

Clarinda Schools April Lunch Menu

| Monday | Tuesday | Wednesday | Thursday | Friday | Nutrients Avg |
|--|---|---|---|--|--|
| | | 1 Pasta/Meat Sc and Garlic Bread Hot Ham & Cheese on WGW bun Mixed Veggies Broccoli Normandy Fresh Cut Veggies Apple, fresh sliced or whole Juice Cup or Box, 4 oz Milk Assorted Granola Bar, wholegrain | 2 Turkey Sub Quesadilla Corn Carrot, diced Fresh Cut Veggies Peaches Cantaloupe Chips, assorted Milk Assorted | 3 Chicken Nuggets Uncrustable and Yogurt Baked Beans Peas & Carrots Fresh Cut Veggies Mandarin Oranges Peaches Milk Assorted Fruit Roll Ups | Calories 652 Total Fat 19.72 g 27.2% Saturated Fat 5.01 g 6.9% |
| 6 Burger on Bun Chicken Wrap Cheese Slices Tri Taters Peas Fresh Cut Veggies Apple, fresh sliced or whole Pears Milk Assorted | 7 Beef Nachos Teriyaki Chicken on Rice Corn Broccoli, steamed Fresh Cut Veggies Banana Applesauce Cup Milk Assorted Tea Roll WG | 8 Hot Dog on WG White Bun Salisbury w/potato & roll Baked Beans Fresh Cut Veggies Green Bean Peaches Pineapple Tidbits Milk Assorted Sunchips, wholegrain Ketchup/Mustard | 9 Chicken Patty on WG Bun Sloppy Joe on WG bun Corn, creamed Carrot, diced Fresh Cut Veggies Juice Cup or Box, 4 oz Mandarin Oranges Milk Assorted | 10 No school today | Calories 648 Total Fat 19.47 g 27.1% Saturated Fat 4.26 g 5.9% |
| 13 No school today | 14 Chicken Tenders Chef Salad Corn Fresh Cut Veggies Broccoli Normandy Watermelon, wedge Pears Milk Assorted BBQ Sauce Cookie, Choc. Chip | 15 Pork Loin on WG Bun Orange Chicken on Rice Potato, Diced, buttered Peas Fresh Cut Veggies Mixed Fruit Grapes Milk Assorted Ketchup | 16 Pizza, personal, pepperoni Fish and Fries Broccoli & Cheese Carrot, diced Apple, fresh sliced or whole Juice Cup or Box, 4 oz Milk Assorted Dirt Cake | 17 Philly Beef Sub Uncrustable/String Cheese Baked Beans Green Bean Fresh Cut Veggies Pears Applesauce Milk Assorted | Calories 655 Total Fat 21.12 g 29.0% Saturated Fat 5.99 g 8.2% |
| 20 Grilled Cheese Late Start-No Alternate Green Bean Garden Salad Fresh Cut Veggies Peaches Mandarin Oranges Milk Assorted Cookie, Carnival | 21 Chicken Fried Steak on WG Bun Shrimp Bites Tater Tots Corn, creamed Fresh Cut Veggies Apple, fresh sliced or whole Pears Milk Assorted | 22 Chicken Drumstick Chef Salad Baked Beans Broccoli, steamed Fresh Cut Veggies Grapes Pineapple Tidbits Milk Assorted Jonny Pops | 23 Meatball Sub w/marinara BBQ Rib on WG Corn Peas & Carrots Fresh Cut Veggies Juice Cup or Box, 4 oz Apple, fresh sliced or whole Gripz Cookie Bits Milk Assorted | 24 Pizza Cheese Crunchers Uncrustable/String Cheese Carrot, whole glazed Fresh Cut Veggies Pasta and Grilled Veggies Mixed Fruit Pear, fresh Milk Assorted Tea Roll WG | Calories 644 Total Fat 21.65 g 30.3% Saturated Fat 6.57 g 9.2% |
| 27 Popcorn Chicken Crispito/Sauce&Chs. stick Baked Beans Peas Fresh Cut Veggies Pears Juice Cup or Box, 4 oz Milk Assorted Tea Roll WG | 28 Sausage/Egg/Chs on Bun Pizza Stick and String Cheese Potato Cubes Corn Fresh Cut Veggies Banana Juice Cup or Box, 4 oz Milk Assorted | 29 Taco, soft, with WG tortilla Fruit & Yogurt Salad Box Mixed Veggies Sweet Potato Fries Fresh Cut Veggies Mandarin Oranges Pineapple Tidbits Milk Assorted Oreo Cookies Salsa, prepared | 30 Pizza, Wedge, Pepperoni Pulled Pork Sandwich Broccoli & Cheese Garden Salad Fresh Cut Veggies Grapes Pineapple Tidbits Milk Assorted Sherbet Cup(fruit juice base) Tea Roll WG | | Calories 607 Total Fat 18.05 g 26.8% Saturated Fat 6.18 g 9.2% |

CCSD is an equal opportunity provider
All 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.