

# North Clay Middle School

Monday	Tuesday	Wednesday	Thursday	Friday
Mar - 3 DONUTS pop tart CEREAL Apples JUICE MILK, VARIETY	Mar - 4 (PB) OVERNIGHT OATS CEREAL Apple Slice JUICE MILK, VARIETY	Mar - 5 BREAKFAST SANDWICH CEREAL GRAPES JUICE MILK, VARIETY	Mar - 6 EGG OMELET Sausage Patty pop tart CEREAL Kiwi JUICE MILK, VARIETY	Mar - 7 Muffin (assorted ) CEREAL pop tart Kiwi JUICE MILK, VARIETY
Mar - 10 DONUTS CEREAL pop tart Apples JUICE MILK, VARIETY	Mar - 11 BISCUITS & GRAVY CEREAL ORANGES JUICE MILK, VARIETY	Mar - 12 Breakfast Bagel CEREAL Kiwi JUICE MILK, VARIETY	Mar - 13 Dutch Waffle SAUSAGE LINKS CEREAL Apple Slice JUICE MILK, VARIETY	Mar - 14 Muffin (assorted ) CEREAL pop tart Kiwi JUICE MILK, VARIETY
Mar - 17 NO SCHOOL TODAY	Mar - 18 NO SCHOOL TODAY	Mar - 19 NO SCHOOL TODAY	Mar - 20 NO SCHOOL TODAY	Mar - 21 NO SCHOOL TODAY
Mar - 24 DONUTS CEREAL pop tart Apples JUICE MILK, VARIETY	Mar - 25 FRENCH TOAST/SAUSAGE SAUSAGE LINKS CEREAL ORANGES JUICE MILK, VARIETY	Mar - 26 Breakfast Bagel CEREAL Kiwi JUICE MILK, VARIETY	Mar - 27 (PB) OVERNIGHT OATS CEREAL Apple Slice JUICE MILK, VARIETY	Mar - 28 Muffin (assorted ) CEREAL pop tart Kiwi JUICE MILK, VARIETY
Mar - 31				

	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	895	400-550	163%	Sugars	84.64* g	37.81%	
Cholesterol	47 mg			Protein	21.95 g	9.81%	
Sodium	2090 mg	600		Carbohyd	151.59 g	67.71%	
Fiber	10.62 g			Tot. Fat	24.27 g	24.39%	<=30.0%
Iron	19.24 mg			Sat. Fat	7.96 g	8.00%	<10.00%
Calcium	1160.58 mg						
Vitamin A	1512 IU						
Vitamin C	24.28 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.