

North Clay Middle School

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 1 NO SCHOOL TODAY	Jan - 2 NO SCHOOL TODAY	Jan - 3 NO SCHOOL TODAY	Jan - 4 CHICKEN QUESADILLA CORN CHIPS CARROTS / DIP PEARS MILK, VARIETY	Jan - 5 TACO IN A BAG REFRIED BEANS CORN PINEAPPLE JUICE MILK, VARIETY
Jan - 8 CHICKEN DRUMS/ ROLL BAKED POTATO BROCCOLI & CHEESE APPLESAUCE PUDDING CUP MILK, VARIETY	Jan - 9 BBQ / BUN PEAS AND CARROTS CHIPS CELERY PINEAPPLE MILK, VARIETY	Jan - 10 HOT DOG /BUN SEASONED FRIES BLACK BEANS & SALSA PEARS MILK, VARIETY	Jan - 11 CHICKEN NUGGETS BREAD BAKED POTATO GREEN BEANS MANDARIN ORANGES JUICE MILK, VARIETY	Jan - 12 ROTINI W/ MEAT SAUCE BREADSTICK SALAD W/ DRESSING CORN PEACHES MILK, VARIETY
Jan - 15 CHICKEN PATTY/ BUN RED PEPPER SLICES SEASONED FRIES PEARS JUICE MILK, VARIETY	Jan - 16 HAMBURGER / BUN FRENCH FRIES JUICE CUCUMBER SLICES FRUIT COCKTAIL MILK, VARIETY	Jan - 17 NACHOS SUPREME REFRIED BEANS CORN PINEAPPLE MILK, VARIETY	Jan - 18 CHICKEN BREAST GREEN BEANS TATOR TOTS BAKED APPLES MILK, VARIETY	Jan - 19 STEAK BITES W/ bread BAKED POTATO BUTTERED CARROTS FRUIT COCKTAIL MILK, VARIETY
Jan - 22 PORK FRITTER / BUN CHEESE POTATOES CARROTS / DIP PEACHES MILK, VARIETY	Jan - 23 SLOPPY JOE / BUN CHIPS CELERY BAKED BEANS PEARS JUICE MILK, VARIETY	Jan - 24 CORN DOG GREEN BEANS CARROTS / DIP PINEAPPLE JUICE COOKIE MILK, VARIETY	Jan - 25 CHEESEBURGER / BUN TOMATO & CUCUMBER SEASONED FRIES TROPICAL FRUIT SALAD JUICE MILK, VARIETY	Jan - 26 CHILI DOG / BUN BAKED BEANS CHIPS CELERY FRUIT COCKTAIL MILK, VARIETY
Jan - 29 GENERAL TSO CHICKEN/RICE CALIFORNIA MEDLEY CARROTS / DIP APPLESAUCE JUICE MILK, VARIETY	Jan - 30 HOT DOG /BUN SEASONED FRIES BLACK BEANS & SALSA PEARS MILK, VARIETY	Jan - 31 FISH SANDWICH FRENCH FRIES FRESH VEGGIES/DIP FRUIT COCKTAIL JUICE MILK, VARIETY		

	Average	Weekly Target	% of Target		Average		% of Calories	Weekly Target
Calories	664	600-700	100%	Sugars	34.39*	g	20.73%	
Cholesterol	66 mg			Protein	29.80	g	17.96%	
Sodium	1187 mg	1360		Carbohyd	77.55	g	46.74%	
Fiber	6.75 g			Tot. Fat	26.29	g	35.65%	<=30.0%
Iron	2.98 mg			Sat. Fat	7.38	g	10.01%	<10.00%
Calcium	446.67 mg							
Vitamin A	1618 IU							
Vitamin C	8.22 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.