

North Clay Middle School

Monday	Tuesday	Wednesday	Thursday	Friday
Feb - 3 MEATBALL SUB. CELERY CRISSCUT FRIES ORANGES MILK, VARIETY	Feb - 4 PHILLY BEEF STEAK Peppers and Onion CUCUMBER SLICES CHIPS PEARS JUICE MILK, VARIETY	Feb - 5 GENERAL TSO CHICKEN/RICE CALIFORNIA MEDLEY CARROTS / DIP APPLESAUCE MILK, VARIETY	Feb - 6 BBQ MAC&CHEESE BAKED BEANS BROC & CAULIFLOWER FRUIT COCKTAIL MILK, VARIETY	Feb - 7 CHICKEN NUGGETS BAKED POTATO BROCCOLI & CHEESE Apple Slice JUICE MILK, VARIETY
Feb - 10 FISH SANDWICH CHEESE POTATOES PINEAPPLE RED PEPPER SLICES MILK, VARIETY	Feb - 11 CHICKEN PATTY/ BUN FRENCH FRIES SALAD W/ DRESSING APPLESAUCE MILK, VARIETY	Feb - 12 RIB / BUN CARROTS / DIP CHIPS BAKED BEANS PEARS MILK, VARIETY	Feb - 13 STEAK BITES W/ bread CORN BREAD BAKED POTATO BROCCOLI & CHEESE TROPICAL FRUIT SALAD JUICE MILK, VARIETY	Feb - 14 CHICKEN AND WAFFLES STUFFED HASHBROWN CELERY ORANGES JUICE MILK, VARIETY
Feb - 17 NO SCHOOL TODAY	Feb - 18 BEEF & NOODLES / ROLL MASHED POTATOES GREEN BEANS PEARS MILK, VARIETY	Feb - 19 TACO IN A BAG REFRIED BEANS CORN PEACHES MILK, VARIETY	Feb - 20 LASAGNA GARLIC TOAST SALAD W/ DRESSING PARM COATED CARROTS APPLESAUCE MILK, VARIETY	Feb - 21 CHEESY CHICKEN AND RICE GUACAMOLE PICO DE GALLO CELERY CARROTS / DIP FRUIT COCKTAIL MILK, VARIETY
Feb - 24 CORN DOG BAKED BEANS CARROTS / DIP PINEAPPLE COOKIE MILK, VARIETY	Feb - 25 ROTINI W/ MEAT SAUCE BREADSTICK SALAD W/ DRESSING CUCUMBER SLICES FRUIT COCKTAIL MILK, VARIETY	Feb - 26 HOT DOG /BUN POTATO WEDGES CELERY PEARS JUICE MILK, VARIETY	Feb - 27 CHICKEN BREAST MASHED POTATOES CORN ON THE COB GRAVY PEACHES MILK, VARIETY	Feb - 28 HAMBURGER / BUN CHIPS LETTUCE & TOMATO SALAD W/ DRESSING ORANGES MILK, VARIETY

	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	537	600-700	89%	Sugars	28.22* g	21.04%	
Cholesterol	57 mg			Protein	24.54 g	18.29%	
Sodium	1017 mg	1360		Carbohyd	64.39 g	48.00%	
Fiber	5.42 g			Tot. Fat	20.60 g	34.55%	<=30.0%
Iron	2.40 mg			Sat. Fat	5.99 g	10.05%	<10.00%
Calcium	426.60 mg						
Vitamin A	2508 IU						
Vitamin C	5.68 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.