - Variety	Apr - 27  Waffle Stix, WG Syrup Lite Fresh Fruit Fruit Juice MILK - Variety	Apr - 28  Frudel Friday! Apple or Cherry Frudel Lowfat Yogurt Fresh Fruit Fruit Juice MILK - Variety
Nutrients Target Cals... 517 100% Sodium. 735 mg Sugar 23.6*g 18.2%Cal Prot 18.5g 14.3%Cal Carb 79.4g 61.4%Cal T.Fat 13.8g 24.0%Cal	Nutrients Target Cals... 514 100% 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... 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... 535 100% Sodium. 598 mg Sugar 27.0*g 20.2%Cal Prot 15.4g 11.5%Cal Carb 113.1g 84.6%Cal T.Fat 4.1g 6.8%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

*\*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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