

Clarinda Schools January Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
				1 No school today	Calories *N/A* Sodium *N/A* mg Dietary Fiber *N/A* g Total Fat *N/A* g *N/A%* Saturated Fat *N/A* g *N/A%*
4 Pizza, sausage MAX Green Bean Mandarin Oranges Milk Assorted	5 Hot Dog on WG White Bun Baked Beans Apple, fresh sliced or whole Milk Assorted Chips, assorted	6 Chicken Nuggets Corn, creamed Mixed Fruit Milk Assorted	7 Pork Loin on WG Bun Peas Pears Milk Assorted	8 Chicken Cheese Burrito Mixed Veggies Orange Smiles (4) Milk Assorted Side Kicks Frozen Fruit Slush	Calories 638 Sodium 1027 mg Dietary Fiber 9.12 g Total Fat 17.11 g 24.1% Saturated Fat 4.88 g 6.9%
11 Un crustable Carrot, baby Strawberry Applesauce Juice Cup or Box Milk Assorted Doritos	12 Corndog on a Stick Garden Salad Pineapple Tidbits Milk Assorted Sherbet, Rainbow	13 Quesadilla Green Bean Grapes Milk Assorted Sports Bites	14 Hot Ham & Cheese on WGW bun Scalloped Potatoes Apple, fresh sliced or whole Milk Assorted Juice Cup or Box	15 Chicken Patty on WG Bun Baked Beans Mandarin Oranges Milk Assorted	Calories 651 Sodium 971 mg Dietary Fiber 8.25 g Total Fat 18.71 g 25.9% Saturated Fat 4.52 g 6.2%
18 No school today	19 Turkey Sub Potato Emoji's Apple, fresh sliced or whole Milk Assorted	20 Chicken Fried Steak on WG Bun Garden Salad Pineapple Tidbits Milk Assorted	21 French Bread Pizza Broccoli & Cheese Pear, fresh Milk Assorted	22 Popcorn Chicken Corn Orange Smiles (4) Milk Assorted Cookie, Carnival	Calories 643 Sodium 854 mg Dietary Fiber 8.96 g Total Fat 22.21 g 31.1% Saturated Fat 6.09 g 8.5%
25 Wild Mike's Cheese Bites Mixed Veggies Mandarin Oranges Jello with Fruit Milk Assorted	26 Burger on Bun Corn Strawberry Applesauce Milk Assorted Tea Roll WG	27 Chicken Tenders Baked Beans Mixed Fruit Milk Assorted Tea Roll WG	28 Pizza, Taco, Fiestada Broccoli, steamed Peaches Tea Roll WG Milk Assorted	29 Pulled Pork Sandwich Doritos Carrot, baby Grapes Milk Assorted	Calories 634 Sodium 923 mg Dietary Fiber 9.00 g Total Fat 14.75 g 20.9% Saturated Fat 4.24 g 6.0%

Let's Made 2021 our BEST year!
CCSD is an equal opportunity provider
All 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.