

# Clear Creek Amana

Monday	Tuesday	Wednesday	Thursday	Friday
May - 1  *Sloppy Joe on Bun *Broccoli *French Fries *Pears Sliced *Fresh Fruit *MILK - Variety	May - 2  *Taco Salad Bowl *Black Bean Salsa *Applesauce *Fresh Fruit *Pumpkin Bar *MILK - Variety	May - 3  *Corn Dog *Ketchup/Mustard *Mozz String Cheese *Sweet Potato Fries *Green Beans (HS) *Peaches Sliced *Fresh Fruit *MILK - Variety	May - 4  *Turkey/Cheese Sub *Mayo *Sliced Tomato *Peas (HS) *Pears Sliced *Fresh Fruit *BBQ Baked Chips *MILK - Variety	May - 5  *Macho Nachos *Refried Beans *Sour Cream *Carroteenies *Slushie 4oz *Fresh Fruit *MILK - Variety
Nutrients Target Cals... 861 101% Sodium. 1112 mg Sugar 21.5*g 10.0%Cal Prot 38.9g 18.1%Cal Carb 129.2g 60.0%Cal T.Fat 23.7g 24.7%Cal	Nutrients Target Cals... 771 100% Sodium. 1651 mg Sugar 27.0*g 14.0%Cal Prot 34.4g 17.8%Cal Carb 112.2g 58.2%Cal T.Fat 20.2g 23.6%Cal	Nutrients Target Cals... 745 99% Sodium. 1595 mg Sugar 20.7*g 11.1%Cal Prot 28.6g 15.4%Cal Carb 120.3g 64.6%Cal T.Fat 16.3g 19.7%Cal	Nutrients Target Cals... 815 100% Sodium. 1623 mg Sugar 17.9*g 8.8%Cal Prot 34.7g 17.0%Cal Carb 125.1g 61.4%Cal T.Fat 20.7g 22.8%Cal	Nutrients Target Cals... 873 103% Sodium. 1370 mg Sugar 14.7*g 6.8%Cal Prot 31.2g 14.3%Cal Carb 118.8g 54.5%Cal T.Fat 35.4g 36.5%Cal
May - 8  *Pollock Fillet *Tartar Sauce *WG Dinner Roll *Margarine *Peas & Carrots *Cucumber Slices *Fruit Salad *Fresh Fruit *MILK - Variety	May - 9  *Crazy Chicken Wrap *Baked Beans *Cherry Tom/Rd Pepper *Pineapple Slices *Fresh Fruit *Cheddar Goldfish WG *MILK - Variety	May - 10  *Chicken Popcorn *Dipping Sauce *Sweet Potato Fries *Green Beans *Cherry Crisp *Fresh Fruit *MILK - Variety	May - 11  *Beef Taco *Salsa *Corn *Pineapple Slices *Slushie 4oz *Fresh Fruit *MILK - Variety	May - 12  *BBQ Pork Sandwich *Spinach Romaine Salad *Salad Dressing Asstd *Carrots Glazed *Peaches Sliced *Fresh Fruit *MILK - Variety
Nutrients Target Cals... 770 100% Sodium. 732 mg Sugar 15.9*g 8.2%Cal Prot 31.3g 16.2%Cal Carb 126.7g 65.8%Cal T.Fat 17.6g 20.5%Cal	Nutrients Target Cals... 829 100% Sodium. 1238 mg Sugar 16.0*g 7.7%Cal Prot 38.4g 18.5%Cal Carb 114.2g 55.1%Cal T.Fat 25.9g 28.1%Cal	Nutrients Target Cals... 754 100% Sodium. 1080 mg Sugar 21.5*g 11.4%Cal Prot 27.3g 14.5%Cal Carb 109.5g 58.1%Cal T.Fat 25.5g 30.4%Cal	Nutrients Target Cals... 768 100% Sodium. 1187 mg Sugar 20.4*g 10.6%Cal Prot 32.0g 16.7%Cal Carb 130.7g 68.1%Cal T.Fat 14.8g 17.3%Cal	Nutrients Target Cals... 838 100% Sodium. 1042 mg Sugar 20.6*g 9.8%Cal Prot 37.0g 17.6%Cal Carb 108.5g 51.8%Cal T.Fat 31.4g 33.7%Cal
May - 15  *Meatball Sub *Carroteenies *CUCUMBER,RAW *Dressing Ranch Lite *Slushie 4oz *Fresh Fruit *MILK - Variety	May - 16  *American Hoagie *Mayo *Coleslaw *Baked Beans *Peaches Sliced *Fresh Fruit *Oatmeal CC Cookie *MILK - Variety	May - 17  *Pizza Cheese Crunchers *Dipping Sauce *Green Beans *Celery Sticks *Strawberries,fzn *Fresh Fruit *MILK - Variety	May - 18  *Hot Dog/Cheddarwurst *Ketchup/Mustard *Broccoli w/Cheese Sauce *Cherry Tomatoes *Pears Sliced *Fresh Fruit *Pretzel Heartzels *MILK - Variety	May - 19  *Walking Taco *Sour Cream *Salsa *Refried Beans *Corn *Watermelon *Fresh Fruit *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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# Clear Creek Amana

## 9-12 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Nutrients Target Cals... 768 100% Sodium. 1142 mg Sugar 15.3*g 8.0%Cal Prot 39.1g 20.4%Cal Carb 110.5g 57.6%Cal T.Fat 20.9g 24.5%Cal	Nutrients Target Cals... 802 100% Sodium. 1186 mg Sugar 24.4*g 12.2%Cal Prot 33.6g 16.7%Cal Carb 133.3g 66.4%Cal T.Fat 17.3g 19.4%Cal	Nutrients Target Cals... 754 100% Sodium. 1336 mg Sugar 18.6*g 9.9%Cal Prot 31.2g 16.6%Cal Carb 121.5g 64.5%Cal T.Fat 20.7g 24.7%Cal	Nutrients Target Cals... 791 100% Sodium. 1691 mg Sugar 17.0*g 8.6%Cal Prot 31.6g 16.0%Cal Carb 120.0g 60.7%Cal T.Fat 24.7g 28.1%Cal	Nutrients Target Cals... 857 101% Sodium. 1622 mg Sugar 25.3*g 11.8%Cal Prot 37.1g 17.3%Cal Carb 113.2g 52.8%Cal T.Fat 32.6g 34.2%Cal
May - 22  *Pepperoni/Cheese Pizza *Spinach Romaine Salad *Salad Dressing Asstd *Cherry Tomatoes *Pineapple *Fresh Fruit *Rice Krispie Bar *MILK - Variety	May - 23  *Pork Rib BBQ Sandwich *Baked Beans *Celery/Carrot Sticks *Dressing Ranch Lite *Fruit Salad *Fresh Fruit *MILK - Variety	May - 24  *Deli Wrap (HS) *Sweet Potato Fries *Ketchup *CUCUMBER,RAW *Pears Sliced *Fresh Fruit *MILK - Variety	May - 25  *Turkey/Ch Sandwich *Mayo *Sliced Tomato *Corn, frozen, yellow *Peaches Sliced *Fresh Fruit *BBQ Baked Chips *MILK - Variety	May - 26  *Chicken Patty on Bun *Twister Fries *Ketchup *Green Beans *Mandarin Oranges *Fresh Fruit *MILK - Variety
Nutrients Target Cals... 793 100% Sodium. 1268 mg Sugar 34.9*g 17.6%Cal Prot 29.1g 14.7%Cal Carb 124.5g 62.8%Cal T.Fat 22.6g 25.6%Cal	Nutrients Target Cals... 844 100% Sodium. 1102 mg Sugar 15.6*g 7.4%Cal Prot 36.8g 17.4%Cal Carb 141.8g 67.2%Cal T.Fat 16.7g 17.8%Cal	Nutrients Target Cals... 770 100% Sodium. 1931 mg Sugar 27.0*g 14.0%Cal Prot 32.1g 16.7%Cal Carb 124.7g 64.8%Cal T.Fat 16.4g 19.2%Cal	Nutrients Target Cals... 764 100% Sodium. 1409 mg Sugar 17.9*g 9.4%Cal Prot 33.9g 17.7%Cal Carb 131.1g 68.6%Cal T.Fat 14.7g 17.3%Cal	Nutrients Target Cals... 773 100% Sodium. 1408 mg Sugar 13.7*g 7.1%Cal Prot 32.1g 16.6%Cal Carb 118.1g 61.2%Cal T.Fat 22.2g 25.9%Cal
May - 29  *No School	May - 30  *Breaded Pork Patty/Bun *Ketchup/Mustard *French Fries *Cucumber Slices *Applesauce *Fresh Fruit *MILK - Variety	May - 31  *Chicken Fajita *Fajita Pepper/Onions *Green Beans *Carroteenies *Pears Sliced *Fresh Fruit *Cookie Choc Chip *MILK - Variety	Jun - 1  *Last Day of School *Cheeseburger *Ketchup/Mustard *Winter Blend Veggie *Cherry Tomatoes *Peaches Sliced *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... 868 102% Sodium. 1254 mg Sugar 14.1*g 6.5%Cal Prot 34.8g 16.0%Cal Carb 134.1g 61.8%Cal T.Fat 24.6g 25.5%Cal	Nutrients Target Cals... 783 100% Sodium. 1317 mg Sugar 16.3*g 8.3%Cal Prot 30.7g 15.7%Cal Carb 119.5g 61.0%Cal T.Fat 21.9g 25.2%Cal	Nutrients Target Cals... 813* 100% Sodium. 1477* mg Sugar 15.7*g 7.7%Cal Prot 34.6*g 17.0%Cal Carb 124.0*g 61.0%Cal T.Fat 23.1*g 25.5%Cal	

Daily Alternate Meal: Cheese Sandwich and Milk

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