North Clay Middle School Mar.

Monday	Tuesday	Wednesday	Thursday	Friday	
		Mar - 1	Mar - 2	Mar - 3	
		CORN DOG FRENCH FRIES RED PEPPER SLICES APPLESAUCE MILK, VARIETY	ROTINI W/ MEAT SAUCE GARLIC TOAST PEARS PEAS AND CARROTS SALAD W/ DRESSING MILK, VARIETY	HAMBURGER / BUN CARROTS / DIP GREEN BEANS PINEAPPLE MILK, VARIETY	
Mar - 6	Mar - 7	Mar - 8	Mar - 9	Mar - 10	
CHICKEN WRAP BAKED BEANS SALAD W/ DRESSING APPLESAUCE MILK, VARIETY	CHICKEN PATTY/ BUN BROCCOLI & CHEESE CELERY TROPICAL FRUIT SALAD JUICE MILK, VARIETY	PORK FRITTER / BUN RED PEPPER SLICES PEACHES SCALLOPED POTATOES JUICE MILK, VARIETY	CHICKEN DRUMS/ ROLL MASHED POTATOES CALIFORNIA MEDLEY BLUEBERRIES COOKIE MILK, VARIETY	HOT DOG /BUN FRENCH FRIES PEAS AND CARROTS ORANGES COOKIE MILK, VARIETY	
Mar - 13	Mar - 14	Mar - 15	Mar - 16	Mar - 17	
SLOPPY JOE / BUN FRENCH FRIES BAKED BEANS Apple Slice JUICE MILK, VARIETY	TACO IN A BAG REFRIED BEANS CORN PINEAPPLE JUICE MILK, VARIETY	CHICKEN BREAST CELERY CHEESE POTATOES PINEAPPLE JUICE MILK, VARIETY	HAMBURGER / BUN CARROTS / DIP SEASONED FRIES PEARS RICE KRISPY TREAT MILK, VARIETY	CNTRY FRIED CHICKEN/ROLL MASHED POTATOES GREEN BEANS TROPICAL FRUIT SALAD MILK, VARIETY	
Mar - 20	Mar - 21	Mar - 22	Mar - 23	Mar - 24	
CHICKEN NUGGETS BAKED POTATO BROCCOLI & CHEESE FRUIT COCKTAIL JUICE MILK, VARIETY	NACHOS SUPREME REFRIED BEANS CORN FRUIT COCKTAIL MILK, VARIETY	RIB / BUN FRENCH FRIES BROC & CAULIFLOWER Apple Slice JUICE MILK, VARIETY	GENERAL TSO CHICKEN/RICE CALIFORNIA MEDLEY MANDARIN ORANGES FORTUNE COOKIE JUICE MILK, VARIETY	HAM / CHEESE SANDWICH BAKED BEANS CHEESE POTATOES BLUEBERRIES JUICE MILK, VARIETY	
Mar - 27	Mar - 28	Mar - 29	Mar - 30	Mar - 31	
SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK	

			Weekly	% of				% of	Weekly
	Average		Target	Target		Average		Calories	Target
Calories	567		600-700	95%	Sugars	29.62*	g	20.88%	
Cholesterol	64	mg			Protein	26.45		18.65%	
Sodium	1020	mg	1360		Carbohyd	65.65	ğ	46.28%	
Fiber	5.03	q			Tot. Fat	22.39		35.51%	<=30.0%
Iron	2.47	mg			Sat. Fat	6.50	ğ	10.31%	<10.00%
Calcium	421.20	mg					0		
Vitamin A	1284	IŬ							
Vitamin C	13.10	ma							

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.