

Clear Creek Amana

9-12 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Apr - 3	Apr - 4	Apr - 5	Apr - 6	Apr - 7
*Pork Rib Sandwich *Soft Pretzel *Baked Beans *Celery/Carrot Sticks *Orange *Fresh Fruit *MILK - Variety	*WG Chicken Strips *Dipping Sauce *Broccoli w/Cheese Sauce *Red Pepper Strips *Pears Sliced *Fresh Fruit *MILK - Variety	*Pizza Quesadilla Cheese *Salsa *Sour Cream *Chuckwagon Corn *Peaches Sliced *Fresh Fruit *MILK - Variety	*Deli Wrap (HS) *Lettuce Salad *Dressing Ranch Lite *Green Beans *Mixed Fruit *Vanilla Pudding *Fresh Fruit *MILK - Variety	*Toasted Cheese Sandwich *Tomato Soup *Saltine Cracker *Sweet Potato Fries *Applesauce *Fresh Fruit *MILK - Variety
Nutrients Target Cals... 770 100% Sodium. 1036 mg Sugar 26.9*g 14.0%Cal Prot 35.4g 18.4%Cal Carb 133.0g 69.1%Cal T.Fat 17.6g 20.6%Cal	Nutrients Target Cals... 803 100% Sodium. 1299 mg Sugar 16.9*g 8.4%Cal Prot 46.9g 23.4%Cal Carb 91.8g 45.8%Cal T.Fat 30.5g 34.2%Cal	Nutrients Target Cals... 756 100% Sodium. 1330 mg Sugar 25.9*g 13.7%Cal Prot 27.7g 14.7%Cal Carb 122.7g 65.0%Cal T.Fat 18.3g 21.7%Cal	Nutrients Target Cals... 789 100% Sodium. 2001 mg Sugar 19.6*g 9.9%Cal Prot 36.3g 18.4%Cal Carb 117.8g 59.7%Cal T.Fat 21.3g 24.3%Cal	Nutrients Target Cals... 757 100% Sodium. 1136 mg Sugar 20.7*g 10.9%Cal Prot 28.6g 15.1%Cal Carb 115.3g 60.9%Cal T.Fat 20.8g 24.7%Cal
Apr - 10	Apr - 11	Apr - 12	Apr - 13	Apr - 14
*Beef Taco *Chips, Tortilla *Black Bean Salsa *Green Beans *Pineapple Slices *Fresh Fruit *MILK - Variety	*Sloppy Joe on Bun *Twister Fries *Carrot Coins *Cucumber/Rd Pepper *Apple, fresh *Fresh Fruit *MILK - Variety	*Chicken Patty on Bun *Mayo *Spinach Romaine Salad *Cherry Tomatoes *Salad Dressing Asstd *Mandarin Oranges *Fresh Fruit *MILK - Variety	*Roast Turkey *Mashed Potato/Gravy *Green Beans *Carrot Sticks *White Cake *Strawberries,fzn *Fresh Fruit *MILK - Variety	*No School
Nutrients Target Cals... 760 100% Sodium. 1657 mg Sugar 14.1*g 7.4%Cal Prot 33.8g 17.8%Cal Carb 116.1g 61.1%Cal T.Fat 20.7g 24.5%Cal	Nutrients Target Cals... 805 100% Sodium. 1034 mg Sugar 40.2*g 20.0%Cal Prot 36.2g 18.0%Cal Carb 120.3g 59.8%Cal T.Fat 23.4g 26.1%Cal	Nutrients Target Cals... 778 100% Sodium. 1154 mg Sugar 18.2*g 9.3%Cal Prot 32.1g 16.5%Cal Carb 106.5g 54.8%Cal T.Fat 28.7g 33.2%Cal	Nutrients Target Cals... 762 100% Sodium. 1108 mg Sugar 16.6*g 8.7%Cal Prot 26.1g 13.7%Cal Carb 146.8g 77.0%Cal T.Fat 10.2g 12.0%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
Apr - 17	Apr - 18	Apr - 19	Apr - 20	Apr - 21
*No School	*Chicken Nuggets *Dipping Sauce *Cheesy Mashed Potatoes *Broccoli *Peaches Sliced *Fresh Fruit *MILK - Variety	*BBQ Pork Sandwich *Baked Beans *Coleslaw *Applesauce *Fresh Fruit *Doritos RF 1 oz *MILK - Variety	*WG Cheese Pizza *Spinach Romaine Salad *Cherry Tom/Cucumber *Dressing Ranch Lite *Pineapple *Rice Krispie Bar *Fresh Fruit *MILK - Variety	*Meatball Sub *Carrot Coins *Cucumber Slices *Slushie 4oz *Fresh Fruit *Pretzel Heartzels *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... 762 100% Sodium. 928 mg Sugar 14.6*g 7.7%Cal Prot 32.1g 16.9%Cal Carb 118.9g 62.4%Cal T.Fat 20.1g 23.8%Cal	Nutrients Target Cals... 818 100% Sodium. 884 mg Sugar 14.8*g 7.2%Cal Prot 40.3g 19.7%Cal Carb 123.7g 60.5%Cal T.Fat 20.9g 23.0%Cal	Nutrients Target Cals... 756 100% Sodium. 1356 mg Sugar 33.6*g 17.8%Cal Prot 28.7g 15.2%Cal Carb 125.3g 66.3%Cal T.Fat 19.7g 23.5%Cal	Nutrients Target Cals... 786 100% Sodium. 1151 mg Sugar 15.6*g 7.9%Cal Prot 39.8g 20.2%Cal Carb 118.9g 60.5%Cal T.Fat 18.9g 21.7%Cal
Apr - 24	Apr - 25	Apr - 26	Apr - 27	Apr - 28
*Pork Riblets *Baked Beans *Cornbread *Coleslaw *Banana *Fresh Fruit *MILK - Variety	*Spaghetti w/ Meat Sc *Breadstick WG *Spinach Romaine Salad *Dressing Ranch Lite *Applesauce *Fresh Fruit *MILK - Variety	*American Hoagie *Peas, green *Cucumber Slices *Cherry Crisp *Fresh Fruit *Cheddar Goldfish WG *MILK - Variety	*Pizza Cheese Crunchers *Dipping Sauce *California Vegetables *Carroteenies *Fruit Salad *Fresh Fruit *MILK - Variety	*Crispito *Sour Cream *Chuckwagon Corn *Red Pepper Strips *Pears Sliced *Fresh Fruit *MILK - Variety
Nutrients Target Cals... 776 100% Sodium. 1276 mg Sugar 36.4*g 18.7%Cal Prot 29.3g 15.1%Cal Carb 123.5g 63.7%Cal T.Fat 20.5g 23.8%Cal	Nutrients Target Cals... 881 104% Sodium. 1436 mg Sugar 14.8*g 6.7%Cal Prot 46.9g 21.3%Cal Carb 141.0g 64.0%Cal T.Fat 17.9g 18.2%Cal	Nutrients Target Cals... 796 100% Sodium. 1151 mg Sugar 18.0*g 9.0%Cal Prot 32.6g 16.4%Cal Carb 128.3g 64.4%Cal T.Fat 20.0g 22.6%Cal	Nutrients Target Cals... 799 100% Sodium. 1201 mg Sugar 17.6*g 8.8%Cal Prot 31.2g 15.6%Cal Carb 131.6g 65.9%Cal T.Fat 20.6g 23.2%Cal	Nutrients Target Cals... 953 112% Sodium. 912 mg Sugar 20.9*g 8.8%Cal Prot 36.1g 15.1%Cal Carb 128.4g 53.9%Cal T.Fat 33.2g 31.4%Cal

Daily Alternate Meal: Cheese Sandwich and Milk

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