

North Clay Middle School

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 6 DONUTS CEREAL Apples JUICE MILK, VARIETY	Jan - 7 Dutch Waffle CEREAL BANANA BACON JUICE MILK, VARIETY	Jan - 1 Jan - 8 BREAKFAST SANDWICH CEREAL Apple Slice JUICE MILK, VARIETY	Jan - 2 Jan - 9 Cinnamon Roll BACON CEREAL Kiwi JUICE MILK, VARIETY	Jan - 3 Jan - 10 Muffin (assorted) CEREAL ORANGES JUICE MILK, VARIETY
Jan - 13 DONUTS CEREAL Apples JUICE MILK, VARIETY	Jan - 14 PANCAKES Sausage Patty CEREAL Apple Slice JUICE MILK, VARIETY	Jan - 15 BISCUITS & GRAVY CEREAL GRAPES JUICE MILK, VARIETY	Jan - 16 BREAKFAST PIZZA CEREAL ORANGES JUICE MILK, VARIETY	Jan - 17 Muffin (assorted) CEREAL Kiwi JUICE MILK, VARIETY
Jan - 20 NO SCHOOL TODAY	Jan - 21 Cinnamon Roll BACON CEREAL Apple Slice JUICE MILK, VARIETY	Jan - 22 FRENCH TOAST/SAUSAGE CEREAL Kiwi JUICE MILK, VARIETY	Jan - 23 Dutch Waffle BACON CEREAL GRAPES JUICE MILK, VARIETY	Jan - 24 Muffin (assorted) CEREAL ORANGES JUICE MILK, VARIETY
Jan - 27 DONUTS CEREAL GRAPES JUICE MILK, VARIETY	Jan - 28 BISCUITS & GRAVY CEREAL BANANA JUICE MILK, VARIETY	Jan - 29 BREAKFAST SANDWICH CEREAL Apple Slice JUICE MILK, VARIETY	Jan - 30 PANCAKES Sausage Patty CEREAL ORANGES JUICE MILK, VARIETY	Jan - 31 Muffin (assorted) CEREAL Apples JUICE MILK, VARIETY

	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	812	400-550	148%	Sugars	71.45* g	35.21%	
Cholesterol	52 mg			Protein	20.53 g	10.12%	
Sodium	1084 mg	600		Carbohyd	127.48 g	62.82%	
Fiber	8.28 g			Tot. Fat	25.33 g	28.09%	<=30.0%
Iron	17.91 mg			Sat. Fat	7.99 g	8.86%	<10.00%
Calcium	768.54 mg						
Vitamin A	1543 IU						
Vitamin C	24.04 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.