

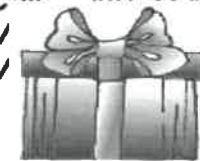
DECEMBER

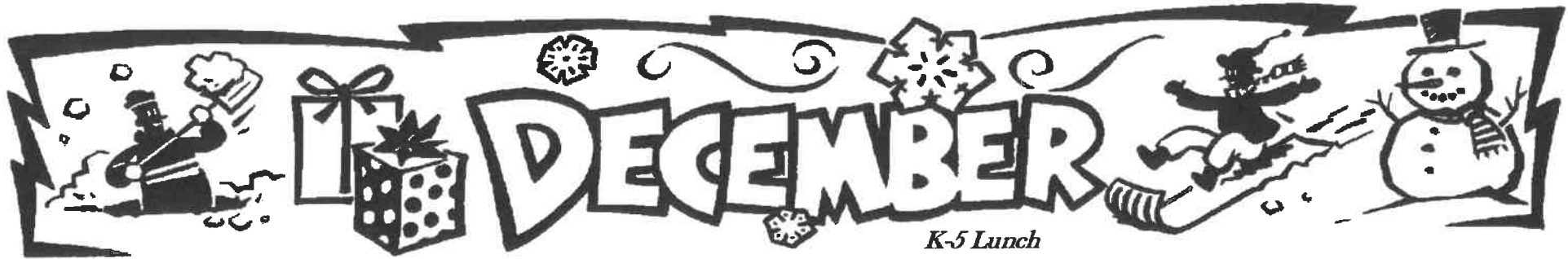
K-5 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
³ Chicken-N-Gravy $\frac{1}{2}c$ Mashed Potatoes $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Peaches in juice $\frac{1}{2}c$ w.g. Bread & Butter $1ea$ Milk	⁴ Hamburger on w.g.Bun $1ea$ American Cheese Slice $1sl.$ Lettuce/Tomato $\frac{1}{4}c/\frac{2}8sl.$ Baked Beans $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Poppin' Good Grapes $\frac{1}{2}c$ Hamburger Condiments $1ea$ Milk	⁵ Beef Stew $1c$ Snappy Gr. Beans $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Sassy Applesauce $\frac{1}{2}c$ B.P. Biscuit, w.g. $1ea$ Milk	⁶ Fish Nuggets, wg $4ea$ Glazed Carrots $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Orange $1c$ Wild Rice Blend $\frac{1}{2}c$ Tartar Sauce $2T$ Milk	⁷ Cheesy Dunker Sauce $\frac{1}{2}c$ Steamin' Broccoli Cuts $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Juicy Apricot Halves $\frac{1}{2}c$ Cheesy Garlic Tst, wg. $2ea$ Milk	Cal 638 T.Fat 17.95 G S.Fat 6.4 G Chol 70.0 Mg Sodm 894.62 Mg Carb 86.81 G Fiber 10.2 G Prtn 34.32 G Iron 4.07 Mg Calc 472.53 Mg Vit A 21.09 RE Vit C 53.17 Mg
¹⁰ Beef Stroganoff $\frac{2}{3}c$ Calif. Blend Veg $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Fresh Apple $1ea$ Parmesan Breadstick, wg $1ea$ Milk	¹¹ Corndog, w.g. $1ea$ Sweet Potato Bites $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Pear $1ea$ Ketchup & Mustard $1ea$ Milk	¹² Veg-Beef Barley Soup $1c$ Cottage Cheese $2oz$ Gr. Peas $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Mandarin Oranges $\frac{1}{2}c$ Saltine Cr., w.g. $2pk$ Milk	¹³ B.B.Q. Pork on w.g.Bun $\frac{1}{3}c$ $1ea$ Corn, Sweet $\frac{1}{2}c$ Creamy Coleslaw $\frac{1}{4}c$ Veg/Fruit Bar $\frac{1}{2}c$ Orange $1ea$ Milk	¹⁴ Cheesy, w. g. Chicken $1ea$ Burrito w/Sauce Lettuce & Tomato $\frac{1}{2}c/\frac{1}{4}c$ Cheesy Refried Beans $\frac{1}{4}c$ Veg/Fruit Bar $\frac{1}{2}c$ Pears in juice $\frac{1}{2}c$ Sr. Cream/Salsa $1oz/2T$ Milk	Cal 656 T.Fat 15.91 G S.Fat 5.0 G Chol 40.2 Mg Sodm 888.10 Mg Carb 92.76 G Fiber 10.9 G Prtn 29.24 G Iron 3.63 Mg Calc 451.22 Mg

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In the operation of child feeding programs, no child will be discriminated against because of race, color, national origin, age or disability. If you believe you have been discriminated against write immediately to Dept. of Agriculture, Wash. DC 20250.





K-5 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
17 Spaghetti w/Meatsauce <i>2/3c</i> Parmesan Cheese <i>1T</i> Steamin' Broccoli Cuts <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Fruit Cocktail in juice <i>1/2c</i> Garlic Toast, w.g. <i>1ea</i> Milk	18 w.g. Chicken Wrap <i>1ea</i> w/Ranch Drsg <i>1/2c</i> Glazed Carrots <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Fresh Apple <i>1ea</i> Milk	19 Chili <i>3/4c</i> Shr Cheddar Cheese <i>1/2oz</i> Snow white Cauliflower <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Orange <i>1ea 1ea</i> Parmesan Breadstick, wg Saltine Cr., w.g. <i>2pk</i> Milk	20 Glazed Ham <i>2oz</i> Au Gratin Potatoes <i>1/2c</i> Snappy Gr. Beans <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Ambrosia Salad <i>1/2c</i> Dinner Roll w/ Butter, wg <i>1ea</i> Milk <i>1:00 dismissal</i>	21 NO SCHOOL TODAY	Cal 678 T.Fat 17.15 G S.Fat 5.3 G Chol 51.9 Mg Sodm 1198.58 Mg Carb 102.34 G Fiber 12.1 G Prtn 31.41 G Iron 3.92 Mg
24 HOLIDAY	25 HOLIDAY	26 NO SCHOOL TODAY	27 NO SCHOOL TODAY	28 NO SCHOOL TODAY	
31 NO SCHOOL TODAY <i>NASS is a nut Safe building</i>					

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