

Clarinda Schools K8 Menu April, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
2 No school today	3 Chicken Fried Steak on WG Bun Ham & Cheese Mixed Veggies Potato, Sliced, buttered Fresh Cut Veggies Peaches Applesauce cup, Cinnamon Milk Assorted	4 Corndog on a Stick Grilled Cheese Garden Salad Corn Seasoned Noodles Fresh Cut Veggies Mandarin Oranges Juice Cup or Box, 4 oz Milk Assorted	5 Italian Dunkers - Ele Turkey Sub Broccoli & Cheese Carrot, diced Fresh Cut Veggies Peaches Mixed Fruit Fruit Snack, Scooby Doo Milk Assorted	6 Pork Loin on WG Bun Chef Salad Baked Beans Green Bean Fresh Cut Veggies Pears Juice Cup or Box, 4 oz Milk Assorted	Calories 624 Sodium 1032 mg Total Fat 18.37 g 26.5% Saturated Fat 5.12 g 7.4%
9 Chicken Strips K-8 Shrimp Bites Broccoli & Cheese Peas Fresh Cut Veggies Applesauce Cup Juice Cup or Box, 4 oz Sports Bites Milk Assorted	10 Omelet and Sausage Links Uncrustable/String Cheese Potato Cubes Green Bean Fresh Cut Veggies Juice Cup or Box, 4 oz Pineapple Chunks Milk Assorted Tea Roll WG Ketchup	11 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)	12 Nachos with Beef Turkey Sub Corn Pasta and Grilled Veggies Fresh Cut Veggies Apple, fresh sliced or whole Orange Smiles (4) Goldfish Giant Grahams Milk Assorted	13 Pizza Doublestuff Whole Grain Malibu Chicken Baked Beans Garden Salad Fresh Cut Veggies Pears Juice Cup or Box, 4 oz Milk Assorted	Calories 593 Sodium 983 mg Total Fat 17.38 g 26.4% Saturated Fat 4.98 g 7.6%
16 Chili Cheese Fritos Ham & Cheese Peas & Carrots Corn Fresh Cut Veggies Pineapple Chunks Applesauce Milk Assorted	17 Chicken Nuggets Burrito, Bean/Cheese Baked Beans Mixed Veggies Mandarin Oranges Juice Cup or Box, 4 oz Milk Assorted Cookie, Carnival	18 Pizza, Wedge, Pepperoni Chicken & Noodles Broccoli & Cheese Green Bean Fresh Cut Veggies Pears Peaches Milk Assorted Scooby Doo Grahams	19 Burger on Bun Flying Saucer Corn, creamed Carrot, baby Juice Cup or Box, 4 oz Applesauce Cup Milk Assorted Ketchup Dressing, Ranch Cup	20 Cheese Breadsticks/Sauce Turkey Sub Carrot, diced Garden Salad Fresh Cut Veggies Peaches Orange Smiles (4) Milk Assorted Marinara Cup	Calories 609 Sodium 1101 mg Total Fat 18.92 g 27.9% Saturated Fat 5.50 g 8.1%
23 Taco Salad Ham & Cheese Broccoli, steamed Corn Fresh Cut Veggies Apple, slices Juice Cup or Box, 4 oz Milk Assorted Salsa, prepared	24 Chicken Patty on WG Bun Uncrustable/String Cheese Green Bean Sweet Potato Fries Fresh Cut Veggies Banana Mixed Fruit Milk Assorted Cookie, sugar	25 French Bread Pizza Chic Fried Stk Nuggets Peas Corn, creamed Fresh Cut Veggies Strawberry Applesauce Juice Cup or Box, 4 oz Milk Assorted	26 Popcorn Chicken Grilled Cheese Mixed Veggies Ranch Potatoes Fresh Cut Veggies Mixed Fruit Mandarin Oranges Ketchup Gripz Cookie Bits Milk Assorted	27 Hot Dog on WG White Bun Grilled Chicken on WG Bun Baked Beans Peas & Carrots Fresh Cut Veggies Mac & Cheese Pears Juice Cup or Box, 4 oz Milk Assorted	Calories 611 Sodium 1007 mg Total Fat 17.62 g 26.0% Saturated Fat 4.50 g 6.6%
30 Stuffed Crust Pizza Uncrustable/String Cheese Garden Salad Corn Fresh Cut Veggies Peaches Juice Cup or Box, 4 oz Milk Assorted Tea Roll WG	 	 	 	 	Calories 676 Sodium 1209 mg Total Fat 27.18 g 36.2% Saturated Fat 6.81 g 9.1%

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.