

Clarinda Schools May 2019 K-8 Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
 	 	1 BBQ Rib on WG Grilled Chicken on WG Bun Carrot, diced Fresh Cut Veggies Pineapple Tidbits Juice Cup or Box, 4 oz Milk Assorted	2 Chicken Patty on WG Bun Hot Ham & Cheese on WGW bun Baked Beans Green Bean Fresh Cut Veggies Orange Smiles (4) Pears Milk Assorted Ketchup/BBQ	3 Italian Dunkers - Ele Chicken Strips Corn, creamed Garden Salad Fresh Cut Veggies Pears Mixed Fruit Milk Assorted Granola Bar, wholegrain	Calories 630 Sodium 1185 mg Total Fat 17.05 g 24.4% Saturated Fat 3.98 g 5.7%
6 French Bread Pizza Shrimp Bites Green Bean Corn Fresh Cut Veggies Strawberry Applesauce Mixed Fruit Milk Assorted Ketchup	7 Taco Salad Turkey Sub Broccoli & Cheese Carrot, diced Fresh Cut Veggies Pears Juice Cup or Box, 4 oz Milk Assorted Salsa, prepared	8 Chicken Fried Steak on WG Bun Grilled Cheese Corn, creamed Peas & Carrots Fresh Cut Veggies Peaches Apple, fresh sliced or whole Milk Assorted	9 Chicken Drumstick Ham & Cheese Baked Beans Tri Taters Fresh Cut Veggies Pineapple Tidbits Grapes Milk Assorted Tea Roll WG	10 Sloppy Joe on WG bun Uncrustable/String Cheese Sweet Potato Fries Broccoli Normandy Banana Orange Smiles (4) Milk Assorted Fruit Roll Ups	Calories 656 Sodium 1177 mg Total Fat 22.00 g 30.2% Saturated Fat 5.67 g 7.8%
13 Pizza, personal, pepperoni Chef Salad Green Bean Carrot, diced Fresh Cut Veggies Pineapple Tidbits Mixed Fruit Milk Assorted Ice Cream Sundae	14 Hot Dog on WG White Bun Orange Chicken on Rice Baked Beans Peas & Carrots Fresh Cut Veggies Peaches Applesauce Milk Assorted	15 Burger on Bun Turkey Sub Broccoli & Cheese Pasta and Grilled Veggies Fresh Cut Veggies Juice Cup or Box, 4 oz Pears Ketchup Milk Assorted	16 Chicken Nuggets Hot Ham & Cheese on WGW bun Corn Peas Fresh Cut Veggies Pineapple Tidbits Grapes Milk Assorted Cookie, sugar	17 Uncrustable/String Cheese Pulled Pork Sandwich Green Bean Mixed Veggies Fresh Cut Veggies Peaches Juice Cup or Box, 4 oz Milk Assorted	Calories 624 Sodium 934 mg Total Fat 20.74 g 29.9% Saturated Fat 5.88 g 8.5%
20 Cook's Choice	21 Cook's Choice	22 Cook's Choice	23 Cook's Choice	24 Cook's Choice	Calories 210 Sodium 200 mg Total Fat 10.00 g 42.9% Saturated Fat 0.50 g 2.1%

Have a nice Summer!!!! See you next year!

Join us for free Summer lunch and activities at the Clarinda Middle School June 3-July 31 from 11:30-12:30.

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.