

## Clarinda Schools March 2019 K-8 Menu


Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
&nbsp;	&nbsp;	&nbsp;	&nbsp;	1  Meatloaf Sandwich Grilled Chicken on WG Bun Mixed Veggies Corn, creamed Fresh Cut Veggies Banana Pineapple Tidbits Milk Assorted	Calories 592 Sodium 898 mg Total Fat 18.71 g 28.4% Saturated Fat 6.33 g 9.6%
4  Quesadilla Uncrustable and Yogurt Garden Salad Carrot, diced Fresh Cut Veggies Pineapple Tidbits Juice Cup or Box, 4 oz Milk Assorted Salsa, prepared Belly Bears	5  Popcorn Chicken Footlong Dog on Bun Chili & Cheese for Dogs Green Bean Corn, creamed Fresh Cut Veggies Orange Smiles (4) Pears Milk Assorted Ketchup/BBQ Tea Roll WG	6  BBQ Rib on WG Chicken Salad Sandwich Baked Beans Mixed Veggies Fresh Cut Veggies Peaches Mixed Fruit Milk Assorted Tea Roll WG	7  Cheese Breadsticks/Sauce Burrito and Cheese sauce Broccoli, steamed Corn Fresh Cut Veggies Apple, fresh sliced or whole Juice Cup or Box, 4 oz Fruit Snack, Scooby Doo Milk Assorted	8  Pork Loin on WG Bun Uncrustable/String Cheese Peas & Carrots Potato Cubes Fresh Cut Veggies Banana Juice Cup or Box, 4 oz Milk Assorted	Calories 645 Sodium 1007 mg Total Fat 18.29 g 25.5% Saturated Fat 5.31 g 7.4%
11  Pizza, personal, pepperoni Shrimp Bites Corn Broccoli & Cheese Fresh Cut Veggies Apple Smile Cookie Mixed Fruit Milk Assorted Ketchup	12  Taco, soft, with WG tortilla Turkey Sub Peas Carrot, diced Fresh Cut Veggies Pears Juice Cup or Box, 4 oz Milk Assorted Salsa, prepared Tea Roll WG	13  Chicken Fried Steak on WG Bun Uncrustable Peas & Carrots Potato Cubes Fresh Cut Veggies Peaches Apple, fresh sliced or whole Milk Assorted Granola Bar, wholegrain	14  Shamrock Chicken Tenders Ham Salad Sandwich Green Bean Baked Beans Fresh Cut Veggies Pineapple Tidbits Applesauce Milk Assorted Fruit Roll Ups	15  No school today	Calories 632 Sodium 941 mg Total Fat 19.15 g 27.3% Saturated Fat 5.22 g 7.4%
18  Pizza, Taco, Fiestada Pasta/Meat Sc and Breadstick Carrot, diced Garden Salad Fresh Cut Veggies Pineapple Tidbits Mixed Fruit Milk Assorted Sherbet Cup(fruit juice base)	19  Chicken Patty on WG Bun Crispito/Sauce&Chs. stick Baked Beans Peas & Carrots Fresh Cut Veggies Peaches Orange Smiles (4) Milk Assorted	20  Chicken & Noodles Uncrustable/String Cheese Corn Broccoli, steamed Fresh Cut Veggies Pear, fresh Mandarin Oranges Milk Assorted Cookie, Choc. Chip	21  Burger on Bun Hot Ham & Cheese on WGW bun Green Bean Mixed Veggies Fresh Cut Veggies Juice Cup or Box, 4 oz Apple, fresh sliced or whole Ketchup Milk Assorted	22  No school today	Calories 628 Sodium 925 mg Total Fat 17.00 g 24.4% Saturated Fat 4.93 g 7.1%
25  Italian Dunkers - Ele Orange Chicken on Rice Baked Beans Carrot, diced Fresh Cut Veggies Pineapple Tidbits Mixed Fruit Milk Assorted Rice	26  Omelet and Sausage Links Uncrustable and Yogurt Tri Taters Carrot, baby Fresh Cut Veggies Apple, fresh sliced or whole Craisins Ketchup Milk Assorted Tea Roll, wholegrain	27  Chicken Strips Chef Salad Peas & Carrots Fresh Cut Veggies Green Bean Mandarin Oranges Peaches Milk Assorted Tea Roll WG	28  Hot Dog on WG White Bun Grilled Cheese Peas & Carrots Broccoli, fresh Fresh Cut Veggies Banana Mixed Fruit Chips, assorted Milk Assorted	29  Pizza Cheese Crunchers Uncrustable/String Cheese Peas Garden Salad Fresh Cut Veggies Applesauce Cup Grapes Milk Assorted	Calories 603 Sodium 932 mg Total Fat 19.08 g 28.5% Saturated Fat 5.34 g 8.0%

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.