

North Clay Middle School

Monday	Tuesday	Wednesday	Thursday	Friday
Dec - 2 MEATBALL SUB. BROC & CAULIFLOWER FRUIT COCKTAIL SALAD W/ DRESSING JUICE MILK, VARIETY	Dec - 3 STEAK BITES W/ bread CELERY GREEN BEANS CORN BREAD PEACHES MILK, VARIETY	Dec - 4 PORK FRITTER / BUN SCALLOPED POTATOES PEARS BAKED BEANS MILK, VARIETY	Dec - 5 CHICKEN WRAP Seasoned potatoes SALAD W/ DRESSING PINEAPPLE JUICE MILK, VARIETY	Dec - 6 PHILLY BEEF STEAK TOMATO & CUCUMBER FRENCH FRIES Peppers and Onion TROPICAL FRUIT SALAD MILK, VARIETY
Dec - 9 RAVIOLI/BREADSTICK SALAD W/ DRESSING GREEN BEANS PEACHES MILK, VARIETY	Dec - 10 CHICKEN NUGGETS BAKED POTATO BROCCOLI & CHEESE ORANGES MILK, VARIETY	Dec - 11 SLOPPY JOE / BUN CARROTS / DIP BAKED BEANS CHIPS FRUIT COCKTAIL MILK, VARIETY	Dec - 12 CHICKEN PATTY/ BUN POTATO WEDGES SALAD W/ DRESSING JUICE PEARS MILK, VARIETY	Dec - 13 TACO IN A BAG REFRIED BEANS CORN PINEAPPLE JUICE MILK, VARIETY
Dec - 16 HOT DOG /BUN BAKED BEANS FRENCH FRIES APPLESAUCE MILK, VARIETY	Dec - 17 TURKEY MANHATTEN MASHED POTATOES GREEN BEANS PEACHES COOKIE MILK, VARIETY	Dec - 18 CHEESEBURGER / BUN CHIPS GREEN BEANS PEARS SALAD W/ DRESSING MILK, VARIETY	Dec - 19 RIB / BUN CELERY CARROTS / DIP JUICE TROPICAL FRUIT SALAD MILK, VARIETY	Dec - 20 COOK'S CHOICE
Dec - 23 CHRISTMAS BREAK	Dec - 24 CHRISTMAS BREAK	Dec - 25 CHRISTMAS BREAK	Dec - 26 CHRISTMAS BREAK	Dec - 27 CHRISTMAS BREAK
Dec - 30 CHRISTMAS BREAK	Dec - 31 NO SCHOOL TODAY			

	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	677	600-700	100%	Sugars	26.16* g	15.45%	
Cholesterol	87 mg			Protein	32.60 g	19.26%	
Sodium	1324 mg	1360		Carbohyd	69.59 g	41.11%	
Fiber	6.05 g			Tot. Fat	30.13 g	40.05%	<=30.0%
Iron	3.11 mg			Sat. Fat	9.26 g	12.31%	<10.00%
Calcium	445.42 mg						
Vitamin A	1160 IU						
Vitamin C	5.12 mg						