

Clarinda Schools K8 Menu March, 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 No school today	Calories 595 Sodium 1076 mg Total Fat 18.22 g 27.6% Saturated Fat 5.00 g 7.6%
5 Stuffed Crust Pizza Grilled Cheese Garden Salad Corn Fresh Cut Veggies Mandarin Oranges Juice Cup or Box, 4 oz Milk Assorted	6 Italian Dunkers - Ele Ham & Cheese Broccoli & Cheese Carrot, diced Fresh Cut Veggies Peaches Craisins, strawberry Fruit Snack, Scooby Doo Milk Assorted	7 Pork Loin on WG Bun Chef Salad Baked Beans Green Bean Fresh Cut Veggies Pears Juice Cup or Box, 4 oz Milk Assorted	8 Chicken Drumstick Uncrustable/String Cheese Potato Cubes Peas Fresh Cut Veggies Applesauce cup, Cinnamon Pineapple Chunks Milk Assorted Tea Roll WG	9 Quesadilla Chef Salad Peas & Carrots Broccoli Normandy Fresh Cut Veggies Mixed Fruit Juice Cup or Box, 4 oz Milk Assorted Salsa, prepared Sherbet Cup(fruit juice base)	Calories 651 Sodium 1104 mg Total Fat 19.66 g 27.2% Saturated Fat 5.59 g 7.9%
12 Nacho K8 Turkey Sub Green Bean Pasta and Grilled Veggies Fresh Cut Veggies Apple, fresh sliced or whole Raisins Goldfish Giant Grahams Milk Assorted	13 Pizza Cheese Crunchers Chef Salad Baked Beans Broccoli Normandy Fresh Cut Veggies Mixed Fruit Juice Cup or Box, 4 oz Milk Assorted	14 Chili Cheese Fritos Ham & Cheese Peas & Carrots Corn Fresh Cut Veggies Pineapple Chunks Applesauce Milk Assorted	15 Chicken Nuggets Uncrustable and Yogurt Corn, creamed Mixed Veggies Mandarin Oranges Juice Cup or Box, 4 oz Milk Assorted Cookie, Carnival	16 Pizza, Wedge, Pepperoni Chef Salad Broccoli & Cheese Carrot, baby Fresh Cut Veggies Pears Peaches Milk Assorted Pudding Cup	Calories 665 Sodium 1139 mg Total Fat 21.25 g 28.7% Saturated Fat 5.95 g 8.0%
19 Burger on Bun Flying Saucer Baked Beans Carrot, baby Craisins, strawberry Juice Cup or Box, 4 oz Milk Assorted Ketchup Goldfish Giant Grahams	20 Cheese Breadsticks/Sauce Turkey Sub Carrot, diced Garden Salad Fresh Cut Veggies Peaches Orange Smiles (4) Milk Assorted Marinara Cup	21 Taco Salad Ham & Cheese Broccoli, steamed Corn Fresh Cut Veggies Apple, slices Juice Cup or Box, 4 oz Milk Assorted Salsa, prepared	22 Pulled Pork Sandwich Uncrustable/String Cheese Green Bean Sweet Potato Fries Fresh Cut Veggies Banana Mixed Fruit Milk Assorted Cookie, sugar	23 French Bread Pizza Chef Salad Peas Corn, creamed Fresh Cut Veggies Strawberry Applesauce Juice Cup or Box, 4 oz Milk Assorted	Calories 602 Sodium 1049 mg Total Fat 16.87 g 25.2% Saturated Fat 5.15 g 7.7%
26 Popcorn Chicken Grilled Cheese Baked Beans Corn, creamed Fresh Cut Veggies Mixed Fruit Mandarin Oranges Ketchup Gripz Cookie Bits Milk Assorted	27 Hot Dog on WG White Bun Chef Salad Mac & Cheese Broccoli, steamed Peas & Carrots Fresh Cut Veggies Pears Juice Cup or Box, 4 oz Milk Assorted	28 Chicken Patty on WG Bun Turkey Sub Spudsters Green Bean Fresh Cut Veggies Peaches Grapes Ketchup Milk Assorted	29 No school today	30 No school today	Calories 644 Sodium 1248 mg Total Fat 17.26 g 24.1% Saturated Fat 4.19 g 5.9%

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.