

Clarinda Schools Menu - October, 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
2 BBQ Rib on WG Uncrustable and Yogurt Corn Green Bean Fresh Cut Veggies Pineapple Chunks Craisins, strawberry Jonny Pops Milk Assorted	3 Chicken Fried Steak on WG Bun Chef Salad Potato, Sliced, buttered Baked Beans Fresh Cut Veggies Mandarin Oranges Pineapple Chunks Milk Assorted	4 Italian Dunkers - Ele Ham & Cheese Broccoli & Cheese Peas & Carrots Fresh Cut Veggies Peaches Juice Cup, 4 oz Ketchup Fruit Snacks, Curious George Milk Assorted	5 Chicken Rings-6 Chef Salad Potato Smiles Peas Pasta and Grilled Veggies Peaches Juice Cup, 4 oz Strawberry Delight Cookie Milk Assorted	6 No school today	Calories 648 Sodium 1036 mg Total Fat 17.22 g 23.9% Saturated Fat 4.74 g 6.6%
9 Stuffed Crust Pizza Uncrustable/String Cheese Green Bean Garden Salad Fresh Cut Veggies Pineapple Chunks Pears Milk Assorted Granola Bar, wholegrain	10 Pork Loin on WG Bun Chef Salad Peas & Carrots Corn Fresh Cut Veggies Banana Juice Cup, 4 oz Milk Assorted	11 Chicken Nuggets Turkey Sub Baked Beans Broccoli Normandy Fresh Cut Veggies Juice Cup, 4 oz Pineapple Chunks Milk Assorted Tea Roll WG	12 Quesadilla Chef Salad Peas & Carrots Broccoli & Cheese Fresh Cut Veggies Mixed Fruit Pears Milk Assorted Salsa, prepared Animal Crackers	13 Nacho K8 Ham & Cheese Corn Peas Fresh Cut Veggies Strawberries, frozen Juice Cup, 4 oz Goldfish Giant Grahams Milk Assorted	Calories 639 Sodium 1065 mg Total Fat 19.50 g 27.5% Saturated Fat 5.60 g 7.9%
16 Pizza Cheese Crunchers Chef Salad Green Bean Carrot, diced Fresh Cut Veggies Strawberry Applesauce Juice Cup, 4 oz Tea Roll WG Milk Assorted	17 Chicken Strips Turkey Sub Broccoli, steamed Potato AuGratin Mandarin Oranges Juice Cup, 4 oz Milk Assorted	18 Cheese Breadsticks/Sauce Uncrustable and Yogurt Carrot, diced Garden Salad Fresh Cut Veggies Pears Juice Cup, 4 oz Milk Assorted Cookie, Carnival	19 Corn dog on a Stick Chef Salad Baked Beans Cole Slaw Fresh Cut Veggies Pineapple Chunks Mixed Fruit Pudding Cup Milk Assorted	20 Popcorn Chicken Ham & Cheese Green Bean Corn, creamed Fresh Cut Veggies Banana Juice Cup, 4 oz Ketchup Gripz Cookie Bits Milk Assorted	Calories 609 Sodium 1156 mg Total Fat 17.88 g 26.4% Saturated Fat 5.81 g 8.6%
23 French Bread Pizza Chef Salad Peas Broccoli & Cheese Fresh Cut Veggies Strawberry Applesauce Peaches Milk Assorted	24 Taco Salad Turkey Sub Corn Peas & Carrots Fresh Cut Veggies Apple, slices Juice Cup, 4 oz Milk Assorted Sports Bites	25 Burger on Bun Uncrustable/String Cheese Potato Cubes Carrot, diced Fresh Cut Veggies Peaches Juice Cup, 4 oz Milk Assorted Ketchup	26 Hot Dog on WG White Bun Chef Salad Broccoli Normandy Baked Beans Fresh Cut Veggies Mandarin Oranges Pear, fresh Milk Assorted Ketchup/Mustard	27 Chicken Patty on WG Bun Ham & Cheese Green Bean Peas & Carrots Fresh Cut Veggies Juice Cup, 4 oz Pineapple Chunks Ketchup Milk Assorted	Calories 612 Sodium 1101 mg Total Fat 17.96 g 26.4% Saturated Fat 4.35 g 6.4%
30 Pizza Stick and String Cheese Chef Salad Broccoli & Cheese Carrot, baby Fresh Cut Veggies Apple, fresh sliced or whole Mixed Fruit Milk Assorted Cookie, Choc. Chip	31 Spooky Chicken Strips Turkey Sub Potato Cubes Sweet potato casserole Fresh Cut Veggies Banana Juice Cup, 4 oz Cookie, Halloween Milk Assorted				Calories 662 Sodium 952 mg Total Fat 21.54 g 29.3% Saturated Fat 8.61 g 11.7%

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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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.