

Clarinda Schools March Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
2 Burger on Bun Late Start-No Alternate Carrot, diced Pasta and Grilled Veggies Fresh Cut Veggies Apple, fresh sliced or whole Peaches Milk Assorted Ketchup/Mustard Chips, assorted	3 Popcorn Chicken Pizza Cheese Crunchers Baked Beans Peas Fresh Cut Veggies Pears Juice Cup or Box, 4 oz Milk Assorted Tea Roll WG	4 Hot Ham & Cheese on GWG bun Chef Salad Broccoli & Cheese Fresh Cut Veggies Potato, Sliced, buttered Strawberry Applesauce Mandarin Oranges Milk Assorted Tea Roll WG Fruit Snack, Scooby Doo	5 Italian Dunkers - Ele Turkey Sub Corn Garden Salad Fresh Cut Veggies Grapes Mixed Fruit Milk Assorted Belly Bears	6 Pizza, Taco, Fiestada Uncrustable and Yogurt Lettuce/Cheese Garnish Green Bean Peas & Carrots Pineapple Tidbits Juice Cup or Box, 4 oz Milk Assorted Salsa, prepared	Calories 625 Total Fat 17.62 g 25.4% Saturated Fat 5.62 g 8.1%
9 Chicken Nuggets Meatball Sub w/marinara Baked Beans Broccoli Normandy Fresh Cut Veggies Mandarin Oranges Peaches Milk Assorted Cookie, Carnival	10 Walking Taco Orange Chicken on Rice Corn Broccoli, steamed Fresh Cut Veggies Banana Applesauce Cup Milk Assorted Salsa, prepared	11 Cheesesticks, Breaded Beef Teriyaki Bites on Rice Carrot, diced Garden Salad Fresh Cut Veggies Pineapple Tidbits Mixed Fruit Milk Assorted Marinara Cup Tea Roll WG	12 Chicken Fried Steak on WG Bun Philly Beef Sub Green Bean Mixed Veggies Fresh Cut Veggies Pears Orange Smiles (4) Milk Assorted Ketchup	13 Quesadilla Uncrustable and Yogurt Peas & Carrots Corn, creamed Fresh Cut Veggies Mandarin Oranges Juice Cup or Box, 4 oz Milk Assorted Jello with Fruit	Calories 624 Total Fat 19.32 g 27.9% Saturated Fat 5.22 g 7.5%
16 Pizza, personal, pepperoni Chef Salad Broccoli & Cheese Carrot, diced Apple, fresh sliced or whole Juice Cup or Box, 4 oz Milk Assorted Pudding Cup	17 Shamrock Chicken Tenders Crispito/Sauce&Chs. stick Potato Cheese Bake Peas Fresh Cut Veggies Mixed Fruit Grapes Milk Assorted Ketchup	18 Hot Dog on WG White Bun Grilled Cheese Baked Beans Fresh Cut Veggies Green Bean Peaches Pineapple Tidbits Milk Assorted Chips, assorted Ketchup/Mustard	19 Pork Loin on WG Bun Ham & Cheese Wrap Mixed Veggies Fresh Cut Veggies Broccoli Normandy Cantaloupe Pears Milk Assorted BBQ Sauce	20 No school today	Calories 623 Total Fat 18.90 g 27.3% Saturated Fat 5.12 g 7.4%
23 BBQ Rib on WG Chicken Wrap Corn, creamed Broccoli, steamed Fresh Cut Veggies Mixed Fruit Pears Milk Assorted	24 Pulled Pork Sandwich Fish and Fries Carrot, diced Green Bean Fresh Cut Veggies Juice Cup or Box, 4 oz Applesauce Milk Assorted Sherbet Cup (fruit juice base)	25 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	26 Chicken Drumstick Chef Salad Peas Sweet Potato Fries Fresh Cut Veggies Mandarin Oranges Pineapple Tidbits Milk Assorted Dick and Jane Cookies	27 Corn dog on a Stick Uncrustable/String Cheese Baked Beans Fresh Cut Veggies Broccoli Normandy Mixed Fruit Pear, fresh Gripz Cookie Bits Milk Assorted Ketchup	Calories 626 Total Fat 18.23 g 26.2% Saturated Fat 5.21 g 7.5%
30 Pizza, sausage MAX Late Start-No Alternate Garden Salad Broccoli, steamed Fresh Cut Veggies Mixed Fruit Pears Milk Assorted	31 Burrito and Cheese sauce Grilled Cheese Potato Smiles Garden Salad Fresh Cut Veggies Pineapple Tidbits Cantaloupe Milk Assorted Ketchup Salsa, prepared				Calories 656 Total Fat 26.64 g 36.6% Saturated Fat 7.26 g 10.0%

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.