

## Clarinda Schools April Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
&nbsp;	&nbsp;	&nbsp;	1 No school today	2 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%*
5 Orange Chicken and Fried Rice Broccoli, fresh Grapes Tea Roll WG Milk Assorted	6 Grilled Cheese Peas & Carrots Mandarin Oranges Milk Assorted Sherbet Cup(fruit juice base)	7 Corndog on a Stick Green Bean Pears Milk Assorted Tea Roll WG	8 Uncrustable Carrot, diced Strawberry Applesauce Cookie, Carnival Milk Assorted	9 Pizza Doublestuff Whole Grain Corn Pineapple Tidbits Milk Assorted Elf Grahams	Calories 602 Sodium 822 mg Dietary Fiber 7.85 g Total Fat 14.57 g 21.8% Saturated Fat 4.45 g 6.7%
12 Burger on Bun Tri Taters Pear, fresh Milk Assorted	13 Bosco Pizza Sticks-2 Corn Juice Cup or Box Fruit Roll Ups Milk Assorted	14 Chicken and Noodles Green Bean Pineapple Tidbits Biscuit. 2 oz WG Milk Assorted	15 Burrito Spanish Rice Broccoli, steamed Pears Milk Assorted	16 Turkey Sub Chips, assorted Celery Sticks Peach cup Milk Assorted	Calories 628 Sodium 933 mg Dietary Fiber 9.21 g Total Fat 13.74 g 19.7% Saturated Fat 4.71 g 6.8%
19 BBQ Rib on WG Cole Slaw Pineapple Tidbits Mac & Cheese Milk Assorted	20 Popcorn Chicken Green Bean Strawberry Applesauce Milk Assorted Grandma's Mini Cookies	21 French Bread Pizza Garden Salad Peaches Milk Assorted	22 Breaded Beef Nugget Mashed Potatoes Gravy, Brown Cuties Oranges Milk Assorted Bread, Whole Grain	23 Sloppy Joe on WG bun Sunchips, wholegrain Corn Kiwi Fruit Milk Assorted	Calories 643 Sodium 1008 mg Dietary Fiber 7.03 g Total Fat 22.29 g 31.2% Saturated Fat 6.08 g 8.5%
26 Walking Taco Corn Apple, fresh sliced or whole Milk Assorted Granola Bar, wholegrain	27 Pizza, sausage MAX Peas & Carrots Craisins Milk Assorted	28 Chicken Nuggets Broccoli & Cheese Pears Milk Assorted Strawberry Delight Cookie	29 Pork Loin on WG Bun Baked Beans Pineapple Tidbits Milk Assorted	30 Hot Dog on WG White Bun Green Bean Cheetos Mandarin Oranges Milk Assorted	Calories 649 Sodium 1010 mg Dietary Fiber 8.59 g Total Fat 19.49 g 27.0% Saturated Fat 4.94 g 6.8%

Menus subject to change due to availability. Please check the daily announcements if you have concerns.  
Welcome SPRING!!

\*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.