

North Clay Middle School

Monday	Tuesday	Wednesday	Thursday	Friday
Mar - 3 PORK FRITTER / BUN RED PEPPER SLICES PEACHES SCALLOPED POTATOES JUICE MILK, VARIETY	Mar - 4 BBQ MAC&CHEESE CARROTS / DIP BAKED BEANS ORANGES MILK, VARIETY	Mar - 5 Popcorn chicken MASHED POTATOES CORN GRAVY TROPICAL FRUIT SALAD MILK, VARIETY	Mar - 6 CHEESY CHICKEN AND RICE GUACAMOLE PICO DE GALLO Apple Slice MILK, VARIETY	Mar - 7 CHICKEN PATTY/ BUN CRISSCUT FRIES CELERY FRUIT COCKTAIL JUICE MILK, VARIETY
Mar - 10 CRISPY CHICKEN WRAP CELERY SALAD W/ DRESSING APPLESAUCE MILK, VARIETY	Mar - 11 STEAK BITES W/ corn bread BAKED POTATO BROCCOLI & CHEESE Apples MILK, VARIETY	Mar - 12 BAKED HAM W/PINEAPPLE MASHED POTATOES PEAS ROLL FRUIT COCKTAIL JUICE MILK, VARIETY	Mar - 13 CHEESEBURGER / BUN CARROTS / DIP SEASONED FRIES PEARS MILK, VARIETY	Mar - 14 HAM / CHEESE SANDWICH CUCUMBER SLICES SALAD W/ DRESSING Apples JUICE MILK, VARIETY
Mar - 17 SPRING BREAK	Mar - 18 SPRING BREAK	Mar - 19 SPRING BREAK	Mar - 20 SPRING BREAK	Mar - 21 SPRING BREAK
Mar - 24 CHICKEN QUESADILLA REFRIED BEANS CORN PINEAPPLE JUICE MILK, VARIETY	Mar - 25 HOT DOG /BUN CHIPS BAKED BEANS CARROTS / DIP FRUIT COCKTAIL MILK, VARIETY	Mar - 26 BURRITO Taco Beans SWEET POTATO, BAKED TROPICAL FRUIT SALAD JUICE MILK, VARIETY	Mar - 27 CHICKEN NUGGETS BREADSTICK BAKED POTATO BROCCOLI & CHEESE PEACHES MILK, VARIETY	Mar - 28 GENERAL TSO CHICKEN/RICE CALIFORNIA MEDLEY MANDARIN ORANGES FORTUNE COOKIE JUICE MILK, VARIETY
Mar - 31 NACHOS SUPREME REFRIED BEANS CORN FRUIT COCKTAIL MILK, VARIETY				

	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	529	600-700	88%	Sugars	29.10* g	22.00%	
Cholesterol	53 mg			Protein	24.33 g	18.39%	
Sodium	1043 mg	1360		Carbohyd	64.93 g	49.08%	
Fiber	5.20 g			Tot. Fat	19.70 g	33.50%	<=30.0%
Iron	2.15 mg			Sat. Fat	5.71 g	9.71%	<10.00%
Calcium	412.19 mg						
Vitamin A	1909 IU						
Vitamin C	6.33 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.