

Clarinda Schools January, 2019 K-8 Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
	1 No school today	2 Meatloaf Sandwich Turkey Sub Green Bean Broccoli & Cheese Fresh Cut Veggies Mixed Fruit Mandarin Oranges Milk Assorted Goldfish Giant Grahams	3 French Bread Pizza Uncrustable and Yogurt Garden Salad Carrot, diced Fresh Cut Veggies Pineapple Chunks Juice Cup or Box, 4 oz Sherbet Cup(fruit juice base) Milk Assorted	4 Popcorn Chicken Chef Salad Baked Beans Potato Cubes Fresh Cut Veggies Peaches Banana Milk Assorted Ketchup/BBQ Tea Roll WG	Calories 606 Sodium 1083 mg Total Fat 18.73 g 27.8% Saturated Fat 5.67 g 8.4%
7 Cheese Breadsticks/Sauce Burrito and Cheese sauce Broccoli, steamed Peas Fresh Cut Veggies Apple, fresh sliced or whole Juice Cup or Box, 4 oz Fruit Snack, Scooby Doo Milk Assorted	8 Quesadilla Fish on Bun Carrot, diced Corn, creamed Fresh Cut Veggies Orange Smiles (4) Pears Milk Assorted Salsa, prepared Sports Bites	9 Chicken Nuggets Chef Salad Corn Baked Beans Fresh Cut Veggies Peaches Pineapple Chunks Milk Assorted Tea Roll WG	10 Hot Dog on WG White Bun Grilled Cheese Peas & Carrots Garden Salad Fresh Cut Veggies Strawberry Applesauce Juice Cup or Box, 4 oz Milk Assorted	11 No school today	Calories 624 Sodium 982 mg Total Fat 18.13 g 26.2% Saturated Fat 5.22 g 7.5%
14 Burger on Bun Crispito/Sauce&Chs. stick Peas Carrot, baby Dressing, Ranch Cup Fresh Cut Veggies Peaches Mixed Fruit Milk Assorted Ketchup Doritos	15 Chicken Drumstick Chef Salad Mixed Veggies Baked Beans Fresh Cut Veggies Pear, fresh Mandarin Oranges Milk Assorted Ketchup/Mustard	16 Stuffed Crust Pizza Shrimp Bites Corn Broccoli & Cheese Fresh Cut Veggies Strawberry Applesauce Banana Milk Assorted Ketchup	17 Chicken Fried Steak on WG Bun Uncrustable/String Cheese Peas & Carrots Potato, Diced, buttered Fresh Cut Veggies Juice Cup or Box, 4 oz Pineapple Chunks Milk Assorted	18 Taco Salad Hot Ham & Cheese on WGW bun Green Bean Pasta and Grilled Veggies Fresh Cut Veggies Juice Cup or Box, 4 oz Apple, fresh sliced or whole Salsa, prepared Milk Assorted Sports Bites	Calories 642 Sodium 1182 mg Total Fat 20.85 g 29.2% Saturated Fat 5.35 g 7.5%
21 Pork Loin on WG Bun Orange Chicken Baked Beans Carrot, diced Fresh Cut Veggies Pineapple Chunks Mixed Fruit Milk Assorted Tea Roll WG	22 Corn dog on a Stick Uncrustable and Yogurt Broccoli Normandy Garden Salad Fresh Cut Veggies Orange Smiles (4) Apple, fresh sliced or whole Ketchup Milk Assorted Sherbet Cup(fruit juice base)	23 Pizza Stick and String Cheese Turkey Sub Corn, creamed Green Bean Fresh Cut Veggies Grapes Peaches Milk Assorted Cookie, Choc. Chip	24 Nachos with Beef Ham & Cheese Broccoli, steamed Peas Fresh Cut Veggies Banana Juice Cup or Box, 4 oz Milk Assorted	25 Chicken Strips Uncrustable and Yogurt Pasta and Grilled Veggies Potato AuGratin Mandarin Oranges Juice Cup or Box, 4 oz Milk Assorted Tea Roll WG	Calories 643 Sodium 1052 mg Total Fat 18.50 g 25.9% Saturated Fat 5.48 g 7.7%
28 Italian Dunkers - Ele Uncrustable/String Cheese Broccoli & Cheese Garden Salad Fresh Cut Veggies Pears Juice Cup or Box, 4 oz	29 Sausage/Egg on Bun Chef Salad Potato Cubes Sweet potato casserole Fresh Cut Veggies Strawberries, frozen Juice Cup or Box, 4 oz Milk Assorted	30 Chili Uncrustable/String Cheese Carrot, baby Fresh Cut Veggies Pineapple Chunks Applesauce Cup Cinnamon Roll 1.5 oz Milk Assorted	31 Pepperoni Pizza Turkey Sub Peas Garden Salad Fresh Cut Veggies Grapes Peaches Tea Roll WG Milk Assorted		Calories 628 Sodium 958 mg Total Fat 20.62 g 29.5% Saturated Fat 6.00 g 8.6%

Milk Assorted Gripz Cookie Bits					
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Happy New Year - Welcome Back!

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.