

Clear Creek Amana

Monday	Tuesday	Wednesday	Thursday	Friday
May - 1 *Sloppy Joe on Bun *Broccoli w/Cheese Sauce *Dill Pickle Spear *Red Pepper Strips *Pears Sliced *MILK - Variety	May - 2 *Taco Salad Bowl *Black Bean Salsa *Applesauce *Oatmeal CC Cookie *MILK - Variety	May - 3 *Corn Dog *Ketchup/Mustard *French Fries *Cucumber Slices *Orange *MILK - Variety	May - 4 *Turkey/Ch Sandwich *Mayo *Green Beans *Cherry Tomatoes *Apple, fresh *BBQ Baked Chips *MILK - Variety	May - 5 *Macho Nachos *Refried Beans *Sour Cream *Slushie 4oz *Fresh Fruit *MILK - Variety
Nutrients Target Cals... 620 100% Sodium. 1174 mg Sugar 10.5*g 6.8%Cal Prot 36.0g 23.2%Cal Carb 78.4g 50.6%Cal T.Fat 19.0g 27.6%Cal	Nutrients Target Cals... 654 101% Sodium. 1399 mg Sugar 10.1*g 6.2%Cal Prot 33.1g 20.2%Cal Carb 81.0g 49.5%Cal T.Fat 20.9g 28.8%Cal	Nutrients Target Cals... 624 100% Sodium. 1051 mg Sugar 12.7*g 8.1%Cal Prot 22.0g 14.1%Cal Carb 96.6g 61.9%Cal T.Fat 16.3g 23.5%Cal	Nutrients Target Cals... 621 100% Sodium. 1241 mg Sugar 15.3*g 9.9%Cal Prot 24.4g 15.8%Cal Carb 89.3g 57.6%Cal T.Fat 19.7g 28.6%Cal	Nutrients Target Cals... 573 100% Sodium. 1094 mg Sugar 14.7*g 10.3%Cal Prot 26.6g 18.6%Cal Carb 73.9g 51.6%Cal T.Fat 21.3g 33.4%Cal
May - 8 *Pollock Fillet *Tartar Sauce *WG Dinner Roll *Margarine *Peas & Carrots *Cucumber Slices *Tropical Fruit *MILK - Variety	May - 9 *Crazy Chicken Wrap *Baked Beans *Cherry Tom/Rd Pepper *Pineapple Slices *MILK - Variety	May - 10 *Chicken Popcorn *Dipping Sauce *Sweet Potato Puffs *Green Beans *Cherry Crisp *MILK - Variety	May - 11 *Beef Taco *Salsa *Mozz String Cheese *Corn *Peaches Sliced *MILK - Variety	May - 12 *BBQ Pork Sandwich *Spinach Romaine Salad *Dressing Ranch Lite *Carrot Coins *Pears Sliced *MILK - Variety
Nutrients Target Cals... 650 100% Sodium. 716 mg Sugar 2.2*g 1.3%Cal Prot 29.5g 18.2%Cal Carb 93.5g 57.5%Cal T.Fat 17.1g 23.7%Cal	Nutrients Target Cals... 655 101% Sodium. 1067 mg Sugar 2.3*g 1.4%Cal Prot 35.5g 21.7%Cal Carb 81.1g 49.5%Cal T.Fat 21.7g 29.7%Cal	Nutrients Target Cals... 637 100% Sodium. 1038 mg Sugar 0.9*g 0.6%Cal Prot 25.7g 16.2%Cal Carb 85.8g 53.9%Cal T.Fat 23.2g 32.8%Cal	Nutrients Target Cals... 658 101% Sodium. 1336 mg Sugar 6.7*g 4.1%Cal Prot 37.5g 22.8%Cal Carb 94.1g 57.2%Cal T.Fat 15.1g 20.6%Cal	Nutrients Target Cals... 622 100% Sodium. 847 mg Sugar 2.6*g 1.7%Cal Prot 34.1g 21.9%Cal Carb 75.6g 48.6%Cal T.Fat 21.7g 31.4%Cal
May - 15 *Pork Riblets *Cornbread *Carroteenies *Cucumber Slices *Fresh Fruit *MILK - Variety	May - 16 *American Hoagie *Coleslaw *Baked Beans *Slushie 4oz *Cheez it WG *MILK - Variety	May - 17 *Pizza Cheese Crunchers *Dipping Sauce *Green Beans *Celery Sticks *Cantaloupe Wedge *MILK - Variety	May - 18 *Hot Dog on a Bun *Ketchup/Mustard *Broccoli w/Cheese Sauce *Cherry Tomatoes *Pears Sliced *MILK - Variety	May - 19 *Walking Taco *Sour Cream *Salsa *Refried Beans *Corn *Watermelon *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.

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Monday	Tuesday	Wednesday	Thursday	Friday
Nutrients Target Cals... 560 100% Sodium. 1093 mg Sugar 20.1*g 14.4%Cal Prot 23.6g 16.9%Cal Carb 78.8g 56.3%Cal T.Fat 17.6g 28.3%Cal	Nutrients Target Cals... 640 100% Sodium. 1158 mg Sugar 2.4*g 1.5%Cal Prot 29.6g 18.5%Cal Carb 103.8g 64.9%Cal T.Fat 13.4g 18.8%Cal	Nutrients Target Cals... 577 100% Sodium. 1306 mg Sugar 11.2*g 7.7%Cal Prot 29.8g 20.6%Cal Carb 74.6g 51.8%Cal T.Fat 20.2g 31.6%Cal	Nutrients Target Cals... 555 100% Sodium. 1347 mg Sugar 2.9*g 2.1%Cal Prot 26.9g 19.4%Cal Carb 84.7g 61.0%Cal T.Fat 14.1g 22.9%Cal	Nutrients Target Cals... 639 100% Sodium. 1316 mg Sugar 11.6*g 7.3%Cal Prot 29.1g 18.2%Cal Carb 89.8g 56.2%Cal T.Fat 20.9g 29.4%Cal
May - 22 *Pep/ Cheese Pizza Slice *Spinach Romaine Salad *Dressing Ranch Lite *Cherry Tomatoes *Pineapple *Rice Krispie Bar *MILK - Variety	May - 23 *BBQ Rib Sandwich *Baked Beans *Celery/Carrot Sticks *Dressing Ranch Lite *Fresh Fruit *MILK - Variety	May - 24 *Deli Wrap *Sweet Potato Fries *Cucumber Slices *Pears Sliced *MILK - Variety	May - 25 *Turkey/Ch Sandwich *Mayo *Tomato/Leaf Lett *Corn, frozen, yellow *Fresh Fruit *BBQ Baked Chips *MILK - Variety	May - 26 *Chicken Patty on Bun *Twister Fries *Ketchup *Green Beans *Applesauce *MILK - Variety
Nutrients Target Cals... 610 100% Sodium. 1367 mg Sugar 18.8*g 12.3%Cal Prot 27.9g 18.3%Cal Carb 89.9g 59.0%Cal T.Fat 18.8g 27.7%Cal	Nutrients Target Cals... 656 101% Sodium. 1035 mg Sugar 15.6*g 9.5%Cal Prot 33.9g 20.6%Cal Carb 94.4g 57.5%Cal T.Fat 16.0g 22.0%Cal	Nutrients Target Cals... 636 100% Sodium. 1628 mg Sugar 11.1*g 7.0%Cal Prot 30.7g 19.3%Cal Carb 94.0g 59.2%Cal T.Fat 15.5g 21.9%Cal	Nutrients Target Cals... 631 100% Sodium. 1024 mg Sugar 18.2*g 11.5%Cal Prot 26.5g 16.8%Cal Carb 105.0g 66.6%Cal T.Fat 14.0g 19.9%Cal	Nutrients Target Cals... 657 101% Sodium. 1355 mg Sugar 0.0*g 0.0%Cal Prot 28.6g 17.4%Cal Carb 90.5g 55.1%Cal T.Fat 21.3g 29.1%Cal
May - 29 *No School	May - 30 *Breaded Pork Patty/Bun *Ketchup/Mustard *French Fries *Cucumber Slices *Fresh Fruit *MILK - Variety	May - 31 *Crispito *Sour Cream *Mozz String Cheese *Green Beans *Fresh Fruit *MILK - Variety	Jun - 1 *Last Day of School *McClipper Hamburger/Bun *Carroteenies *Dragon Punch/Mango Wango Juic *Fresh Fruit *Doritos RF 1 oz *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... 657 101% Sodium. 1052 mg Sugar 14.1*g 8.6%Cal Prot 27.6g 16.8%Cal Carb 89.3g 54.4%Cal T.Fat 22.5g 30.8%Cal	Nutrients Target Cals... 558 100% Sodium. 915 mg Sugar 13.7*g 9.8%Cal Prot 30.2g 21.7%Cal Carb 65.6g 47.1%Cal T.Fat 20.5g 33.0%Cal	Nutrients Target Cals... 623* 100% Sodium. 865* mg Sugar 25.7*g 16.5%Cal Prot 30.4*g 19.5%Cal Carb 100.3*g 64.4%Cal T.Fat 12.5*g 18.0%Cal	

Daily Alternate Meal: Cheese Sandwich and Milk

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