

Clay City High School

AUGUST LUNCH 2024

May 13, 2024

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| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|---|
| Aug - 5 TEACHER IN-SERVICE DAY WELCOME BACK !!! | Aug - 6 TEACHER IN-SERVICE DAY WELCOME BACK !!! | Aug - 7 TACO SALAD REFRIED BEANS LETTUCE & TOMATO CORN PINEAPPLE JUICE VARIETY MILK | Aug - 8 CHICKEN DRUMMIES ROLL MASHED POTATOES GREEN BEANS FRUIT SALAD JUICE VARIETY MILK | Aug - 9 TURKEY W/CHEESE SANDWICH CRISSCUT FRIES LETTUCE & TOMATO FRESH VEGGIES APPLE SLICES JUICE VARIETY MILK |
| Aug - 12 STEAK BITES CORN BREAD RANCH STYLE BEANS CUCUMBER SLICES & DIP PEARS CHOC CHIP COOKIE WG JUICE VARIETY MILK | Aug - 13 SPAGHETTI WITH MEAT SAUCE BOSCO STICK WG CAESAR SALAD VEGETABLE MEDLEY APPLESAUCE JUICE VARIETY MILK | Aug - 14 QUESADILLA FIESTA CORN SALAD W RANCH CHIPS AND SALSA PEACHES JUICE VARIETY MILK | Aug - 15 TURKEY AND NOODLES ROLL MASHED POTATOES GREEN BEANS GRAPES JUICE VARIETY MILK | Aug - 16 CHEESEBURGER CARROTS SEASONED FRIES WATERMELON LETTUCE & TOMATO JUICE VARIETY MILK |
| Aug - 19 BBQ PORK POTATO CHIPS COLE SLAW CORN APPLE SLICES JUICE VARIETY MILK | Aug - 20 CHICKEN ALFREDO GARLIC TOAST WG PEAS & CARROTS PEACHES CINN. GOLDFISH CRACKERS JUICE VARIETY MILK | Aug - 21 SOFT SHELL TACO BLACK BEANS CHIPS AND SALSA LETTUCE & TOMATO WATERMELON JUICE VARIETY MILK | Aug - 22 COUNTRY FRIED CHICKEN ROLL MASHED POTATOES GREEN BEANS APPLESAUCE JUICE VARIETY MILK | Aug - 23 PHILLY CHEESE SUB FRENCH FRIES CARROTS & DIP PEARS JUICE VARIETY MILK |
| Aug - 26 GENERAL TSO CHICKEN/RICE CUCUMBER SLICES & DIP CALIFORNIA BLEND MANDARIN ORANGES FORTUNE COOKIE JUICE VARIETY MILK | Aug - 27 LASAGNA ROLL UP w/MEAT SAU GARLIC TOAST WG CAESAR SALAD GREEN BEANS MIXED FRUIT JUICE VARIETY MILK | Aug - 28 NACHOS SUPREME REFRIED BEANS LETTUCE & TOMATO CORN APPLESAUCE JUICE VARIETY MILK | Aug - 29 BIS. AND GRAVY HASHBROWNS RED & GREEN PEPPERS EGG OMELET PEACHES JUICE VARIETY MILK | Aug - 30 CHICKEN SANDWICH FRENCH FRIES COLE SLAW PINEAPPLE JUICE VARIETY MILK |

| | Average | Weekly Target | % of Target | | Average | % of Calories | Weekly Target |
|-------------|-----------|---------------|-------------|----------|----------|---------------|---------------|
| Calories | 815 | 750-850 | 100% | Sugars | 45.66* g | 22.41% | |
| Cholesterol | 85 mg | | | Protein | 38.46 g | 18.87% | |
| Sodium | 1226 mg | 1420 | | Carbohyd | 105.11 g | 51.58% | |
| Fiber | 8.61 g | | | Tot. Fat | 26.60 g | 29.37% | <=30.0% |
| Iron | 4.79 mg | | | Sat. Fat | 9.18 g | 10.14% | <10.00% |
| Calcium | 536.52 mg | | | | | | |
| Vitamin A | 2139 IU | | | | | | |
| Vitamin C | 39.44 mg | | | | | | |

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.