

Clarinda Schools K8 Menu - December, 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
				1 BBQ Rib on WG Uncrustable and Yogurt Corn Green Bean Fresh Cut Veggies Pineapple Chunks Craisins, strawberry Jonny Pops Milk Assorted	Calories 653 Sodium 873 mg Total Fat 18.45 g 25.4% Saturated Fat 7.11 g 9.8%
4 Chicken Fried Steak on WG Bun Chef Salad Baked Beans Potato, Sliced, buttered Fresh Cut Veggies Mandarin Oranges Juice Cup, 4 oz Milk Assorted	5 Italian Dunkers - Ele Ham & Cheese Broccoli & Cheese Peas & Carrots Fresh Cut Veggies Peaches Craisins, strawberry Fruit Snack, Scooby Doo Milk Assorted	6 Stuffed Crust Pizza Uncrustable/String Cheese Green Bean Garden Salad Fresh Cut Veggies Pineapple Chunks Juice Cup, 4 oz Milk Assorted Granola Bar, wholegrain	7 Pork Loin on WG Bun Chef Salad Corn Broccoli Normandy Fresh Cut Veggies Banana Juice Cup, 4 oz Milk Assorted	8 Chicken Nuggets Turkey Sub Peas Fresh Cut Veggies Mixed Fruit Pineapple Chunks Milk Assorted Tea Roll WG	Calories 649 Sodium 1074 mg Total Fat 19.25 g 26.7% Saturated Fat 5.27 g 7.3%
11 Quesadilla Chef Salad Peas & Carrots Broccoli & Cheese Fresh Cut Veggies Pears Juice Cup, 4 oz Milk Assorted Salsa, prepared	12 Nacho K8 Hot Ham & Cheese on WGW bun Corn, creamed Pasta and Grilled Veggies Fresh Cut Veggies Apple, fresh sliced or whole Juice Cup, 4 oz Goldfish Giant Grahams Milk Assorted	13 Pizza Cheese Crunchers Chef Salad Baked Beans Green Bean Fresh Cut Veggies Pineapple Chunks Juice Cup, 4 oz Milk Assorted	14 Chicken Strips Turkey Sub Broccoli, steamed Potato AuGratin Banana Juice Cup, 4 oz Milk Assorted Tea Roll WG BBQ Sauce	15 Cheese Breadsticks/Sauce Uncrustable and Yogurt Carrot, diced Corn Fresh Cut Veggies Peaches Juice Cup, 4 oz Milk Assorted Cookie, Carnival Marinara Cup	Calories 600 Sodium 1161 mg Total Fat 17.95 g 26.9% Saturated Fat 6.06 g 9.1%
18 Corn dog on a Stick Chef Salad Baked Beans Mixed Veggies Fresh Cut Veggies Banana Juice Cup, 4 oz Pudding Cup Milk Assorted	19 Popcorn Chicken Ham & Cheese Potato Cubes Green Bean Fresh Cut Veggies Pineapple Chunks Juice Cup, 4 oz Ketchup Gripz Cookie Bits Milk Assorted	20 Pizza, Wedge, Pepperoni Chef Salad Broccoli & Cheese Peas & Carrots Fresh Cut Veggies Mixed Fruit Peaches Milk Assorted Sherbet Cup(fruit juice base)	21 Taco Salad Turkey Sub Corn Carrot, whole steamed Fresh Cut Veggies Apple, slices Juice Cup, 4 oz Milk Assorted Salsa, prepared	22 Christmas Chicken Strips Uncrustable/String Cheese Green Bean Sweet Potato Fries Fresh Cut Veggies Mandarin Oranges Juice Cup, 4 oz Milk Assorted Ketchup Cookie, sugar	Calories 623 Sodium 1107 mg Total Fat 18.78 g 27.2% Saturated Fat 5.26 g 7.6%
25 No school today	26 No school today	27 No school today	28 No school today	29 No school today	Calories 0 Sodium 0 mg Total Fat 0.00 g 0.0% Saturated Fat 0.00 g 0.0%

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.

Menus subject to change due to availability. .

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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.