

Clay City High School

JAN LUNCH 2025

Dec 4, 2024

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Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 6 GENERAL TSO CHICKEN/RICE CUCUMBER SLICES & DIP CALIFORNIA BLEND MANDARIN ORANGES FORTUNE COOKIE JUICE VARIETY MILK	Jan - 7 CHICKEN ALFREDO GARLIC TOAST WG PEAS CARROTS & DIP PEACHES JUICE VARIETY MILK	Jan - 8 NACHOS SUPREME REFRIED BEANS LETTUCE & TOMATO CORN PINEAPPLE JUICE VARIETY MILK	Jan - 9 CHILI w/ CRACKERS PB SANDWICH CARROTS & CELERY APPLE CRISP JUICE VARIETY MILK	Jan - 10 CHICKEN SANDWICH CRISSCUT FRIES LETTUCE & TOMATO FRESH VEGGIES APPLE SLICES JUICE VARIETY MILK
Jan - 13 BBQ PORK MAC AND CHEESE PEAS CARROTS & DIP PEACHES JUICE VARIETY MILK	Jan - 14 CHEESY CHICKEN TETRAZZINI BOSCO STICK WG GREEN BEANS COTTAGE CHEESE CELERY/PEANUT BUTTER GRAPES JUICE VARIETY MILK	Jan - 15 CHICKEN QUESADILLA CHEESE QUESADILLA BLACK BEANS SALAD W RANCH CHIPS AND SALSA PEARS JUICE VARIETY MILK	Jan - 16 BEEF & NOODLES ROLL RED PEPPER STRIPS MASHED POTATOES GREEN BEANS FRUIT SALAD JUICE VARIETY MILK	Jan - 17 CHEESEBURGER TATER TOTS COLE SLAW PEACHES JUICE VARIETY MILK
Jan - 20 MLK Jr Day (NO SCHOOL)	Jan - 21 CHICKEN SCAMPI BREADSTICK WG COTTAGE CHEESE CAESAR SALAD BRUSSELS SPROUTS FRUIT COCKTAIL RICE KRISPIES TREATS JUICE VARIETY MILK	Jan - 22 TACO SALAD REFRIED BEANS CORN PINEAPPLE JUICE VARIETY MILK	Jan - 23 TURKEY MANHATTAN BREAD & BUTTER MASHED POTATOES GREEN BEANS APPLESAUCE JUICE VARIETY MILK	Jan - 24 CHICKEN SANDWICH FRENCH FRIES CELERY STICKS PEACHES JUICE VARIETY MILK
Jan - 27 STEAK BITES CORN BREAD BAKED POTATO RANCH STYLE BEANS CUCUMBER SLICES & DIP PEARS CHOC CHIP COOKIE WG JUICE VARIETY MILK	Jan - 28 SPAGHETTI WITH MEAT SAUCE BOSCO STICK WG SALAD W RANCH VEGETABLE MEDLEY APPLESAUCE JUICE VARIETY MILK	Jan - 29 CRISPY CHICKEN WRAP FIESTA CORN LETTUCE & TOMATO CHIPS AND SALSA PEACHES JUICE VARIETY MILK	Jan - 30 COUNTRY FRIED STEAK BISCUIT W/PB & HONEY MASHED POTATOES GREEN BEANS GRAPES JUICE VARIETY MILK	Jan - 31 CHEESEBURGER LETTUCE & TOMATO SEASONED FRIES BLUEBERRY CRISP JUICE VARIETY MILK

	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	819	750-850	100%	Sugars	47.11 g	23.00%	
Cholesterol	78 mg			Protein	38.29 g	18.69%	
Sodium	1185 mg	1420		Carbohyd	108.45 g	52.95%	
Fiber	8.79 g			Tot. Fat	25.88 g	28.43%	<=30.0%
Iron	5.60 mg			Sat. Fat	9.62 g	10.57%	<10.00%
Calcium	528.35 mg						
Vitamin A	2642 IU						
Vitamin C	41.83 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.