

Clarinda Schools K8 Menu February, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
			1 Chicken Fried Steak on WG Bun Ham & Cheese Mixed Veggies Potato, Sliced, buttered Fresh Cut Veggies Peaches Applesauce cup, Cinnamon Milk Assorted	2 Stuffed Crust Pizza Grilled Cheese Garden Salad Peas Fresh Cut Veggies Pears Juice Cup, 4 oz Milk Assorted Granola Bar, wholegrain	Calories 682 Sodium 1179 mg Total Fat 23.11 g 30.5% Saturated Fat 6.36 g 8.4%
5 Italian Dunkers - Ele Ham & Cheese Broccoli & Cheese Carrot, diced Fresh Cut Veggies Peaches Craisins, strawberry Fruit Snack, Scooby Doo Milk Assorted	6 Pork Loin on WG Bun Chef Salad Baked Beans Green Bean Fresh Cut Veggies Banana Applesauce Cup Milk Assorted	7 Chicken Drumstick Uncrustable/String Cheese Potato Cubes Peas Fresh Cut Veggies Juice Cup, 4 oz Pineapple Chunks Milk Assorted Tea Roll WG	8 Quesadilla Chef Salad Peas & Carrots Broccoli Normandy Fresh Cut Veggies Pears Mandarin Oranges Milk Assorted Salsa, prepared Sherbet Cup(fruit juice base)	9 Nacho K8 Turkey Sub Mixed Veggies Pasta and Grilled Veggies Fresh Cut Veggies Apple, fresh sliced or whole Mixed Fruit Goldfish Giant Grahams Milk Assorted	Calories 643 Sodium 1092 mg Total Fat 18.72 g 26.2% Saturated Fat 5.30 g 7.4%
12 Pizza Cheese Crunchers Ham & Cheese Baked Beans Broccoli Normandy Fresh Cut Veggies Mixed Fruit Juice Cup, 4 oz Milk Assorted	13 BBQ Rib on WG Chef Salad Peas & Carrots Green Bean Fresh Cut Veggies Pineapple Chunks Banana Milk Assorted Sports Bites	14 Valentine Chicken Tenders Uncrustable and Yogurt Corn Carrot, baby Mandarin Oranges Pears Milk Assorted Jonny Pops	15 Pizza, Wedge, Pepperoni Chef Salad Broccoli & Cheese Corn, creamed Fresh Cut Veggies Pears Juice Cup, 4 oz Milk Assorted Pudding Cup	16 Burger on Bun Turkey Sub Tri Taters Baked Beans Craisins, strawberry Mixed Fruit Milk Assorted Ketchup	Calories 618 Sodium 1060 mg Total Fat 17.19 g 25.0% Saturated Fat 5.88 g 8.6%
19 Cheese Breadsticks/Sauce Turkey Sub Carrot, diced Garden Salad Fresh Cut Veggies Peaches Orange Smiles (4) Milk Assorted Marinara Cup	20 Taco Salad Uncrustable/String Cheese Corn Broccoli, steamed Fresh Cut Veggies Apple, slices Juice Cup, 4 oz Milk Assorted Salsa, prepared	21 Crispito and Cheese stick Chef Salad Green Bean Mixed Veggies Fresh Cut Veggies Pineapple Chunks Pears Milk Assorted Salsa, prepared Cookie, sugar	22 French Bread Pizza Ham & Cheese Peas Corn, creamed Fresh Cut Veggies Strawberry Applesauce Juice Cup, 4 oz Milk Assorted	23 Popcorn Chicken Grilled Cheese Spudsters Corn, creamed Fresh Cut Veggies Mixed Fruit Mandarin Oranges Ketchup Gripz Cookie Bits Milk Assorted	Calories 620 Sodium 1106 mg Total Fat 20.38 g 29.6% Saturated Fat 6.04 g 8.8%
26 Pizza, Wedge, Pepperoni Chef Salad Broccoli & Cheese Peas & Carrots Fresh Cut Veggies Pears Juice Cup, 4 oz Milk Assorted Pudding Cup	27 Chicken Patty on WG Bun Turkey Sub Green Bean Baked Beans Fresh Cut Veggies Peaches Pineapple Chunks Ketchup Milk Assorted	28 Bosco Sticks, Pepperoni Uncrustable and Yogurt Garden Salad Carrot, baby Fresh Cut Veggies Apple, fresh sliced or whole Mixed Fruit Milk Assorted Cookie, Choc. Chip			Calories 623 Sodium 1118 mg Total Fat 18.90 g 27.3% Saturated Fat 6.01 g 8.7%

Check out our website for wellness and nutrition data.

Our new charge policy began July 1. Please contact food services if you have questions about the policy. Menu subject to change due to availability of product.

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USDA is an equal opportunity provider/employer

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.