

# Clear Creek Amana

Monday	Tuesday	Wednesday	Thursday	Friday
Apr - 2  *American Hoagie *French Fries *Ketchup *Cucumber Slices *Mixed Fruit *MILK - Variety	Apr - 3  *Pork Rib BBQ Sandwich *Dill Pickle Spear *Baked Beans *Coleslaw *Applesauce *MILK - Variety	Apr - 4  *Pizza Cheese Cruncher *Marinara Sauce *Peas *Peaches Sliced *MILK - Variety	Apr - 5  *Hot Dog on a Bun *Ketchup/Mustard *Broccoli w/Cheese Sauce *Carroteenies *Pears Sliced *MILK - Variety	Apr - 6  *Chicken Nuggets *Sweet Potato Fries *Celery Sticks *Pineapple *Dick & Jane Snacks *MILK - Variety
Nutrients Target Cals... 627 100% Sodium. 1172 mg Sugar 0.6*g 0.4%Cal Prot 26.8g 17.1%Cal Carb 101.1g 64.5%Cal T.Fat 14.8g 21.2%Cal	Nutrients Target Cals... 676 104% Sodium. 1265 mg Sugar 2.6*g 1.5%Cal Prot 35.9g 21.2%Cal Carb 102.7g 60.8%Cal T.Fat 14.6g 19.4%Cal	Nutrients Target Cals... 675 104% Sodium. 1047 mg Sugar 11.9*g 7.0%Cal Prot 31.9g 18.9%Cal Carb 92.3g 54.6%Cal T.Fat 21.6g 28.8%Cal	Nutrients Target Cals... 578 100% Sodium. 1411 mg Sugar 1.9*g 1.3%Cal Prot 27.1g 18.8%Cal Carb 90.2g 62.4%Cal T.Fat 14.1g 22.0%Cal	Nutrients Target Cals... 647 100% Sodium. 811 mg Sugar 29.4*g 18.2%Cal Prot 26.0g 16.1%Cal Carb 92.7g 57.4%Cal T.Fat 21.1g 29.4%Cal
Apr - 9  *Crazy Chicken Wrap *Corn, frozen, yellow *Cherry Tomatoes *Fresh Fruit *MILK - Variety	Apr - 10  *Pepp or Chs Pizza *Spinach Romaine Salad *Dressing Ranch Lite *Strawberries,fzn *Rice Krispie Bar *MILK - Variety	Apr - 11  *Pancake/Saus Mini Wraps *Syrup Lite *Egg Patty *Tri Tater *Dragon Punch/Mango Wango Juic *Orange *MILK - Variety	Apr - 12  *Cheeseburger *Ketchup/Mustard *Baked Beans *Celery Sticks *Slushie 4oz *MILK - Variety	Apr - 13  *Macaroni & Cheese *Breadstick WG *Little Smokies *Green Beans *Red Pepper Strips *Applesauce *MILK - Variety
Nutrients Target Cals... 674 104% Sodium. 988 mg Sugar 17.6*g 10.4%Cal Prot 34.3g 20.4%Cal Carb 90.8g 53.8%Cal T.Fat 22.4g 29.9%Cal	Nutrients Target Cals... 659 101% Sodium. 1338 mg Sugar 1.8*g 1.1%Cal Prot 27.3g 16.6%Cal Carb 104.6g 63.4%Cal T.Fat 18.7g 25.6%Cal	Nutrients Target Cals... 600 100% Sodium. 848 mg Sugar 28.2*g 18.8%Cal Prot 21.2g 14.2%Cal Carb 84.6g 56.4%Cal T.Fat 17.8g 26.7%Cal	Nutrients Target Cals... 617 100% Sodium. 1226 mg Sugar 1.0*g 0.6%Cal Prot 36.0g 23.4%Cal Carb 89.0g 57.7%Cal T.Fat 12.1g 17.7%Cal	Nutrients Target Cals... 690 106% Sodium. 1685 mg Sugar 2.0*g 1.1%Cal Prot 30.0g 17.4%Cal Carb 78.9g 45.7%Cal T.Fat 29.4g 38.3%Cal
Apr - 16  *Beef and Noodles *WG Dinner Roll *Margarine *Green Beans *Cherry Tomatoes *Mandarin Oranges *MILK - Variety	Apr - 17  *Popcorn Chicken *Mashed Potato/Gravy *Carrot Coins *Cherry Crisp *MILK - Variety	Apr - 18  *Beef Taco *Refried Beans *Applesauce *Chips, Tortilla *MILK - Variety	Apr - 19  *Orange Chic/Rice *Mozz String Cheese *Oriental Vegetables *Cucumber/Rd Pepper *Pears *Fortune Cookie *MILK - Variety	Apr - 20  *No School

\*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

Monday	Tuesday	Wednesday	Thursday	Friday
Nutrients Target Cals... 606 100% Sodium. 859 mg Sugar 1.1*g 0.7%Cal Prot 30.1g 19.9%Cal Carb 95.0g 62.7%Cal T.Fat 12.9g 19.1%Cal	Nutrients Target Cals... 672 103% Sodium. 1023 mg Sugar 3.0*g 1.8%Cal Prot 26.8g 16.0%Cal Carb 94.5g 56.3%Cal T.Fat 22.4g 30.0%Cal	Nutrients Target Cals... 652 100% Sodium. 1215 mg Sugar 0.7*g 0.4%Cal Prot 30.6g 18.8%Cal Carb 87.9g 54.0%Cal T.Fat 21.4g 29.6%Cal	Nutrients Target Cals... 608 100% Sodium. 646 mg Sugar 16.6*g 10.9%Cal Prot 32.5g 21.4%Cal Carb 103.2g 67.8%Cal T.Fat 7.5g 11.2%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 - 23  *Deli Wrap *Corn, frozen, yellow *Red Pepper Strips *Applesauce *Doritos RF 1 oz *MILK - Variety	Apr - 24  *Macho Nachos *Black Bean Salsa *Refried Beans *Fresh Fruit *Churro WG 1/2 *MILK - Variety	Apr - 25  *Ch Breadstick w/marinara *Green Beans *Grapes *Cookie, Cherry Oatmeal *MILK - Variety	Apr - 26  *Sloppy Joe on Bun *Tater Tots *Dill Pickle Spear *Carrot Sticks *Pineapple *MILK - Variety	Apr - 27  *Spaghetti w/Meat Sauce *Garlic Toast *Spinach Romaine Salad *Salad Dressing Asstd *Cucumber Slices *Mandarin Oranges *MILK - Variety
Nutrients Target Cals... 678 104% Sodium. 1632 mg Sugar 7.2*g 4.3%Cal Prot 33.7g 19.9%Cal Carb 103.0g 60.7%Cal T.Fat 16.9g 22.4%Cal	Nutrients Target Cals... 593 100% Sodium. 1583 mg Sugar 16.8*g 11.4%Cal Prot 30.3g 20.4%Cal Carb 79.8g 53.9%Cal T.Fat 20.1g 30.5%Cal	Nutrients Target Cals... 658 101% Sodium. 1153 mg Sugar 17.5*g 10.7%Cal Prot 27.3g 16.6%Cal Carb 98.0g 59.6%Cal T.Fat 18.3g 25.1%Cal	Nutrients Target Cals... 665 102% Sodium. 1217 mg Sugar 25.8*g 15.5%Cal Prot 32.4g 19.5%Cal Carb 88.1g 53.0%Cal T.Fat 21.9g 29.6%Cal	Nutrients Target Cals... 661 102% Sodium. 1130 mg Sugar 3.3*g 2.0%Cal Prot 35.7g 21.6%Cal Carb 92.6g 56.1%Cal T.Fat 19.4g 26.4%Cal
Apr - 30  *BBQ Pork Sandwich *Baked Beans *Coleslaw *Pears *MILK - Variety				
Nutrients Target Cals... 647 100% Sodium. 705 mg Sugar 16.3*g 10.1%Cal Prot 38.4g 23.7%Cal Carb 90.7g 56.0%Cal T.Fat 15.0g 20.9%Cal				

Alternate Meal Cheese Sand, Apple 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.

**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.