

Clarinda Schools November 2018 K-8 Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
			1 Meatloaf Sandwich Turkey Sub Baked Beans Broccoli Normandy Fresh Cut Veggies Mixed Fruit Mandarin Oranges Milk Assorted	2 No school today	Calories 549 Sodium 1003 mg Total Fat 20.96 g 34.4% Saturated Fat 7.85 g 12.9%
5 Pepperoni Pizza Uncrustable and Yogurt Garden Salad Pasta and Grilled Veggies Fresh Cut Veggies Pineapple Chunks Juice Cup or Box, 4 oz Sherbet Cup (fruit juice base) Milk Assorted	6 Chicken Drumstick Grilled Cheese French Fries Green Bean Fresh Cut Veggies Banana Grapes Tea Roll WG Milk Assorted	7 Italian Dunkers - Ele Chef Salad Broccoli & Cheese Peas Fresh Cut Veggies Apple, fresh sliced or whole Juice Cup or Box, 4 oz Ketchup Fruit Snack, Scooby Doo Milk Assorted	8 Cheese Breadsticks/Sauce Chicken Wrap Pasta and Grilled Veggies Carrot, diced Fresh Cut Veggies Pears Juice Cup or Box, 4 oz Milk Assorted Goldfish Giant Grahams	9 Quesadilla Fish Sticks Carrot, diced Corn, creamed Fresh Cut Veggies Orange Smiles (4) Pears Milk Assorted Salsa, prepared Animal Crackers	Calories 647 Sodium 1060 mg Total Fat 17.92 g 24.9% Saturated Fat 5.98 g 8.3%
12 Chicken Nuggets Chef Salad Corn Broccoli Normandy Fresh Cut Veggies Peaches Pineapple Chunks Milk Assorted Tea Roll WG	13 Pork Loin on WG Bun Chicken Wrap Peas & Carrots Garden Salad Fresh Cut Veggies Strawberry Applesauce Juice Cup or Box, 4 oz Milk Assorted	14 Chicken Fried Steak on WG Bun Uncrustable/String Cheese Baked Beans Potato Cubes Fresh Cut Veggies Juice Cup or Box, 4 oz Banana Milk Assorted	15 Taco, soft, with WG tortilla Ham & Cheese Wrap Green Bean Carrot, whole steamed Fresh Cut Veggies Peaches Pears Salsa, prepared Milk Assorted Sports Bites	16 Burger on Bun Crispito/Sauce&Chs. stick Peas Carrot, baby Dressing, Ranch Cup Fresh Cut Veggies Strawberries, Fresh Mixed Fruit Milk Assorted Ketchup Doritos	Calories 651 Sodium 1122 mg Total Fat 21.25 g 29.4% Saturated Fat 6.01 g 8.3%
19 Corndog on a Stick Uncrustable and Yogurt Baked Beans Carrot, whole glazed Fresh Cut Veggies Pineapple Chunks Mixed Fruit Milk Assorted	20 Turkey and Gravy Mashed Potatoes Corn Stuffing Juice Cup or Box, 4 oz Apple, fresh sliced or whole Cookie, Carnival Milk Assorted	21 No school today	22 No school today	23 No school today	Calories 611 Sodium 848 mg Total Fat 12.85 g 18.9% Saturated Fat 3.62 g 5.3%
26 Stuffed Crust Pizza Shrimp Bites Corn Broccoli & Cheese Fresh Cut Veggies Strawberry Applesauce Peaches Tea Roll WG Milk Assorted Ketchup	27 Burrito, beef & bean, WG Turkey Bacon Ranch Sub Green Bean Peas & Carrots Fresh Cut Veggies Pineapple Chunks Mixed Fruit Milk Assorted Tea Roll WG Cheese Sauce Salsa, prepared	28 Hot Dog on WG White Bun Grilled Cheese Broccoli Normandy Baked Beans Fresh Cut Veggies Pear, fresh Mandarin Oranges Milk Assorted Ketchup/Mustard	29 Chicken Patty on WG Bun Uncrustable and Yogurt Potato Smiles Garden Salad Fresh Cut Veggies Juice Cup or Box, 4 oz Apple, fresh sliced or whole Ketchup Milk Assorted	30 Pizza Cheese Crunchers Chef Salad Carrot, diced Pasta and Grilled Veggies Fresh Cut Veggies Grapes Juice Cup or Box, 4 oz Milk Assorted	Calories 610 Sodium 1129 mg Total Fat 17.23 g 25.4% Saturated Fat 4.97 g 7.3%

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.