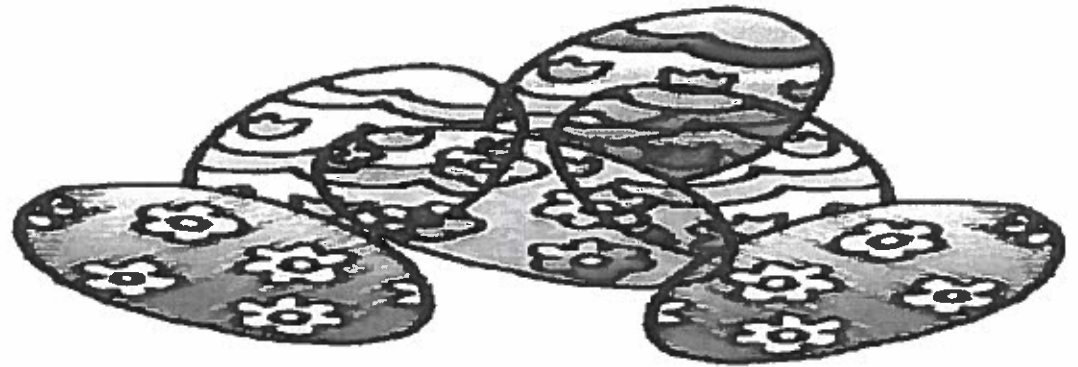


K-5 Breakfast

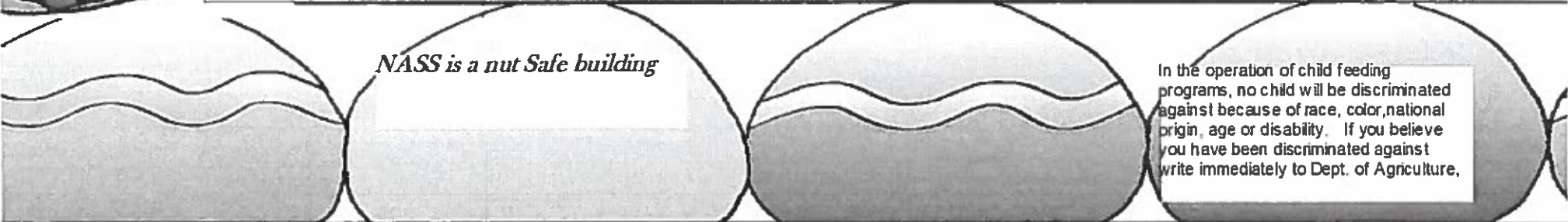
April



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<p>2 NO SCHOOL TODAY</p> <p>Spring Break</p>	<p>3 Dish @ 8:30</p>	<p>4 Pretzel Egg Sandwich 1ea Orange Juice 4oz Strawberry cup 1/2c Choice of Milk</p> <p>Brkfst Buddies</p>	<p>5 Cheese Omelet 1ea Toast w/choice of spread 1ea Fresh Apple 1ea Grapefruit sections 1/2c Choice of Milk</p>	<p>6 Oatmeal w/Raisins 3/4c/1/4c Baked Ham 1oz Juicy Apricot Halves 1/2c Apple Juice 4oz Choice of Milk</p>	<p>Cal 486 T.Fat 13.24 G S.Fat 5.1 G Chol 101.9 Mg Sodm 510.07 Mg Carb 75.20 G Fiber 5.9 G Prtn 19.49 G Iron 2.36 Mg Calc 400.51 Mg Vit A 22.31 RE</p>
<p>9 Breakfast Burrito 1ea w/ Salsa 1/8c Peaches in juice 1/2c Orange Juice 4oz Choice of Milk 0</p>	<p>10 Belgian Waffle Stix w/ 2ea Strawberry Topping 1/4c Sausage Links 1ea Fruit Cocktail in juice 1/2c Dried Cherries 1/4c Choice of Milk</p>	<p>11 Blueberry Muffin 1ea Butter Cup 1ea Fruited yogurt 4oz Orange 1ea Tropical Fruit Salad 1/2c Choice of Milk</p> <p>Mommies & Muffins</p>	<p>12 Raisin Bran 1c Cinnamon Toast 1sl. Pears in juice 1/2c Grape juice 4oz Choice of Milk</p>	<p>13 Kix Corn Puffs 1c HARD BOILED EGG 1ea Golden Banana 1ea Apple Juice 4oz Choice of Milk</p>	<p>Cal 481 T.Fat 9.69 G S.Fat 4.3 G Chol 68.3 Mg Sodm 458.77 Mg Carb 84.96 G Fiber 6.8 G Prtn 16.83 G Iron 18.67 Mg Calc 392.87 Mg Vit A 24.52 RE</p>

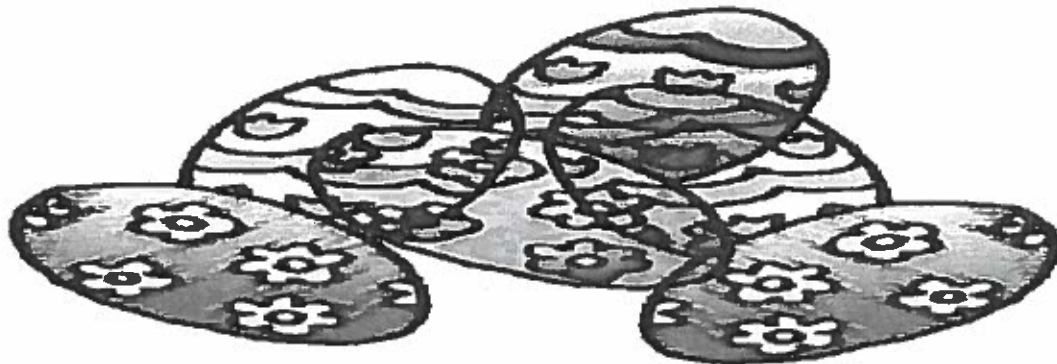
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K-5 Breakfast

April



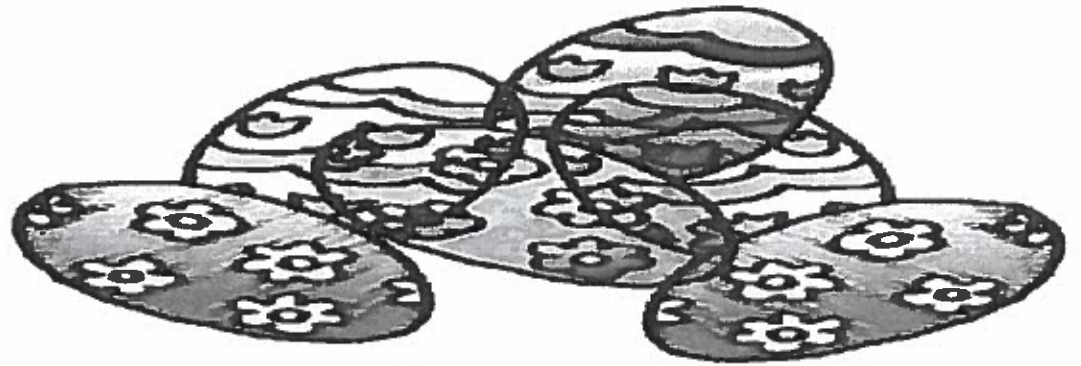
Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
16 Cranberry Peach Muffin <i>1ea</i> Butter Cup <i>1ea</i> Kiwi <i>1 1/2 ea</i> Pineapple Juice <i>4 oz</i> Choice of Milk	17 Pancake/Sausage on a stick w/ syrup <i>1ea</i> Peaches in juice <i>1/2c</i> Grape juice <i>4 oz</i> Choice of Milk	18 Egg & Sausage Croissant <i>1ea</i> Golden Banana <i>1ea</i> Craisins <i>1/4c</i> Choice of Milk <i>Brkfst Buddies</i>	19 Cheerios <i>1c</i> Bagel w/ Cr. Ch or Jelly <i>1/2</i> Fruit Cocktail in juice <i>1/2c</i> Apple Juice <i>4 oz</i> Choice of Milk	20 Golden Grahams. <i>1c</i> Toast w/choice of spread <i>1ea</i> Pears in juice <i>1/2c</i> Orange Juice <i>4 oz</i> Choice of Milk	Cal 478 T.Fat 11.10 G S.Fat 4.5 G Chol 50.1 Mg Sodm 485.14 Mg Carb 79.55 G Fiber 5.3 G
23 Bacon Scr.Pizza, w.g. <i>1ea</i> Grape juice <i>4 oz</i> Strawberry cup <i>1/2c</i> Choice of Milk	24 Cheddar Munchers <i>4 ea</i> Toast w/choice of spread <i>1ea</i> Tropical Fruit Salad <i>1/2c</i> Apple Juice <i>4 oz</i> Choice of Milk	25 Scrambled Eggs <i>1/2c</i> Cake Donut <i>1ea</i> Peaches in juice <i>1/2c</i> Orange Juice <i>4 oz</i> Choice of Milk <i>Daddies & Donuts</i>	26 HOLIDAY	27 NO SCHOOL TODAY <i>Staff Development</i>	Cal 466 T.Fat 14.37 G S.Fat 5.7 G Chol 161.5 Mg Sodm 512.50 Mg Carb 68.26 G Fiber 3.6 G
30 Raisin Bran <i>1c</i> Golden Banana <i>1ea</i> Orange Juice <i>4 oz</i> Choice of Milk					Cal 413 T.Fat 3.52 G S.Fat 1.4 G Chol 10.6 Mg Sodm 311.27 Mg Carb 90.40 G Fiber 9.7 G

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K-5 Lunch

April



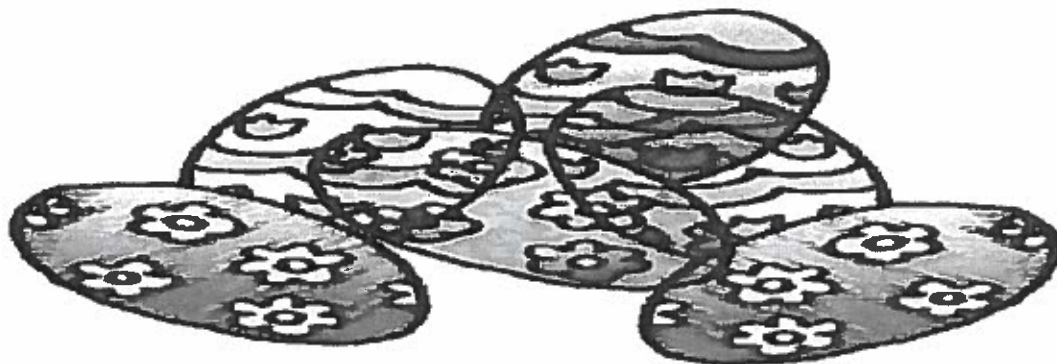
Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<p>NO SCHOOL TODAY</p> <p><i>Spring Break</i></p>	<p>³ Spaghetti w/Meatsauce ^{4/3c} Steam'n' Broccoli Cuts ^{1/2c} Veg/Fruit Bar ^{1/2c} Fruit Cocktail in juice ^{1/2c} Garlic Toast ^{1ea} Milk</p>	<p>⁴ Chicken Wrap w/Ranch Drsg ^{1ea} Glazed Carrots ^{1/2c} Veg/Fruit Bar ^{1/2c} Fresh Apple ^{1ea} Milk</p>	<p>⁵ Chili ^{3/4c} Snow white Cauliflower ^{1/2c} Veg/Fruit Bar ^{1/2c} Kiwi ^{1 1/2 ea} Saltine Cr., w.g. ^{2pk} Parmesan Breadstick ^{1ea} Milk</p>	<p>⁶ Hamburger Gravy ^{1/2c} Mashed Potatoes ^{1/2c} Snappy Gr. Beans ^{1/2c} Veg/Fruit Bar ^{1/2c} Golden Banana ^{1ea} Bread & Butter ^{1ea} Milk</p>	<p>Cal 631 T.Fat 17.34 G S.Fat 5.0 G Chol 55.7 Mg Sodm 825.77 Mg Carb 93.00 G Fiber 11.1 G Prtn 28.20 G Iron 4.12 Mg Calc 453.64 Mg Vit A 22.35 RE</p>
<p>⁹ Chicken Tenders w/ Choice of Sauces ^{3ea} Gr. Peas ^{1/2c} Veg/Fruit Bar ^{1/2c} Poppin' Good Grapes ^{1/2c} Creamy Mac & Cheese Milk ^{1/3c}</p>	<p>¹⁰ French Dip ^{1ea} Baked Beans ^{1/2c} Veg/Fruit Bar ^{1/2c} Peaches in juice ^{1/2c} Mini Rice Krispy Bar ^{1ea} Milk</p>	<p>¹¹ Pepperoni Pizza ^{1sl.} Glazed Carrots ^{1/2c} Veg/Fruit Bar ^{1/2c} Pears in juice ^{1/2c} Milk</p>	<p>¹² B.B.Q. Sluggers ^{2ea} Italian Blend Veg ^{1/2c} Veg/Fruit Bar ^{1/2c} Fruit Cocktail in juice ^{1/2c} Bread & Jelly ^{1ea} Milk</p>	<p>¹³ Wild Rice Hotdish ^{1/2c} Steam'n' Broccoli Cuts ^{1/2c} SWEET POTATO, ^{1/4c} BAKED Veg/Fruit Bar ^{1/2c} Mandarin Oranges ^{1/2c} Fried Bread w/ Honey or butter ^{1ea} Milk</p>	<p>Cal 637 T.Fat 16.51 G S.Fat 4.3 G Chol 51.5 Mg Sodm 863.69 Mg Carb 94.15 G Fiber 9.6 G Prtn 29.78 G Iron 4.13 Mg Calc 507.39 Mg Vit A 22.65 RE</p>

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K-5 Lunch

April



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
16 Choice of hotdog/ chili cheese dog 1ea Dp Groove Crinkle Fries 1/2c Veg/Fruit Bar 1/2c Poppin' Good Grapes 1/2c Hot Dog Condiments 2ea Milk	17 BaaKa'aakwehn on Bun 1ea Lettuce/Tomato 1/4c, 2sl Corn, Sweet 1/2c Veg/Fruit Bar 1/2c Pineapple Tidbits 1/2c F. F. Mayo 1ea Milk	18 Wild Rice Soup 1c Glazed Carrots 1/2c Veg/Fruit Bar 1/2c Pear 1ea Saline Cr., w.g. 2ea Milk	19 Beef & Mac Goulash 3/4c Calif. Blend Veg 1/2c Veg/Fruit Bar 1/2c Mandarin Oranges 1/2c Garlic Toast 1ea Milk	20 Crispy Taco Salad 1ea Cheesy Refried Beans 1/2c Veg/Fruit Bar 1/2c Orange 1ea Sr. Cream/Salsa 1ea/2T Milk	Cal 656 T.Fat 18.53 G S.Fat 5.0 G Chol 60.6 Mg Sodm 966.16 Mg Carb 92.72 G Fiber 9.3 G
23 Tator Tot Hotdish 3/4c Snappy Gr. Beans 1/2c Veg/Fruit Bar 1/2c Fresh Apple 1ea Parmesan Breadstick 1ea Milk	24 Chicken Spaetzle Soup 1c String Cheese 1ea Glazed Carrots 1/2c Veg/Fruit Bar 1/2c Pears in juice 1/2c Saline Cr., w.g. 2pk Milk	25 Chicken A La King 3/4c Steamin' Broccoli Cuts 1/2c Veg/Fruit Bar 1/2c Kiwi 1/2ea Baking Powder Biscuit 1ea Milk	26 HOLIDAY	27 NO SCHOOL TODAY Staff Development	Cal 652 T.Fat 19.18 G S.Fat 5.7 G Chol 64.8 Mg Sodm 949.94 Mg Carb 92.20 G Fiber 9.6 G
30 Sloppy Joe on Bun 1ea French Fries w/ketchup 1/2c Veg/Fruit Bar 1/2c Fruit Cocktail in juice 1/2c Milk					Cal 641 T.Fat 15.68 G S.Fat 4.6 G Chol 50.2 Mg Sodm 989.27 Mg Carb 100.68 G Fiber 6.9 G

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