

Clarinda Schools September 2018 K-8 Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
3 No school today	4 Chicken Fried Steak on WG Bun Baked Beans Uncrustable and Yogurt Potato, Sliced, buttered Fresh Cut Veggies Mandarin Oranges Pineapple Chunks Milk Assorted	5 Italian Dunkers - Ele Ham & Cheese Broccoli & Cheese Carrot, baby Fresh Cut Veggies Peaches Juice Cup or Box, 4 oz Ketchup Fruit Snacks, Curious George Milk Assorted	6 Stuffed Crust Pizza Chef Salad Green Bean Broccoli Normandy Fresh Cut Veggies Banana Pears Milk Assorted Granola Bar, wholegrain	7 Pork Loin on WG Bun Turkey Sub Peas & Carrots Corn Fresh Cut Veggies Watermelon, wedge Juice Cup or Box, 4 oz Milk Assorted	Calories 641 Sodium 1152 mg Total Fat 17.34 g 24.4% Saturated Fat 5.19 g 7.3%
10 Chicken Nuggets Chef Salad Corn Broccoli Normandy Fresh Cut Veggies Juice Cup or Box, 4 oz Pineapple Chunks Milk Assorted Tea Roll WG	11 Quesadilla Uncrustable/String Cheese Peas & Carrots Broccoli & Cheese Fresh Cut Veggies Mixed Fruit Pears Milk Assorted Salsa, prepared Animal Crackers	12 Nachos with Beef Ham & Cheese Green Bean Peas Fresh Cut Veggies Strawberries, frozen Juice Cup or Box, 4 oz Goldfish Giant Grahams Milk Assorted	13 Chicken Strips Turkey Sub Baked Beans Potato AuGratin Mandarin Oranges Juice Cup or Box, 4 oz Milk Assorted	14 Pizza Cheese Crunchers No Alternate Garden Salad Carrot, diced Fresh Cut Veggies Apple, fresh sliced or whole Juice Cup or Box, 4 oz Milk Assorted Bomb Pop	Calories 663 Sodium 1060 mg Total Fat 21.59 g 29.3% Saturated Fat 6.06 g 8.2%
17 Cheese Breadsticks/Sauce Chef Salad Carrot, diced Garden Salad Fresh Cut Veggies Pears Juice Cup or Box, 4 oz Milk Assorted Gripz Cookie Bits	18 Corndog on a Stick Uncrustable and Yogurt Baked Beans Corn, creamed Fresh Cut Veggies Pineapple Chunks Mixed Fruit Pudding Cup Milk Assorted	19 Popcorn Chicken Ham & Cheese Green Bean Cole Slaw Fresh Cut Veggies Banana Juice Cup or Box, 4 oz Ketchup Cookie, Carnival Milk Assorted	20 French Bread Pizza Chef Salad Peas Broccoli & Cheese Fresh Cut Veggies Strawberry Applesauce Peaches Tea Roll WG Milk Assorted	21 Taco Salad Turkey Sub Corn Peas & Carrots Fresh Cut Veggies Applesauce Juice Cup or Box, 4 oz Milk Assorted Tea Roll WG	Calories 643 Sodium 1087 mg Total Fat 18.19 g 25.5% Saturated Fat 5.03 g 7.0%
24 Burger on Bun Chef Salad Potato Cubes Carrot, diced Fresh Cut Veggies Peaches Juice Cup or Box, 4 oz Milk Assorted Ketchup	25 Hot Dog on WG White Bun Chef Salad Broccoli Normandy Baked Beans Fresh Cut Veggies Mandarin Oranges Pear, fresh Milk Assorted Ketchup/Mustard	26 Chicken Patty on WG Bun Ham & Cheese Green Bean Peas & Carrots Fresh Cut Veggies Juice Cup or Box, 4 oz Pineapple Chunks Ketchup Milk Assorted	27 Pizza Stick and String Cheese Chef Salad Broccoli & Cheese Carrot, baby Fresh Cut Veggies Apple, fresh sliced or whole Mixed Fruit Tea Roll WG Milk Assorted Cookie, Choc. Chip	28 Sausage/Egg on Bun Turkey Sub Potato Cubes Sweet potato casserole Fresh Cut Veggies Strawberries, frozen Juice Cup or Box, 4 oz Milk Assorted	Calories 611 Sodium 1090 mg Total Fat 17.00 g 25.0% Saturated Fat 5.62 g 8.3%

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.