

Clarinda Lutheran School Menu

January, 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
		1 No school today	2 No school today	3 No school today	Calories *N/A* Total Fat *N/A* g *N/A%* Saturated Fat *N/A* g *N/A%*
6 Pizza Cheese Crunchers Italian Sub Sandwich Carrot, diced Garden Salad Juice Cup or Box, 4 oz Orange Smiles (4) Milk Assorted Marinara Cup	7 Popcorn Chicken Taco Salad Broccoli Normandy Corn Peaches Juice Cup or Box, 4 oz Milk Assorted Dirt Cake Tea Roll WG	8 Hot Dog on WG White Bun Chili/Cheese Bk Potato Baked Beans Corn, creamed Juice Cup or Box, 4 oz Applesauce, Straw. Cup Milk Assorted Tea Roll WG	9 Pizza, sausage MAX Italian Dunkers - Ele Green Bean Peas & Carrots Juice Cup or Box, 4 oz Pineapple Tidbits Milk Assorted Tea Roll WG	10 Pork Loin on WG Bun Uncrustable/String Cheese French Fries Broccoli & Cheese Juice Cup or Box, 4 oz Mandarin Oranges Milk Assorted Tea Roll WG	Calories 651 Total Fat 20.24 g 28.0% Saturated Fat 5.68 g 7.9%
13 Mini Lowfat Corndogs, WG Late Start-No Alternate Corn Pasta and Grilled Veggies Banana Juice Cup or Box, 4 oz Milk Assorted Grandma's Mini Cookies	14 Sausage/Egg/Chs on Bun Taco, soft, with WG tortilla Potato Cubes Broccoli & Cheese Apple, fresh sliced or whole Juice Cup or Box, 4 oz Milk Assorted Tea Roll WG Ketchup Salsa, prepared	15 Chicken Patty on WG Bun Chef Salad Carrot, whole glazed Broccoli Normandy Juice Cup or Box, 4 oz Pears Milk Assorted Tea Roll WG Ketchup	16 Shrimp Bites Pasta with Alfredo Sauce Chicken Rice Peas & Carrots Bush's Ranch Beans Mixed Fruit Juice Cup or Box, 4 oz Milk Assorted Shrimp Sauce Tea Roll WG	17 Beef Stew Uncrustable/String Cheese Garden Salad Green Bean Mandarin Oranges Juice Cup or Box, 4 oz Milk Assorted Tea Roll WG	Calories 607 Total Fat 17.82 g 26.4% Saturated Fat 5.29 g 7.8%
20 Burrito and Cheese sauce Pizza Stick and String Cheese Bush's Southwestern Beans Green Bean Grapes Juice Cup or Box, 4 oz Milk Assorted Tea Roll WG	21 Orange Chicken on Rice Chicken Enchiladas Carrot, whole steamed Peas Banana Juice Cup or Box, 4 oz Milk Assorted Cookie, Carnival Tea Roll WG	22 Hot Ham & Cheese on WGW bun Chef Salad Corn Diced Potato, Buttered Pineapple Tidbits Juice Cup or Box, 4 oz Tea Roll WG Milk Assorted	23 Chicken Strips Pasta and Meat Sauce Corn, creamed Garden Salad Juice Cup or Box, 4 oz Apple, fresh sliced or whole Milk Assorted Tea Roll WG BBQ Sauce	24 Hot Beef Sandwich Uncrustable and Yogurt Broccoli & Cheese Mixed Veggies Juice Cup or Box, 4 oz Mandarin Oranges Milk Assorted Tea Roll WG	Calories 641 Total Fat 15.74 g 22.1% Saturated Fat 4.73 g 6.6%
27 Chicken Nuggets Late Start-No Alternate Broccoli & Cheese Peas Peaches Juice Cup or Box, 4 oz Milk Assorted Ketchup Tea Roll WG BBQ Sauce	28 Flying Saucer Walking Taco Corn Carrot, whole steamed Mixed Fruit Juice Cup or Box, 4 oz Milk Assorted Tea Roll WG	29 Quesadilla Chicken and Noodles Broccoli Normandy Garden Salad Applesauce Cup Juice Cup or Box, 4 oz Milk Assorted Tea Roll WG Salsa, prepared	30 Burger on Bun Cheese Slices Pasta Bake Baked Beans French Fries Juice Cup or Box, 4 oz Pineapple Tidbits Milk Assorted Tea Roll WG Ketchup/Mustard	31 Stuffed Crust Pizza Uncrustable/String Cheese Corn, creamed Green Bean Cinnamon Apples, warm Juice Cup or Box, 4 oz Milk Assorted Salsa, prepared Tea Roll WG	Calories 635 Total Fat 18.87 g 26.7% Saturated Fat 5.26 g 7.5%

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.