

Welcome to Elementary Schools - Clear Creek ISD

Change Date | Change Meal Period | Change Serving Line | Change School

Nutri-Café
Lunch - Daily
Serving Date: January 6, 2012

DIRECTIONS:
PLEASE PLACE AN ITEM ON YOUR TRAY BY DRAGGING AND DROPPING THE ITEM.

CLICK TO VIEW:
GRAINS/BREAD
FRUIT/VEGETABLE
MILK
ALA CARTE
CONDIMENTS

Meal Calculator | **MEAT/MEAT ALT** | Calendar Menu

GO!
About Catch Program

MAKE IT A MEAL
Meat/Meat Alt (0-1) ✓
Grain/Bread (0-1) ✓
Fruit/Veg (0-4) ✓
Milk (0-1) ✓

2.3 Help

- Select a Link -

NUTRITION
2 Component(s)
GARDEN SALAD W/
CRACKERS ELEM -

\$1.80

	Item	Tray	USDA Standard
Calories (Kcal)	333	333	631
Protein (g)	16	16	9
Carbs (g)	26	26	NA
Vitamin A (RE)	0	0	208
Vitamin A (IU)	7170	7170	1040
Vitamin C (mg)	22	22	15
Calcium (mg)	416	416	267
Sodium (mg)	450	450	NA
Cholesterol (mg)	161	161	NA
Iron (mg)	3	3	3
Total Fat (g)	19	19/40%	30%
Sat Fat (g)	10	10/21%	10%
Fiber	2	2	NA
Transfat	0	0	NA

ITEMS **Clear Tray**

Individual Item Pricing	1	\$1.80
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TOTAL PRICE - YOUR TRAY

Paid	\$1.80
Reduced	\$0.40
Free	\$0.00

Print | Prepay | Exit

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