

# North Clay Middle School

Monday	Tuesday	Wednesday	Thursday	Friday
		May - 1 CHEESEBURGER / BUN FRENCH FRIES BAKED BEANS PEARS JUICE MILK, VARIETY	May - 2 PORK FRITTER / BUN GREEN BEANS CELERY FRUIT COCKTAIL JUICE MILK, VARIETY	May - 3 CHICKEN DRUMS/ ROLL MASHED POTATOES CALIFORNIA MEDLEY STRAWBERRIES JUICE MILK, VARIETY
May - 6 STEAK BITES W/ bread SCALLOPED POTATOES BROCCOLI & CHEESE PEACHES JUICE MILK, VARIETY	May - 7 HAMBURGER / BUN FRENCH FRIES BAKED BEANS APPLESAUCE MILK, VARIETY	May - 8 HAM / CHEESE SANDWICH GREEN BEANS CARROTS / DIP FRUIT COCKTAIL JUICE MILK, VARIETY	May - 9 GENERAL TSO CHICKEN/RICE CALIFORNIA MEDLEY CELERY MANDARIN ORANGES FORTUNE COOKIE MILK, VARIETY	May - 10 CHICKEN BREAST BAKED POTATO RED PEPPER SLICES PEACHES MILK, VARIETY
May - 13 CHICKEN PATTY/ BUN BAKED BEANS SEASONED FRIES PEARS JUICE MILK, VARIETY	May - 14 TACO IN A BAG CORN CUCUMBER SLICES FRUIT COCKTAIL JUICE MILK, VARIETY	May - 15 BBQ / BUN CHEESE POTATOES GREEN BEANS PINEAPPLE JUICE MILK, VARIETY	May - 16 COOK'S CHOICE VEGGIE COOKS CHOICE FRESH VEGGIES/DIP FRUIT COOKS CHOICE JUICE MILK, VARIETY	May - 17 COOK'S CHOICE VEGGIE COOKS CHOICE FRESH VEGGIES/DIP FRUIT COOKS CHOICE JUICE MILK, VARIETY
May - 20 COOK'S CHOICE VEGGIE COOKS CHOICE FRESH VEGGIES/DIP FRUIT COOKS CHOICE JUICE MILK, VARIETY	May - 21 CORN FRESH VEGGIES/DIP FRUIT COCKTAIL MILK, VARIETY	May - 22	May - 23	May - 24
May - 27	May - 28	May - 29	May - 30	May - 31

	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	635	600-700	100%	Sugars	36.73* g	23.15%	
Cholesterol	64 mg			Protein	29.69 g	18.72%	
Sodium	1143 mg	1360		Carbohyd	81.44 g	51.33%	
Fiber	6.25 g			Tot. Fat	21.61 g	30.64%	<=30.0%
Iron	2.71 mg			Sat. Fat	6.09 g	8.63%	<10.00%
Calcium	460.47 mg						
Vitamin A	3649 IU						
Vitamin C	15.31 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.