North Clay Middle School Feb

Monday	Tuesday	Wednesday	Thursday	Friday
			Feb - 1	Feb - 2
			CHEESEBURGER / BUN FRENCH FRIES CORN PEARS JUICE MILK, VARIETY	MEATBALL SUB. CELERY CRISSCUT FRIES ORANGES COOKIE JUICE MILK, VARIETY
Feb - 5	Feb - 6	Feb - 7	Feb - 8	Feb - 9
PORK FRITTER / BUN FRENCH FRIES PEARS RED PEPPER SLICES JUICE MILK, VARIETY	GENERAL TSO CHICKEN/RICE CALIFORNIA MEDLEY CARROTS / DIP APPLESAUCE JUICE MILK, VARIETY	BBQ / BUN BAKED BEANS CELERY FRUIT COCKTAIL MILK, VARIETY	CHICKEN NUGGETS BAKED POTATO BROCCOLI & CHEESE APPLESAUCE JUICE MILK, VARIETY	FISH SANDWICH CHIPS PINEAPPLE BROC & CAULIFLOWER BAKED BEANS MILK, VARIETY
Feb - 12	Feb - 13	Feb - 14	Feb - 15	Feb - 16
CHICKEN PATTY/ BUN CHEESE POTATOES SALAD W/ DRESSING APPLESAUCE MILK, VARIETY	RIB / BUN CARROTS / DIP GREEN BEANS PEARS MILK, VARIETY	CHICKEN WRAP BAKED BEANS SALAD W/ DRESSING TROPICAL FRUIT SALAD JUICE MILK, VARIETY	CHICKEN QUESADILLA CORN BLACK BEANS & SALSA ORANGES JUICE MILK, VARIETY	PORK FRITTER / BUN CORN CUCUMBER SLICES PEACHES JUICE MILK, VARIETY
Feb - 19	Feb - 20	Feb - 21	Feb - 22	Feb - 23
NO SCHOOL TODAY	NACHOS SUPREME REFRIED BEANS CORN PEACHES MILK, VARIETY	RAVIOLI/BREADSTICK SALAD W/ DRESSING GREEN BEANS PEACHES MILK, VARIETY	TACO IN A BAG REFRIED BEANS CORN FRUIT COCKTAIL MILK, VARIETY	CORN DOG GREEN BEANS CARROTS / DIP PINEAPPLE COOKIE MILK, VARIETY
Feb - 26	Feb - 27	Feb - 28	Feb - 29	
HAMBURGER / BUN FRENCH FRIES CUCUMBER SLICES FRUIT COCKTAIL MILK, VARIETY	HOT DOG /BUN POTATO WEDGES BAKED BEANS PEARS MILK, VARIETY	ROTINI W/ MEAT SAUCE BREADSTICK SALAD W/ DRESSING CORN PEACHES MILK, VARIETY	CHICKEN DRUMS/ ROLL MASHED POTATOES GREEN BEANS TROPICAL FRUIT SALAD JUICE MILK, VARIETY	

			Weekly	% of				% of	Weekly
	Average		Target	Target		Average		Calories	Target
Calories	647		600-700	100%	Sugars	31.60*	g	19.52%	_
Cholesterol	65	mg			Protein	29.47	g	18.21%	
Sodium	1149	mg	1360		Carbohyd	75.26	g	46.50%	
Fiber	6.61	g			Tot. Fat	25.42	g	35.33%	<=30.0%
Iron	2.90	mg			Sat. Fat	7.35	g	10.22%	<10.00%
Calcium	447.36	mg					•		
Vitamin A	1167	ΙŬ							
Vitamin C	6.48	mg							

^{* -} denotes combined nutrient totals with either missing or incomplete nutrient data.