

North Clay Middle School

Monday	Tuesday	Wednesday	Thursday	Friday
	Oct - 1 NACHOS SUPREME REFRIED BEANS CORN PUDDING CUP APPLESAUCE MILK, VARIETY	Oct - 2 CHICKEN QUESADILLA SALAD W/ DRESSING CORN AND BLACK BEANS FRUIT COCKTAIL JUICE MILK, VARIETY	Oct - 3 HAMBURGER / BUN CELERY SEASONED FRIES PEACHES JUICE MILK, VARIETY	Oct - 4 HAM / CHEESE SANDWICH RED PEPPER SLICES POTATO WEDGES FRUIT COCKTAIL JUICE MILK, VARIETY
Oct - 7 CHILI DOG / BUN BAKED BEANS SEASONED FRIES PEARS MILK, VARIETY	Oct - 8 ROTINI W/ MEAT SAUCE BREADSTICK GREEN BEANS CARROTS / DIP PEACHES MILK, VARIETY	Oct - 9 CHICKEN NUGGETS BAKED POTATO BROCCOLI & CHEESE TROPICAL FRUIT SALAD MILK, VARIETY	Oct - 10 BBQ / BUN CHIPS BUTTERED CARROTS Apple Slice JUICE MILK, VARIETY	Oct - 11 NO SCHOOL TODAY
Oct - 14 NO SCHOOL TODAY	Oct - 15 NO SCHOOL TODAY	Oct - 16 NO SCHOOL TODAY	Oct - 17 NO SCHOOL TODAY	Oct - 18 NO SCHOOL TODAY
Oct - 21 GENERAL TSO CHICKEN/RICE FORTUNE COOKIE CALIFORNIA MEDLEY MANDARIN ORANGES MILK, VARIETY	Oct - 22 CHICKEN WRAP PEAS CELERY APPLESAUCE JUICE MILK, VARIETY	Oct - 23 ROTINI W/ MEAT SAUCE BREADSTICK GREEN BEANS CARROTS / DIP PEACHES MILK, VARIETY	Oct - 24 GRILLED CHEESE CUP OF SOUP (TOMATO) TROPICAL FRUIT SALAD BROC & CAULIFLOWER MILK, VARIETY	Oct - 25 HOT DOG /BUN BAKED BEANS CHIPS JUICE PEARS MILK, VARIETY
Oct - 28 PORK FRITTER / BUN SALAD W/ DRESSING BLACK BEANS & SALSA PEARS JUICE MILK, VARIETY	Oct - 29 TACO IN A BAG JUICE CORN PINEAPPLE CARROTS / DIP MILK, VARIETY	Oct - 30 CHICKEN QUESADILLA BLACK BEANS & SALSA Mixed Vegetables MANDARIN ORANGES MILK, VARIETY COOKIE	Oct - 31 CHEESEBURGER / BUN CELERY FRENCH FRIES JUICE RICE KRISPY TREAT MILK, VARIETY	

	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	582*	600-700	97%	Sugars	30.03* g	20.65%	
Cholesterol	64* mg			Protein	28.37* g	19.50%	
Sodium	1046* mg	1360		Carbohyd	66.95* g	46.02%	
Fiber	5.71* g			Tot. Fat	22.68* g	35.09%	<=30.0%
Iron	2.80* mg			Sat. Fat	7.13* g	11.03%	<10.00%
Calcium	454.97* mg						
Vitamin A	1073* IU						
Vitamin C	7.71* 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.