

Clay City High School

OCTOBER LUNCH 2024

Aug 16, 2024

Page 1

Monday	Tuesday	Wednesday	Thursday	Friday
	Oct - 1 CHICKEN SCAMPI GARLIC TOAST WG CAESAR SALAD GREEN BEANS MIXED FRUIT JUICE VARIETY MILK	Oct - 2 NACHOS SUPREME REFRIED BEANS LETTUCE & TOMATO CORN APPLE SLICES JUICE VARIETY MILK	Oct - 3 COUNTRY FRIED STEAK ROLL MASHED POTATOES VEGETABLE BLEND CELERY/PEANUT BUTTER PEACHES JUICE VARIETY MILK	Oct - 4 CHICKEN SANDWICH CRISSCUT FRIES LETTUCE & TOMATO FRESH VEGGIES PINEAPPLE JUICE VARIETY MILK
Oct - 7 GENERAL TSO CHICKEN/RICE CUCUMBER SLICES & DIP CALIFORNIA BLEND MANDARIN ORANGES FORTUNE COOKIE JUICE VARIETY MILK	Oct - 8 RAVIOLI w/ MEAT SAUCE BREADSTICK WG COTTAGE CHEESE CAESAR SALAD BRUSSELS SPROUTS FRUIT COCKTAIL RICE KRISPIES TREATS JUICE VARIETY MILK	Oct - 9 SOFT SHELL TACO REFRIED BEANS CORN PEACHES JUICE VARIETY MILK	Oct - 10 CHICKEN NUGGETS BREAD & BUTTER BAKED POTATO BROCCOLI&CHEESE APPLESAUCE JUICE VARIETY MILK	Oct - 11 TEACHER IN-SERVICE DAY
Oct - 14 FALL BREAK	Oct - 15 FALL BREAK	Oct - 16 FALL BREAK	Oct - 17 FALL BREAK	Oct - 18 FALL BREAK
Oct - 21 STEAK BITES CORN BREAD RANCH STYLE BEANS CUCUMBER SLICES & DIP PEARS CHOC CHIP COOKIE WG JUICE VARIETY MILK	Oct - 22 SPAGHETTI WITH MEAT SAUCE BOSCO STICK WG CAESAR SALAD VEGETABLE MEDLEY APPLESAUCE JUICE VARIETY MILK	Oct - 23 QUESADILLA FIESTA CORN SALAD W RANCH CHIPS AND SALSA PEACHES JUICE VARIETY MILK	Oct - 24 COUNTRY FRIED PORK ROLL MASHED POTATOES GREEN BEANS GRAPES JUICE VARIETY MILK	Oct - 25 CHEESEBURGER SEASONED FRIES CARROTS LETTUCE & TOMATO PINEAPPLE JUICE VARIETY MILK
Oct - 28 BBQ PORK POTATO CHIPS COLE SLAW BROCCOLI&CHEESE APPLE SLICES JUICE VARIETY MILK	Oct - 29 CHICKEN ALFREDO GARLIC TOAST WG PEAS CARROTS & DIP PEACHES CINN. GOLDFISH CRACKERS JUICE VARIETY MILK	Oct - 30 TACO SALAD FIESTA CORN SPCY BEANS&SALSA PEARS JUICE VARIETY MILK	Oct - 31 BIS. AND GRAVY HASHBROWNS EGG OMELET RED PEPPER STRIPS ORANGES JUICE VARIETY MILK	

	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	642*	750-850	86%	Sugars	38.37* g	23.91%	
Cholesterol	65* mg			Protein	29.01* g	18.07%	
Sodium	1015* mg	1420		Carbohyd	84.42* g	52.59%	
Fiber	7.23* g			Tot. Fat	20.89* g	29.28%	<=30.0%
Iron	4.07* mg			Sat. Fat	7.65* g	10.73%	<10.00%
Calcium	418.91* mg						
Vitamin A	1687* IU						
Vitamin C	38.25* 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.