

Clarinda Schools February 2019 K-8 Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
				1 Chicken Patty on WG Bun Ham & Cheese Baked Beans Peas & Carrots Fresh Cut Veggies Mixed Fruit Mandarin Oranges Milk Assorted	Calories 573 Sodium 1113 mg Total Fat 16.32 g 25.7% Saturated Fat 2.92 g 4.6%
4 French Bread Pizza Uncrustable and Yogurt Garden Salad Carrot, diced Fresh Cut Veggies Pineapple Tidbits Juice Cup or Box, 4 oz Milk Assorted	5 Quesadilla Chef Salad Baked Beans Potato, Diced, buttered Fresh Cut Veggies Peaches Banana Milk Assorted Salsa, prepared Belly Bears	6 Cheese Breadsticks/Sauce Burrito and Cheese sauce Broccoli, steamed Corn Fresh Cut Veggies Apple, fresh sliced or whole Juice Cup or Box, 4 oz Fruit Snack, Scooby Doo Milk Assorted	7 Popcorn Chicken Fish on Bun Green Bean Corn, creamed Fresh Cut Veggies Orange Smiles (4) Pears Milk Assorted Ketchup/BBQ Tea Roll WG	8 No school today	Calories 632 Sodium 1062 mg Total Fat 17.74 g 25.3% Saturated Fat 5.91 g 8.4%
11 BBQ Rib on WG Ham & Cheese Wrap Carrot, diced Baked Beans Fresh Cut Veggies Peaches Pineapple Tidbits Milk Assorted Tea Roll WG	12 Hot Dog on WG White Bun Grilled Cheese Garden Salad Corn Fresh Cut Veggies Strawberry Applesauce Mixed Fruit Milk Assorted Fudge bar	13 Taco Salad Turkey Sub Peas Carrot, diced Fresh Cut Veggies Pears Juice Cup or Box, 4 oz Milk Assorted Salsa, prepared Sports Bites	14 Stuffed Crust Pizza Shrimp Bites Corn, creamed Broccoli & Cheese Fresh Cut Veggies Mandarin Oranges Banana Milk Assorted Ketchup	15 Chicken Fried Steak on WG Bun Uncrustable/String Cheese Peas & Carrots Potato Cubes Fresh Cut Veggies Juice Cup or Box, 4 oz Apple, fresh sliced or whole Milk Assorted	Calories 648 Sodium 1075 mg Total Fat 21.15 g 29.4% Saturated Fat 5.26 g 7.3%
18 Fish Sticks Chef Salad Corn Broccoli, steamed Fresh Cut Veggies Pear, fresh Mandarin Oranges Milk Assorted Cookie, Choc. Chip	19 Burger on Bun Crispito/Sauce&Chs. stick Green Bean Mixed Veggies Fresh Cut Veggies Juice Cup or Box, 4 oz Apple, fresh sliced or whole Ketchup Milk Assorted	20 Pork Loin on WG Bun Orange Chicken on Rice Baked Beans Carrot, diced Fresh Cut Veggies Pineapple Tidbits Mixed Fruit Milk Assorted Rice	21 Sausage/Egg on Bun Uncrustable and Yogurt Broccoli Normandy Tri Taters Fresh Cut Veggies Orange Smiles (4) Pears Ketchup Milk Assorted	22 Chicken Drumstick Turkey Sub Corn, creamed Peas Fresh Cut Veggies Grapes Peaches Milk Assorted Tea Roll WG	Calories 607 Sodium 1012 mg Total Fat 19.05 g 28.3% Saturated Fat 5.00 g 7.4%
25 Chicken Strips Uncrustable/String Cheese Carrot, diced Fresh Cut Veggies Green Bean Mandarin Oranges Mixed Fruit Milk Assorted Tea Roll WG	26 Meatloaf Sandwich Fish Sticks Potato Cubes Baked Beans Fresh Cut Veggies Pears Juice Cup or Box, 4 oz Milk Assorted	27 Beef Nachos Chef Salad Broccoli, steamed Corn Fresh Cut Veggies Strawberries, frozen Peaches Milk Assorted	28 Pizza Cheese Crunchers Chicken Wrap Peas Garden Salad Fresh Cut Veggies Applesauce Cup Juice Cup or Box, 4 oz Milk Assorted		Calories 621 Sodium 981 mg Total Fat 21.48 g 31.1% Saturated Fat 6.07 g 8.8%

Check our website for wellness links!

Menus subject to change due to product availability

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.