

North Clay Middle School

Monday	Tuesday	Wednesday	Thursday	Friday
				Nov - 1 RAVIOLI/BREADSTICK SALAD W/ DRESSING CORN JUICE PEACHES MILK, VARIETY
Nov - 4 CHEESEBURGER / BUN CHIPS BAKED BEANS CELERY FRUIT COCKTAIL MILK, VARIETY	Nov - 5 GENERAL TSO CHICKEN/RICE CALIFORNIA MEDLEY FORTUNE COOKIE MANDARIN ORANGES MILK, VARIETY	Nov - 6 NACHOS SUPREME REFRIED BEANS CORN PEACHES MILK, VARIETY	Nov - 7 BURRITO BLACK BEANS & SALSA CUCUMBER SLICES PEARS MILK, VARIETY	Nov - 8 BBQ Mac&Cheese BAKED BEANS CARROTS / DIP PINEAPPLE MILK, VARIETY
Nov - 11 CHICKEN BREAST ROLL MASHED POTATOES GREEN BEANS APPLESAUCE MILK, VARIETY	Nov - 12 HAM / CHEESE SANDWICH CHIPS BROC & CAULIFLOWER FRUIT COCKTAIL SALAD W/ DRESSING MILK, VARIETY	Nov - 13 CHICKEN QUESADILLA BLACK BEANS & SALSA Mixed Vegetables MANDARIN ORANGES MILK, VARIETY COOKIE	Nov - 14 BISCUITS & GRAVY EGG OMELET POTATO WEDGES CELERY PEACHES MILK, VARIETY	Nov - 15 FISH / BUN CARROTS / DIP BAKED BEANS CELERY PINEAPPLE JUICE MILK, VARIETY
Nov - 18 HAMBURGER / BUN CELERY FRENCH FRIES PEACHES MILK, VARIETY	Nov - 19 RIB / BUN FRENCH FRIES TOMATO & CUCUMBER PEARS JUICE MILK, VARIETY	Nov - 20 TACO IN A BAG REFRIED BEANS CORN PINEAPPLE JUICE MILK, VARIETY	Nov - 21 CHICKEN & NOODLES ROLL MASHED POTATOES GREEN BEANS MANDARIN ORANGES PUMPKIN PIE MILK, VARIETY	Nov - 22 CHICKEN PATTY/ BUN GREEN BEANS PEAS STRAWBERRIES MILK, VARIETY
Nov - 25 CHEESEBURGER / BUN CELERY FRENCH FRIES PEACHES JUICE MILK, VARIETY	Nov - 26 HOT DOG /BUN CHIPS BLACK BEANS & SALSA CARROTS / DIP PEARS MILK, VARIETY	Nov - 27 NO SCHOOL TODAY	Nov - 28 NO SCHOOL TODAY	Nov - 29 NO SCHOOL TODAY

	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	475*	600-700	79%	Sugars	25.51* g	21.47%	
Cholesterol	49* mg			Protein	24.07* g	20.26%	
Sodium	943* mg	1360		Carbohyd	57.51* g	48.41%	
Fiber	5.28* g			Tot. Fat	16.85* g	31.92%	<=30.0%
Iron	2.30* mg			Sat. Fat	4.95* g	9.38%	<10.00%
Calcium	408.46* mg						
Vitamin A	1132* IU						
Vitamin C	7.55* 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.