

Clarinda Schools K8 Menu January, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
1 No school today	2 No school today	3 Chicken Fried Steak on WG Bun Uncrustable and Yogurt Baked Beans Potato, Sliced, buttered Fresh Cut Veggies Mandarin Oranges Applesauce cup, Cinnamon Milk Assorted	4 Stuffed Crust Pizza Chef Salad Green Bean Peas Fresh Cut Veggies Pineapple Chunks Juice Cup, 4 oz Milk Assorted Granola Bar, wholegrain	5 Italian Dunkers - Ele Ham & Cheese Broccoli & Cheese Carrot, diced Fresh Cut Veggies Peaches Craisins, strawberry Fruit Snack, Scooby Doo Milk Assorted	Calories 642 Sodium 1076 mg Total Fat 16.66 g 23.4% Saturated Fat 5.13 g 7.2%
8 Pork Loin on WG Bun Chef Salad Mixed Veggies Broccoli Normandy Fresh Cut Veggies Banana Applesauce Cup Milk Assorted	9 Assorted Chicken Ham & Cheese Peas Green Bean Fresh Cut Veggies Juice Cup, 4 oz Pineapple Chunks Milk Assorted Tea Roll WG	10 Quesadilla Uncrustable/String Cheese Peas & Carrots Broccoli & Cheese Fresh Cut Veggies Pears Mandarin Oranges Milk Assorted Salsa, prepared Sherbet Cup(fruit juice base)	11 Pizza Cheese Crunchers Chef Salad Baked Beans Broccoli Normandy Fresh Cut Veggies Mixed Fruit Juice Cup, 4 oz Milk Assorted	12 Nacho K8 Turkey Sub Carrot, whole steamed Pasta and Grilled Veggies Fresh Cut Veggies Apple, fresh sliced or whole Peaches Goldfish Giant Grahams Milk Assorted	Calories 639 Sodium 1053 mg Total Fat 19.93 g 28.1% Saturated Fat 6.06 g 8.5%
15 BBQ Rib on WG Chef Salad Corn Green Bean Fresh Cut Veggies Pineapple Chunks Banana Milk Assorted	16 Cheese Breadsticks/Sauce Turkey Sub Carrot, diced Garden Salad Fresh Cut Veggies Peaches Juice Cup, 4 oz Milk Assorted Cookie, Carnival Marinara Cup	17 Corndog on a Stick Uncrustable and Yogurt Baked Beans Mixed Veggies Fresh Cut Veggies Mixed Fruit Orange Smiles (4) Tea Roll WG Milk Assorted	18 Pizza, Wedge, Pepperoni Chef Salad Broccoli & Cheese Peas & Carrots Fresh Cut Veggies Pears Juice Cup, 4 oz Milk Assorted Pudding Cup	19 Popcorn Chicken Ham & Cheese Potato Cubes Corn, creamed Fresh Cut Veggies Mandarin Oranges Strawberry Applesauce Ketchup Gripz Cookie Bits Milk Assorted	Calories 603 Sodium 1152 mg Total Fat 15.30 g 22.8% Saturated Fat 4.92 g 7.3%
22 Chicken Strips Chef Salad Broccoli, steamed Potato AuGratin Mandarin Oranges Pears Milk Assorted Tea Roll WG	23 Taco Salad Turkey Sub Corn Carrot, whole steamed Fresh Cut Veggies Apple, slices Juice Cup, 4 oz Milk Assorted Salsa, prepared Sports Bites	24 Crispito and Cheese stick Uncrustable/String Cheese Green Bean Mixed Veggies Fresh Cut Veggies Pineapple Chunks Peaches Milk Assorted Salsa, prepared Cookie, sugar	25 French Bread Pizza Chef Salad Peas Corn, creamed Fresh Cut Veggies Strawberry Applesauce Juice Cup, 4 oz Milk Assorted Marinara Cup	26 Burger on Bun Ham & Cheese Spudsters Baked Beans Fresh Cut Veggies Mixed Fruit Grapes Milk Assorted Ketchup	Calories 638 Sodium 1123 mg Total Fat 20.84 g 29.4% Saturated Fat 5.71 g 8.1%
29 Hot Dog on WG White Bun Chef Salad Broccoli Normandy Baked Beans Fresh Cut Veggies Mandarin Oranges Banana Milk Assorted Ketchup/Mustard	30 Chicken Patty on WG Bun Turkey Sub Green Bean Peas & Carrots Fresh Cut Veggies Juice Cup, 4 oz Pineapple Chunks Ketchup Milk Assorted	31 Pizza Stick and String Cheese Uncrustable and Yogurt Broccoli & Cheese Carrot, baby Fresh Cut Veggies Apple, fresh sliced or whole Mixed Fruit Milk Assorted Cookie, Choc. Chip			Calories 627 Sodium 1142 mg Total Fat 17.90 g 25.7% Saturated Fat 5.86 g 8.4%

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.