

Clear Creek Amana

6-8 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Apr - 3	Apr - 4	Apr - 5	Apr - 6	Apr - 7
*Chicken Nuggets *Dipping Sauce *Broccoli w/Cheese Sauce *Red Pepper Strips *Pears Sliced *Oatmeal CC Cookie *MILK - Variety	*Deli Wrap *Lettuce Salad *Dressing Ranch Lite *Green Beans *Mixed Fruit *Vanilla Pudding	*BBQ Rib Sandwich *Soft Pretzel *Baked Beans *Celery/Carrot Sticks *Orange *MILK - Variety	*Pizza Quesadilla Cheese *Salsa *Sour Cream *Chuckwagon Corn *Peaches Sliced *MILK - Variety	*Toasted Cheese Sandwich *Tomato Soup *Cheddar Goldfish WG *Sweet Potato Fries *Applesauce *MILK - Variety
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... 602 100% Sodium. 1955 mg Sugar 4.9*g 3.2%Cal Prot 27.8g 18.5%Cal Carb 81.7g 54.3%Cal T.Fat 20.0g 29.9%Cal	Nutrients Target Cals... 749 107% Sodium. 1039 mg Sugar 14.2*g 7.6%Cal Prot 38.7g 20.7%Cal Carb 119.7g 63.9%Cal T.Fat 17.4g 20.9%Cal	Nutrients Target Cals... 681 100% Sodium. 1329 mg Sugar 12.2*g 7.2%Cal Prot 26.8g 15.8%Cal Carb 103.6g 60.8%Cal T.Fat 18.0g 23.8%Cal	Nutrients Target Cals... 783 112% Sodium. 1305 mg Sugar 7.0*g 3.6%Cal Prot 29.7g 15.2%Cal Carb 110.1g 56.3%Cal T.Fat 24.5g 28.1%Cal
Apr - 10	Apr - 11	Apr - 12	Apr - 13	Apr - 14
*Beef Taco *Chips, Tortilla *Black Bean Salsa *Green Beans *Pineapple Slices *MILK - Variety	*Sloppy Joe on Bun *Twister Fries *Carrot Coins *Cucumber/Rd Pepper *Apple, fresh *MILK - Variety	*Chicken Patty on Bun *Spinach Romaine Salad *Cherry Tomatoes *Crunchy Bonzo Beans *Dressing Ranch Lite *Mandarin Oranges *MILK - Variety	*Roast Turkey *Mashed Potato/Gravy *Green Beans *White Cake *Strawberries,fzn *MILK - Variety	*No School
Nutrients Target Cals... 661 100% Sodium. 1641 mg Sugar 0.4*g 0.2%Cal Prot 32.3g 19.5%Cal Carb 95.8g 57.9%Cal T.Fat 18.5g 25.2%Cal	Nutrients Target Cals... 676 100% Sodium. 959 mg Sugar 25.1*g 14.8%Cal Prot 33.1g 19.6%Cal Carb 89.1g 52.7%Cal T.Fat 22.3g 29.7%Cal	Nutrients Target Cals... 697 100% 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... 670 100% Sodium. 1150 mg Sugar 0.0*g 0.0%Cal Prot 25.1g 15.0%Cal Carb 123.4g 73.7%Cal T.Fat 9.8g 13.1%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 Popcorn *Cheesy Mashed Potatoes *Broccoli *Peaches Sliced *MILK - Variety	*BBQ Pork Sandwich *Baked Beans *Coleslaw *Applesauce *Doritos RF 1 oz *MILK - Variety	*Meatball Sub *Carrot Coins *Cucumber Slices *Grapes *Slushie 4oz *MILK - Variety	*WG Cheese Pizza *Spinach Romaine Salad *Cherry Tom/Cucumber *Dressing Ranch Lite *Pineapple Slices *Rice Krispie Bar *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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6-8 Lunch

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... 672 100% Sodium. 945 mg Sugar 0.0*g 0.0%Cal Prot 32.4g 19.3%Cal Carb 97.7g 58.1%Cal T.Fat 19.5g 26.1%Cal	Nutrients Target Cals... 799 114% Sodium. 953 mg Sugar 1.1*g 0.6%Cal Prot 42.4g 21.3%Cal Carb 114.6g 57.4%Cal T.Fat 20.6g 23.2%Cal	Nutrients Target Cals... 677 100% Sodium. 972 mg Sugar 3.4*g 2.0%Cal Prot 37.4g 22.1%Cal Carb 95.5g 56.4%Cal T.Fat 17.6g 23.4%Cal	Nutrients Target Cals... 608 100% Sodium. 1316 mg Sugar 3.2*g 2.1%Cal Prot 27.6g 18.2%Cal Carb 87.6g 57.7%Cal T.Fat 18.7g 27.7%Cal
Apr - 24 *Pork Riblets *Baked Beans *Coleslaw *Cornbread *Banana *MILK - Variety	Apr - 25 *Spaghetti w/Meat Sauce *Breadstick WG *Spinach Romaine Salad *Dressing Ranch Lite *Applesauce *MILK - Variety	Apr - 26 *American Hoagie *Mayo *Peas *Cucumber Slices *Cherry Crisp *MILK - Variety	Apr - 27 *Pizza Cheese Crunchers *Dipping Sauce *California Vegetables *Carroteenies *Pineapple Slices *MILK - Variety	Apr - 28 *Crispito *Mozz String Cheese *Sour Cream *Chuckwagon Corn *Red Pepper Strips *Pears Sliced *MILK - Variety
Nutrients Target Cals... 692 100% Sodium. 1212 mg Sugar 21.6*g 12.5%Cal Prot 30.1g 17.4%Cal Carb 103.1g 59.6%Cal T.Fat 18.4g 23.9%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... 655 100% Sodium. 995 mg Sugar 4.9*g 3.0%Cal Prot 29.8g 18.2%Cal Carb 97.4g 59.5%Cal T.Fat 18.4g 25.3%Cal	Nutrients Target Cals... 639 100% Sodium. 1195 mg Sugar 3.9*g 2.4%Cal Prot 30.5g 19.1%Cal Carb 88.4g 55.3%Cal T.Fat 20.1g 28.4%Cal	Nutrients Target Cals... 669 100% Sodium. 751 mg Sugar 7.2*g 4.3%Cal Prot 31.2g 18.7%Cal Carb 87.3g 52.2%Cal T.Fat 21.4g 28.8%Cal
Daily Alternate Meal: Cheese Sandwich and Milk				

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