

Clear Creek Amana

Monday	Tuesday	Wednesday	Thursday	Friday
Apr - 3 *Pork Rib Sandwich *Dill Pickle Spear *Baked Beans *Celery/Carrot Sticks *Dressing Ranch Lite *Orange *MILK - Variety	Apr - 4 *Chicken Nuggets *Dipping Sauce *Broccoli w/Cheese Sauce *Red Pepper Strips *Pears Sliced *Oatmeal CC Cookie *MILK - Variety	Apr - 5 *Ham *Potato Smiles *Green Beans *WG Dinner Roll *Margarine *Peaches Sliced *MILK - Variety	Apr - 6 *Deli Wrap *Lettuce Salad *Dressing Ranch Lite *Broccoli Normandy *Mixed Fruit *MILK - Variety	Apr - 7 *Toasted Cheese Sandwich *Tomato Soup *Cheddar Goldfish WG *Sweet Potato Fries *Applesauce *MILK - Variety
Nutrients Target Cals... 584 100% Sodium. 1222 mg Sugar 13.6*g 9.3%Cal Prot 31.1g 21.3%Cal Carb 79.5g 54.5%Cal T.Fat 15.9g 24.6%Cal	Nutrients Target Cals... 616 100% Sodium. 1055 mg Sugar 10.9*g 7.1%Cal Prot 30.1g 19.5%Cal Carb 79.1g 51.3%Cal T.Fat 21.2g 30.9%Cal	Nutrients Target Cals... 557 100% Sodium. 1029 mg Sugar 0.0*g 0.0%Cal Prot 20.8g 14.9%Cal Carb 86.0g 61.8%Cal T.Fat 14.6g 23.6%Cal	Nutrients Target Cals... 589 100% Sodium. 1752 mg Sugar 4.9*g 3.3%Cal Prot 31.9g 21.7%Cal Carb 76.8g 52.2%Cal T.Fat 18.3g 28.0%Cal	Nutrients Target Cals... 626 100% Sodium. 992 mg Sugar 7.0*g 4.4%Cal Prot 23.2g 14.8%Cal Carb 94.1g 60.2%Cal T.Fat 17.6g 25.4%Cal
Apr - 10 *Beef Taco *Black Bean Salsa *Sour Cream *Corn, frozen, yellow *Pineapple Slices *MILK - Variety	Apr - 11 *Sloppy Joe on Bun *Carrot Coins *Cucumber/Rd Pepper *Apple, fresh *MILK - Variety	Apr - 12 *Chicken Patty on Bun *Spinach Romaine Salad *Cherry Tomatoes *Crunchy Bonzo Beans *Dressing Ranch Lite *Mandarin Oranges *MILK - Variety	Apr - 13 *Roast Turkey *Mashed Potato/Gravy *Green Beans *White Cake *Strawberries,fzn *MILK - Variety	Apr - 14 *No School
Nutrients Target Cals... 605 100% Sodium. 1382 mg Sugar 2.9*g 1.9%Cal Prot 32.1g 21.2%Cal Carb 90.7g 60.0%Cal T.Fat 15.0g 22.3%Cal	Nutrients Target Cals... 570 100% Sodium. 661 mg Sugar 26.5*g 18.6%Cal Prot 31.3g 22.0%Cal Carb 76.9g 54.0%Cal T.Fat 16.6g 26.2%Cal	Nutrients Target Cals... 697 107% Sodium. 1223 mg Sugar 2.1*g 1.2%Cal Prot 32.2g 18.5%Cal Carb 87.4g 50.2%Cal T.Fat 26.5g 34.3%Cal	Nutrients Target Cals... 663 102% Sodium. 1065 mg Sugar 0.0*g 0.0%Cal Prot 24.7g 14.9%Cal Carb 121.9g 73.5%Cal T.Fat 9.7g 13.2%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 *No School	Apr - 18 *Chicken Popcorn *Cheesy Mashed Potatoes *Broccoli *Peaches Sliced *MILK - Variety	Apr - 19 *BBQ Pork Sandwich *Baked Beans *Coleslaw *Applesauce *Doritos RF 1 oz *MILK - Variety	Apr - 20 *WG Cheese Pizza *Spinach Romaine Salad *Cherry Tom/Cucumber *Dressing Ranch Lite *Pineapple *Rice Krispie Bar *MILK - Variety	Apr - 21 *Macaroni & Cheese *Little Smokies *Carrot Coins *Red Pepper Strips *Grapes *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.

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Monday	Tuesday	Wednesday	Thursday	Friday
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... 659 101% Sodium. 825 mg Sugar 0.0*g 0.0%Cal Prot 30.9g 18.8%Cal Carb 95.2g 57.8%Cal T.Fat 19.4g 26.5%Cal	Nutrients Target Cals... 702 108% Sodium. 832 mg Sugar 1.1*g 0.6%Cal Prot 37.4g 21.3%Cal Carb 95.4g 54.3%Cal T.Fat 20.1g 25.8%Cal	Nutrients Target Cals... 613 100% Sodium. 1308 mg Sugar 19.2*g 12.5%Cal Prot 27.1g 17.7%Cal Carb 90.6g 59.1%Cal T.Fat 18.8g 27.7%Cal	Nutrients Target Cals... 580 100% Sodium. 1345 mg Sugar 3.5*g 2.4%Cal Prot 26.5g 18.3%Cal Carb 55.8g 38.5%Cal T.Fat 28.6g 44.4%Cal
Apr - 24	Apr - 25	Apr - 26	Apr - 27	Apr - 28
*Pork Riblets *Baked Beans *Cornbread *Cherry Tomatoes *Apple, fresh *MILK - Variety	*Spaghetti w/Meat Sauce *Breadstick WG *Spinach Romaine Salad *Dressing Ranch Lite *Applesauce *MILK - Variety	*American Hoagie *California Vegetables *Orange *Cherry Crisp *MILK - Variety	*Chicken Alfredo *WG Pasta *Mozz String Cheese *Peas, green *Red Pepper Strips *Banana half *MILK - Variety	*Crispito *Mozz String Cheese *Sour Cream *Carrot Coins *Cucumber Slices *Pears Sliced *MILK - Variety
Nutrients Target Cals... 585 100% Sodium. 1099 mg Sugar 21.3*g 14.6%Cal Prot 25.7g 17.6%Cal Carb 82.3g 56.3%Cal T.Fat 17.5g 26.9%Cal	Nutrients Target Cals... 651 100% Sodium. 1238 mg Sugar 1.1*g 0.7%Cal Prot 36.3g 22.3%Cal Carb 96.5g 59.3%Cal T.Fat 15.3g 21.2%Cal	Nutrients Target Cals... 634 100% Sodium. 939 mg Sugar 12.4*g 7.8%Cal Prot 27.3g 17.2%Cal Carb 101.5g 64.0%Cal T.Fat 15.6g 22.2%Cal	Nutrients Target Cals... 587 100% Sodium. 709 mg Sugar 11.9*g 8.1%Cal Prot 54.6g 37.2%Cal Carb 66.7g 45.5%Cal T.Fat 13.5g 20.8%Cal	Nutrients Target Cals... 581 100% Sodium. 794 mg Sugar 3.4*g 2.3%Cal Prot 29.1g 20.0%Cal Carb 70.1g 48.3%Cal T.Fat 20.6g 32.0%Cal
Daily Alternate Meal: Cheese Sandwich and Milk				

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