

North Clay Middle School

May

Monday	Tuesday	Wednesday	Thursday	Friday
			May - 1 HOT DOG /BUN CHIPS SALAD W/ DRESSING CELERY PEACHES JUICE MILK, VARIETY	May - 2 CHICKEN PATTY/ BUN CHEESE POTATOES GREEN BEANS FRUIT COCKTAIL MILK, VARIETY
May - 5 chicken taco in a bag REFRIED BEANS GUACAMOLE PICO DE GALLO STRAWBERRIES MILK, VARIETY	May - 6 STEAK BITES W/ corn bread BAKED POTATO BROCCOLI & CHEESE PEACHES JUICE MILK, VARIETY	May - 7 CORN DOG CUCUMBER SLICES BAKED BEANS APPLESAUCE MILK, VARIETY	May - 8 HAM / CHEESE SANDWICH SALAD W/ DRESSING CARROTS / DIP FRUIT COCKTAIL JUICE MILK, VARIETY	May - 9 GENERAL TSO CHICKEN/RICE CALIFORNIA MEDLEY CELERY MANDARIN ORANGES FORTUNE COOKIE MILK, VARIETY
May - 12 CHICKEN NUGGETS CORN BREAD BAKED POTATO BROCCOLI & CHEESE PEACHES MILK, VARIETY	May - 13 CHICKEN PATTY/ BUN BAKED BEANS CELERY CHIPS PEARS MILK, VARIETY	May - 14 TACO IN A BAG CORN CUCUMBER SLICES FRUIT COCKTAIL JUICE MILK, VARIETY	May - 15 BBQ MAC&CHEESE CARROTS / DIP GREEN BEANS PINEAPPLE MILK, VARIETY	May - 16 COOK'S CHOICE VEGGIE COOKS CHOICE FRESH VEGGIES/DIP FRUIT COOKS CHOICE JUICE MILK, VARIETY
May - 19 COOK'S CHOICE VEGGIE COOKS CHOICE FRESH VEGGIES/DIP FRUIT COOKS CHOICE JUICE MILK, VARIETY	May - 20 COOK'S CHOICE VEGGIE COOKS CHOICE FRESH VEGGIES/DIP FRUIT COOKS CHOICE JUICE MILK, VARIETY	May - 21 CORN FRESH VEGGIES/DIP FRUIT COCKTAIL MILK, VARIETY	May - 22 COOK'S CHOICE VEGGIE COOKS CHOICE FRESH VEGGIES/DIP FRUIT COOKS CHOICE JUICE MILK, VARIETY	May - 23
May - 26	May - 27	May - 28	May - 29	May - 30

Average			Weekly Target	% of Target	Average			% of Calories	Weekly Target
Calories	585		600-700	97%	Sugars	36.67* g		25.08%	
Cholesterol	64 mg				Protein	27.24 g		18.63%	
Sodium	1010 mg		1360		Carbohyd	72.96 g		49.90%	
Fiber	5.53 g				Tot. Fat	20.91 g		32.18%	<=30.0%
Iron	2.48 mg				Sat. Fat	6.16 g		9.48%	<10.00%
Calcium	457.73 mg								
Vitamin A	4267 IU								
Vitamin C	15.31 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.