

Clear Creek Amana

6-8 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
<p>May - 1</p> <p>*Sloppy Joe on Bun *Broccoli w/Cheese Sauce *Dill Pickle Spear *Red Pepper Strips *Pears Sliced *MILK - Variety</p>	<p>May - 2</p> <p>*Taco Salad Bowl *Black Bean Salsa *Applesauce *Pumpkin Bar *MILK - Variety</p>	<p>May - 3</p> <p>*Corn Dog *Ketchup/Mustard *French Fries *Cucumber Slices *Banana *MILK - Variety</p>	<p>May - 4</p> <p>*Turkey/Ch Sandwich *Mayo *Sliced Tomato *Green Beans *Apple, fresh *BBQ Baked Chips *MILK - Variety</p>	<p>May - 5</p> <p>*Macho Nachos *Refried Beans *Sour Cream *Carroteenies *Slushie 4oz *Fresh Fruit *MILK - Variety</p>
<p>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</p>	<p>Nutrients Target Cals... 697 100% Sodium. 1651 mg Sugar 13.3*g 7.6%Cal Prot 33.5g 19.2%Cal Carb 93.1g 53.5%Cal T.Fat 19.9g 25.7%Cal</p>	<p>Nutrients Target Cals... 668 100% Sodium. 1052 mg Sugar 14.9*g 8.9%Cal Prot 22.0g 13.2%Cal Carb 108.2g 64.8%Cal T.Fat 16.6g 22.3%Cal</p>	<p>Nutrients Target Cals... 618 100% Sodium. 1240 mg Sugar 14.9*g 9.6%Cal Prot 24.3g 15.7%Cal Carb 88.6g 57.4%Cal T.Fat 19.7g 28.7%Cal</p>	<p>Nutrients Target Cals... 603 100% Sodium. 1160 mg Sugar 14.7*g 9.8%Cal Prot 27.2g 18.0%Cal Carb 80.8g 53.6%Cal T.Fat 21.4g 31.9%Cal</p>
<p>May - 8</p> <p>*Pollock Fillet *Tartar Sauce *WG Dinner Roll *Margarine *Peas & Carrots *Cucumber Slices *Tropical Fruit *MILK - Variety</p>	<p>May - 9</p> <p>*Crazy Chicken Wrap *Baked Beans *Cherry Tom/Rd Pepper *Fresh Fruit *MILK - Variety</p>	<p>May - 10</p> <p>*Chicken Popcorn *Dipping Sauce *Sweet Potato Fries *Green Beans *Cherry Crisp *MILK - Variety</p>	<p>May - 11</p> <p>*Beef Taco *Salsa *Corn *Pineapple Slices *Slushie 4oz *MILK - Variety</p>	<p>May - 12</p> <p>*BBQ Pork Sandwich *Spinach Romaine Salad *Dressing Ranch Lite *Carrots Glazed *Peaches Sliced *MILK - Variety</p>
<p>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</p>	<p>Nutrients Target Cals... 669 100% Sodium. 1058 mg Sugar 16.0*g 9.6%Cal Prot 35.4g 21.2%Cal Carb 86.2g 51.5%Cal T.Fat 21.9g 29.5%Cal</p>	<p>Nutrients Target Cals... 679 100% Sodium. 1079 mg Sugar 7.8*g 4.6%Cal Prot 26.4g 15.6%Cal Carb 90.4g 53.2%Cal T.Fat 25.2g 33.3%Cal</p>	<p>Nutrients Target Cals... 693 100% Sodium. 1186 mg Sugar 6.7*g 3.9%Cal Prot 31.1g 17.9%Cal Carb 111.6g 64.4%Cal T.Fat 14.5g 18.8%Cal</p>	<p>Nutrients Target Cals... 637 100% Sodium. 870 mg Sugar 3.3*g 2.1%Cal Prot 34.2g 21.5%Cal Carb 77.4g 48.6%Cal T.Fat 22.3g 31.5%Cal</p>
<p>May - 15</p> <p>*Meatball Sub *Carroteenies *Cucumber Slices *Grapes *Slushie 4oz *MILK - Variety</p>	<p>May - 16</p> <p>*American Hoagie *Mayo *Coleslaw *Baked Beans *Fresh Fruit *Oatmeal CC Cookie *MILK - Variety</p>	<p>May - 17</p> <p>*Pizza Cheese Crunchers *Dipping Sauce *Green Beans *Celery Sticks *Strawberries,fzn *MILK - Variety</p>	<p>May - 18</p> <p>*Hot Dog/Cheddarwurst *Ketchup/Mustard *Broccoli w/Cheese Sauce *Cherry Tomatoes *Pears Sliced *MILK - Variety</p>	<p>May - 19</p> <p>*Walking Taco *Sour Cream *Salsa *Refried Beans *Corn *Watermelon *MILK - Variety</p>

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

6-8 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Nutrients Target Cals... 680 100% Sodium. 995 mg Sugar 0.4*g 0.3%Cal Prot 37.5g 22.1%Cal Carb 96.8g 56.9%Cal T.Fat 17.2g 22.7%Cal	Nutrients Target Cals... 678 100% Sodium. 1107 mg Sugar 24.4*g 14.4%Cal Prot 30.6g 18.0%Cal Carb 106.5g 62.8%Cal T.Fat 17.3g 22.9%Cal	Nutrients Target Cals... 672 100% Sodium. 1297 mg Sugar 4.9*g 2.9%Cal Prot 29.8g 17.7%Cal Carb 101.2g 60.2%Cal T.Fat 20.3g 27.1%Cal	Nutrients Target Cals... 630 100% Sodium. 1489 mg Sugar 2.3*g 1.5%Cal Prot 28.4g 18.0%Cal Carb 84.5g 53.6%Cal T.Fat 22.9g 32.7%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 *Fresh Fruit *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... 656 100% 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... 680 100% Sodium. 1354 mg Sugar 13.7*g 8.1%Cal Prot 29.2g 17.2%Cal Carb 95.9g 56.4%Cal T.Fat 21.4g 28.4%Cal
May - 29 *No School	May - 30 *Breaded Pork Patty/Bun *Ketchup/Mustard *French Fries *Cucumber Slices *Fresh Fruit *MILK - Variety	May - 31 *Chicken Fajita *Fajita Pepper/Onions *Green Beans *Fresh Fruit *Cookie Choc Chip *MILK - Variety	Jun - 1 *Last Day of School *Hamburger or Hot Dog *Carroteenies *Dragon Punch/Mango Wango Juic *Apple, fresh *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... 657 100% 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... 673 100% Sodium. 1246 mg Sugar 16.3*g 9.7%Cal Prot 30.2g 17.9%Cal Carb 92.6g 55.0%Cal T.Fat 21.8g 29.2%Cal	Nutrients Target Cals... 682* 100% Sodium. 1028* mg Sugar 26.3*g 15.5%Cal Prot 25.9*g 15.2%Cal Carb 105.4*g 61.8%Cal T.Fat 20.7*g 27.4%Cal	

Daily Alternate Meal: Cheese Sandwich and Milk

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