

Clarinda Lutheran School Menu

November, 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
				1 No school today	Calories *N/A* Sodium *N/A* mg Carbohydrate *N/A* g *N/A%* Total Fat *N/A* g *N/A%* Saturated Fat *N/A* g *N/A%*
4 Crispito/Sauce&Chs. stick Broccoli, steamed Garden Salad Applesauce Cup Juice Cup or Box, 4 oz Milk Assorted Tea Roll WG	5 Chicken Nuggets Taco Salad Corn Carrot, whole steamed Mixed Fruit Juice Cup or Box, 4 oz Milk Assorted BBQ Sauce Tea Roll WG	6 Pizza, Taco, Fiestada Parmesan Chicken Potato Emoji's Pasta and Grilled Veggies Pineapple Tidbits Juice Cup or Box, 4 oz Milk Assorted Ketchup	7 Quesadilla Pasta with Alfredo Sauce Corn, creamed Green Bean Apple, fresh sliced or whole Juice Cup or Box, 4 oz Milk Assorted Salsa, prepared Tea Roll WG Fruit Roll Ups	8 Shrimp Bites Uncrustable and Yogurt Cole Slaw Baked Beans Peaches Juice Cup or Box, 4 oz Milk Assorted Ketchup Shrimp Sauce Tea Roll WG	Calories 636 Sodium 1077 mg Carbohydrate 87.77 g 55.2% Total Fat 20.53 g 29.0% Saturated Fat 5.20 g 7.4%
11 Popcorn Chicken Grilled Cheese Broccoli & Cheese Peas Strawberries, frozen Juice Cup or Box, 4 oz Milk Assorted Ketchup/BBQ Tea Roll WG	12 Sloppy Joe on WG bun Chicken Enchiladas Carrot, diced Corn Juice Cup or Box, 4 oz Pears Doritos Milk Assorted	13 Flying Saucer Pizza Stick and String Cheese Green Bean Garden Salad Juice Cup or Box, 4 oz Peaches Milk Assorted Tea Roll WG	14 Burger on Bun Italian Dunkers - Ele Cheese Slices Carrot, baby Baked Beans Juice Cup or Box, 4 oz Applesauce, Straw. Cup Milk Assorted	15 Cheesesticks, Breaded Uncrustable/String Cheese Broccoli Normandy Corn Mixed Fruit Juice Cup or Box, 4 oz Milk Assorted Marinara Cup Tea Roll WG Fudge bar	Calories 630 Sodium 985 mg Carbohydrate 92.47 g 58.7% Total Fat 16.94 g 24.2% Saturated Fat 5.38 g 7.7%
18 Meatball Sub w/marinara Carrot, whole steamed Pasta and Grilled Veggies Pears Juice Cup or Box, 4 oz Milk Assorted	19 BBQ Rib on WG Taco, soft, with WG tortilla Baked Beans Mixed Veggies Peaches Juice Cup or Box, 4 oz Milk Assorted Side Kicks Frozen Fruit Slush Tea Roll WG	20 Stuffed Crust Pizza Philly Beef Sub Green Bean Peas Juice Cup or Box, 4 oz Mandarin Oranges Milk Assorted	21 Salisbury w/potato & roll Pasta/Meat Sc and Breadstick Peas & Carrots Broccoli & Cheese Fruit, Fresh Juice Cup or Box, 4 oz Milk Assorted Fruit Snack, Scooby Doo Tea Roll WG	22 Pizza Cheese Crunchers Uncrustable and Yogurt Fresh Cut Veggies Corn Juice Cup or Box, 4 oz Orange Smiles (4) Milk Assorted Tea Roll WG Marinara Cup	Calories 634 Sodium 944 mg Carbohydrate 94.73 g 59.8% Total Fat 16.97 g 24.1% Saturated Fat 5.68 g 8.1%
25 Chicken Strips Chef Salad Corn Diced Potato, Buttered Juice Cup or Box, 4 oz Pineapple Tidbits Milk Assorted Grandma's Mini Cookies	26 Turkey Noodles& Mash Potato Corn Green Bean Casserole Apple, fresh sliced or whole Juice Cup or Box, 4 oz Milk Assorted Cookie, sugar	27 No school today	28 No school today	29 No school today	Calories 672 Sodium 950 mg Carbohydrate 100.58 g 59.8% Total Fat 15.84 g 21.2% Saturated Fat 3.95 g 5.3%

Clarinda Schools is an equal opportunity provider
All menus subject to change due to 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.