

Clarinda Schools April 2019 K-8 Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
1 Quesadilla Uncrustable Garden Salad Pasta and Grilled Veggies Fresh Cut Veggies Pineapple Tidbits Juice Cup or Box, 4 oz Milk Assorted Salsa, prepared Belly Bears	2 Chicken Patty on WG Bun Hot Ham & Cheese on WGW bun Green Bean Corn, creamed Fresh Cut Veggies Orange Smiles (4) Pears Milk Assorted Ketchup/BBQ	3 BBQ Rib on WG Turkey Sub Baked Beans Mixed Veggies Fresh Cut Veggies Peaches Juice Cup or Box, 4 oz Milk Assorted	4 Cheese Breadsticks/Sauce Grilled Chicken on WG Bun Broccoli, steamed Corn Fresh Cut Veggies Apple, fresh sliced or whole Mixed Fruit Fruit Snack, Scooby Doo Milk Assorted	5 Pork Loin on WG Bun Chef Salad Potato Cubes Carrot, baby Fresh Cut Veggies Banana Juice Cup or Box, 4 oz Milk Assorted	Calories 650 Sodium 1028 mg Total Fat 18.88 g 26.1% Saturated Fat 5.23 g 7.2%
8 Stuffed Crust Pizza Uncrustable Green Bean Corn Fresh Cut Veggies Strawberry Applesauce Mixed Fruit Milk Assorted Ketchup	9 Taco Salad Turkey Sub Broccoli & Cheese Carrot, diced Fresh Cut Veggies Pears Juice Cup or Box, 4 oz Milk Assorted Salsa, prepared	10 Chicken Fried Steak on WG Bun Shrimp Bites Corn, creamed Peas & Carrots Fresh Cut Veggies Peaches Apple, fresh sliced or whole Milk Assorted	11 Chicken Drumstick Ham & Cheese Baked Beans Tri Taters Fresh Cut Veggies Pineapple Tidbits Grapes Milk Assorted Tea Roll WG	12 Sloppy Joe on WG bun Uncrustable/String Cheese Sweet Potato Fries Broccoli Normandy Banana Orange Smiles (4) Milk Assorted	Calories 620 Sodium 1130 mg Total Fat 20.70 g 30.0% Saturated Fat 4.95 g 7.2%
15 Pizza, Wedge, Pepperoni Chef Salad Green Bean Carrot, diced Fresh Cut Veggies Pineapple Tidbits Mixed Fruit Milk Assorted Sherbet Cup (fruit juice base)	16 Uncrustable and Yogurt Hot Dog on WG White Bun Baked Beans Peas & Carrots Fresh Cut Veggies Peaches Orange Smiles (4) Milk Assorted	17 Burger on Bun Turkey Wrap K-8 Green Bean Broccoli & Cheese Fresh Cut Veggies Juice Cup or Box, 4 oz Pears Ketchup Milk Assorted Marinara Cup Cookie, sugar	18 No school today	19 No school today	Calories 652 Sodium 970 mg Total Fat 18.04 g 24.9% Saturated Fat 5.60 g 7.7%
22 No school today	23 Popcorn Chicken Uncrustable Baked Beans Carrot, diced Fresh Cut Veggies Pineapple Tidbits Mixed Fruit Milk Assorted Dick and Jane Cookies	24 Omelet and Sausage Links Ham & Cheese Tri Taters Sweet Potatoes Fresh Cut Veggies Apple, fresh sliced or whole Craisins Ketchup Milk Assorted Tea Roll, wholegrain	25 Cheesesticks, Breaded Chef Salad Peas & Carrots Fresh Cut Veggies Green Bean Mandarin Oranges Peaches Milk Assorted Tea Roll WG	26 Corn dog on a Stick Crispito and Cheese stick Peas & Carrots Broccoli, fresh Fresh Cut Veggies Banana Cantaloupe Doritos Milk Assorted	Calories 628 Sodium 961 mg Total Fat 18.56 g 26.6% Saturated Fat 4.97 g 7.1%
29 Pizza Cheese Crunchers Uncrustable/String Cheese Green Bean Carrot, diced Fresh Cut Veggies Pears Grapes Milk Assorted Tea Roll WG	30 Beef Nachos Meatloaf Sandwich Broccoli, steamed Corn Fresh Cut Veggies Strawberry Applesauce Peaches Milk Assorted Fruit Roll Ups				Calories 625 Sodium 1073 mg Total Fat 21.42 g 30.8% Saturated Fat 6.40 g 9.2%

Check our website for wellness links!

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.