

Clear Creek Amana

9-12 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Apr - 2 *American Hoagie *French Fries *KETCHUP *Lettuce Salad *Salad Dressing Asstd *Slushie 4oz *Fresh Fruit *MILK - Variety	Apr - 3 *Chicken Patty on Bun *Dill Pickle Spear *Baked Beans *Coleslaw *Applesauce *Fresh Fruit *MILK - Variety	Apr - 4 *Pizza Cheese Cruncher *Marinara Sauce *Peas (HS) *Peaches Sliced *Fresh Fruit *MILK - Variety	Apr - 5 *Hot Dog/Cheddarwurst *Ketchup/Mustard *Broccoli w/Cheese Sauce *Carroteenies *Pears Sliced *Fresh Fruit *MILK - Variety	Apr - 6 *Chicken Nuggets *Sweet Potato Fries *Celery/Carrot Sticks *Dipping Sauce *Pineapple *Fresh Fruit *Dick & Jane Snacks *MILK - Variety
Nutrients Target Cals... 801 100% Sodium. 1414 mg Sugar 18.6*g 9.3%Cal Prot 28.2g 14.1%Cal Carb 123.3g 61.6%Cal T.Fat 24.4g 27.4%Cal	Nutrients Target Cals... 765 100% Sodium. 1311 mg Sugar 15.2*g 7.9%Cal Prot 36.0g 18.8%Cal Carb 122.5g 64.1%Cal T.Fat 17.0g 20.0%Cal	Nutrients Target Cals... 781 100% Sodium. 1077 mg Sugar 27.5*g 14.1%Cal Prot 34.8g 17.8%Cal Carb 117.1g 60.0%Cal T.Fat 22.0g 25.4%Cal	Nutrients Target Cals... 763 100% Sodium. 1554 mg Sugar 15.0*g 7.9%Cal Prot 29.5g 15.5%Cal Carb 109.1g 57.2%Cal T.Fat 23.2g 27.4%Cal	Nutrients Target Cals... 756 100% Sodium. 964 mg Sugar 45.4*g 24.0%Cal Prot 27.5g 14.6%Cal Carb 119.4g 63.2%Cal T.Fat 21.9g 26.1%Cal
Apr - 9 *Crazy Chicken Wrap *Corn, frozen, yellow *Carrot/Cherry Tomatoes *Mixed Fruit *Fresh Fruit *MILK - Variety	Apr - 10 *Pepp or Chs Pizza *Spinach Romaine Salad *Dressing Ranch Lite *Strawberries,fzn *Fresh Fruit *Rice Krispie Bar *MILK - Variety	Apr - 11 *Shrimp Poppers *Dipping Sauce *Mozz String Cheese *Twister Fries *Ketchup *CUCUMBER,RAW *Fruit Salad *Fresh Fruit *MILK - Variety	Apr - 12 *Cheeseburger *Ketchup/Mustard *Baked Beans *Celery Sticks *Slushie 4oz *Fresh Fruit *MILK - Variety	Apr - 13 *Macaroni & Cheese (9-12) *Breadstick WG *Little Smokies *Green Beans *Red Pepper Strips *Applesauce *Fresh Fruit *MILK - Variety
Nutrients Target Cals... 757 100% Sodium. 1029 mg Sugar 19.6*g 10.3%Cal Prot 35.1g 18.5%Cal Carb 112.1g 59.2%Cal T.Fat 22.6g 26.8%Cal	Nutrients Target Cals... 803 100% Sodium. 1387 mg Sugar 16.3*g 8.1%Cal Prot 28.9g 14.4%Cal Carb 139.3g 69.4%Cal T.Fat 19.6g 22.0%Cal	Nutrients Target Cals... 800 100% Sodium. 1636 mg Sugar 16.1*g 8.1%Cal Prot 36.3g 18.1%Cal Carb 114.1g 57.0%Cal T.Fat 24.7g 27.8%Cal	Nutrients Target Cals... 770 100% Sodium. 1336 mg Sugar 14.7*g 7.6%Cal Prot 37.5g 19.5%Cal Carb 119.6g 62.1%Cal T.Fat 18.1g 21.1%Cal	Nutrients Target Cals... 840 100% Sodium. 1883 mg Sugar 15.7*g 7.5%Cal Prot 34.5g 16.4%Cal Carb 105.4g 50.2%Cal T.Fat 33.2g 35.5%Cal
Apr - 16 *Bf Stroganoff/Pasta *WG Dinner Roll *Margarine *Goulish Green Beans *Cherry Tomatoes *Peaches Sliced *Fresh Fruit *MILK - Variety	Apr - 17 *Popcorn Chicken *Mashed Potato/Gravy *Carrot Coins *Fresh Fruit *Cherry Crisp *MILK - Variety	Apr - 18 *Beef Taco *Refried Beans *Salsa *Applesauce *Fresh Fruit *Chips, Tortilla *MILK - Variety	Apr - 19 *Pizza Quesadilla Cheese *Spinach Romaine Salad *Salad Dressing Asstd *Cucumber/Rd Pepper *Pears *Fresh Fruit *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
005 - Clear Creek High School
9-12 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Nutrients Target Cals... 760 100% Sodium. 1220 mg Sugar 15.9*g 8.4%Cal Prot 31.6g 16.6%Cal Carb 115.2g 60.6%Cal T.Fat 21.5g 25.5%Cal	Nutrients Target Cals... 833 100% Sodium. 1027 mg Sugar 15.2*g 7.3%Cal Prot 29.5g 14.2%Cal Carb 132.8g 63.8%Cal T.Fat 23.4g 25.3%Cal	Nutrients Target Cals... 820 100% Sodium. 1923 mg Sugar 14.7*g 7.2%Cal Prot 36.2g 17.6%Cal Carb 123.1g 60.0%Cal T.Fat 23.1g 25.4%Cal	Nutrients Target Cals... 781 100% Sodium. 1495 mg Sugar 41.0*g 21.0%Cal Prot 26.7g 13.7%Cal Carb 108.0g 55.4%Cal T.Fat 29.6g 34.2%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 (HS) *Corn, frozen, yellow *Red Pepper Strips *Applesauce *Fresh Fruit *Doritos RF 1 oz *MILK - Variety	Apr - 24 *Macho Nachos *Black Bean Salsa *Refried Beans *Mandarin Oranges *Fresh Fruit *MILK - Variety	Apr - 25 *Ch Breadstick w/marinara *Lettuce Salad *Salad Dressing Asstd *Grapes *Fresh Fruit *Cookie, Cherry Oatmeal *MILK - Variety	Apr - 26 *Sloppy Joe on Bun *Ketchup/Mustard *Tater Tots *Dill Pickle Spear *Carroteenies *Pineapple *Fresh Fruit *MILK - Variety	Apr - 27 *Spaghetti w/ Meat Sc *Garlic Toast *Spinach Romaine Salad *Salad Dressing Asstd *Mandarin Oranges *Fresh Fruit *MILK - Variety
Nutrients Target Cals... 762 100% Sodium. 1613 mg Sugar 21.9*g 11.5%Cal Prot 34.6g 18.2%Cal Carb 122.1g 64.1%Cal T.Fat 17.7g 20.8%Cal	Nutrients Target Cals... 885 104% Sodium. 2199 mg Sugar 14.7*g 6.7%Cal Prot 37.7g 17.0%Cal Carb 130.6g 59.0%Cal T.Fat 30.1g 30.7%Cal	Nutrients Target Cals... 822 100% Sodium. 1268 mg Sugar 34.1*g 16.6%Cal Prot 28.6g 13.9%Cal Carb 118.6g 57.7%Cal T.Fat 28.0g 30.6%Cal	Nutrients Target Cals... 847 100% Sodium. 1785 mg Sugar 38.0*g 18.0%Cal Prot 36.2g 17.1%Cal Carb 131.2g 62.0%Cal T.Fat 23.2g 24.7%Cal	Nutrients Target Cals... 887 104% Sodium. 1328 mg Sugar 16.6*g 7.5%Cal Prot 46.2g 20.8%Cal Carb 136.1g 61.4%Cal T.Fat 21.9g 22.2%Cal
Apr - 30 *BBQ Pork Sandwich *BBQ Sauce *Baked Beans *Coleslaw *Pears *Fresh Fruit *MILK - Variety				
Nutrients Target Cals... 793 100% Sodium. 873 mg Sugar 30.0*g 15.1%Cal Prot 41.4g 20.9%Cal Carb 126.0g 63.6%Cal T.Fat 18.3g 20.8%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.