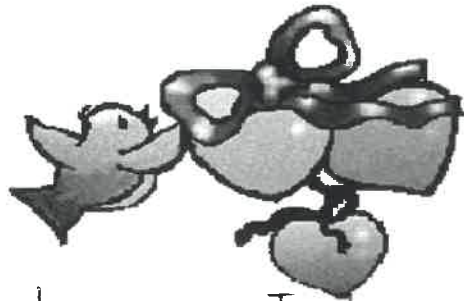


K-5 Breakfast



February



Monday

Tuesday

Wednesday

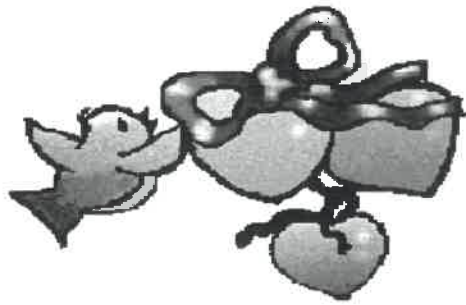
Thursday

Friday

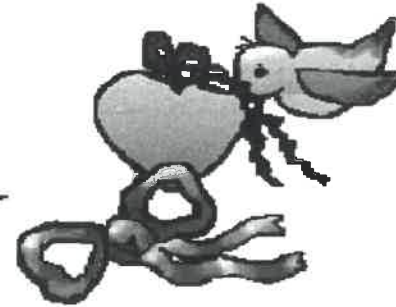
NUTRIENTS

<p>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.</p>				<p>1 Brkfst Wrap, w.g. 1ea w/taco sauce 1ea Orange Juice 4oz Peaches in juice 1/2c Choice of Milk Pow-Wow 1:00 dismissal</p>	<p>Cal 368 T.Fat 12.19 G S.Fat 5.3 G Chol 200.6 Mg Sodm 565.26 Mg</p>
<p>4 Dish @ 8:30</p>	<p>5 Breakfast Pizza, wg 1sl Fruited yogurt 4oz Pineapple Tidbits 1/2c Apple Juice 4oz Choice of Milk</p>	<p>6 Scrambled Eggs 1/2c w.g Eng. Muffin w/ spds 1ea Fruit Cocktail in juice 1/2c Orange Juice 4oz Choice of Milk K-5 Brkfst Buddies</p>	<p>7 w.g. Fr. Toast Stix w/ 1ea Strawberry Topping 1/4c Poppin' Good Grapes 1/2c Peaches in juice 1/2c Choice of Milk</p>	<p>8 Frosted Cinn Roll, w.g. 1ea Grape juice 4oz Orange 1ea Choice of Milk</p>	<p>Cal 517 T.Fat 14.56 G S.Fat 5.0 G Chol 97.9 Mg Sodm 515.82 Mg</p>
<p>11 Apple Cinnamon Cheerios 1ea Bagel, w.g. 1/2ea Cr. Cheese/Jelly 1pk Craisins 1pk Pears in juice 1/2c Choice of Milk</p>	<p>12 Pretzel Egg Sandwich, wg 1ea Orange Juice 4oz Strawberry cup 1/2c Choice of Milk</p>	<p>13 Cheese Omelet 1ea w.g Eng. Muffin w/ spds 1ea Grape juice 4oz Grapefruit sections 1/2c Choice of Milk K-5 Mommies & Muffins</p>	<p>14 W.G Waffles w/ Strawberry 1/2c Go Big Go-Gurt 1ea Poppin' Good Grapes 1/2c Mandarin Oranges 1/2c Choice of Milk ❤️</p>	<p>15 Oatmeal w/Raisins 3/4c/1/4c Baked Ham 1oz Juicy Apricot Halves 1/2c Apple Juice 4oz Choice of Milk 1:00 dismissal</p>	<p>Cal 486 T.Fat 10.84 G S.Fat 3.8 G Chol 78.6 Mg Sodm 473.29 Mg</p>
<p>18 HOLIDAY</p>	<p>19 Breakfast Burrito 1ea w/ Salsa 1/8c Peaches in juice 1/2c Orange Juice 4oz Choice of Milk</p>	<p>20 Blueberry Muffin, wg 1ea Butter Cup 1ea Fruited yogurt 4oz Orange 1ea Tropical Fruit Salad 1/2c Choice of Milk K-5 Brkfst Buddies</p>	<p>21 Cinn Toast Crunch, w.g. 1ea Cinnamon Toast, w.g. 1sl Pears in juice 1/2c Grape juice 4oz Choice of Milk</p>	<p>22 Kix, w.g. 1ea HARD BOILED EGG 1ea Golden Banana 1ea Apple Juice 4oz Choice of Milk 1:00 dismissal</p>	<p>Cal 480 T.Fat 10.62 G S.Fat 4.7 G Chol 76.2 Mg Sodm 488.05 Mg</p>
<p>25 Cran-Peach Muffin, wg 1ea Butter Cup 1ea Tropical Fruit Salad 1/2c Pineapple Juice 4oz Choice of Milk</p>	<p>26 Pancake/Sausage on a stick w/ syrup, wg. 1ea Peaches in juice 1/2c Grape juice 4oz Choice of Milk</p>	<p>27 Carmel Roll, w.g. 1ea Pear 1ea Apple Juice 4oz Choice of Milk K-5 Daddies & Darts</p>	<p>28 NO SCHOOL TODAY</p>	<p>Cal 475 T.Fat 11.57 G S.Fat 4.9 G Chol 31.6 Mg Sodm 406.12 Mg</p>	<p>NASS is a nut Safe building</p>

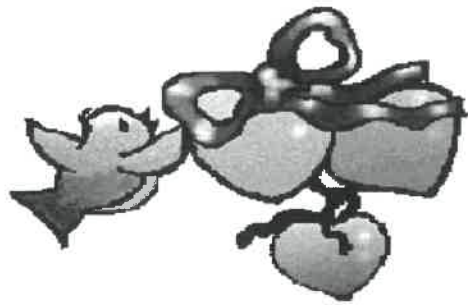
K-5 Lunch



February

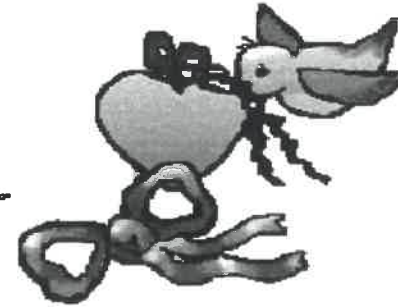


Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<p>In the operation of child feeding programs, no child will be discriminated against because of race, color, national origin, age or disability. If you believe you have been discriminated against write immediately to Dept. of Agriculture, Wash. DC 20250.</p>				<p>1 Beef Stew 1c Snappy Gr. Beans 1/2c Veg/Fruit Bar 1/2c Sassy Applesauce 1/2c B.P. Biscuit, w.g. 1ea Milk</p> <p>P.G. Here Pow-Wow - 1:00 dismissal</p>	<p>Cal 652 T.Fat 18.81 G S.Fat 8.5 G Chol 45.5 Mg Sodm 779.00 Mg Carb 91.08 G Fiber 11.9 G Prtn 27.75 G Iron 4.39 Mg</p>
<p>4 Beef Stroganoff 2/3c Calif. Blend Veg 1/2c Veg/Fruit Bar 1/2c Fresh Apple 1ea 1ea Parmesan Breadstick, wg Milk</p>	<p>5 Veg-Beef Barley Soup 1c Cottage Cheese 1/4c Gr. Peas 1/2c Veg/Fruit Bar 1/2c Mandarin Oranges 1/2c Saltine Cr., w.g. 2pk Milk</p>	<p>6 Corndog, w.g. 1ea Sweet Potato Bites 1/2c Veg/Fruit Bar 1/2c Pear 1ea Ketchup & Mustard 1ea Milk</p>	<p>7 B.B.Q. Pork on w.g. Bun 1ea Corn, Sweet 1/2c Creamy Coleslaw 1/4c Veg/Fruit Bar 1/2c Orange 1ea Milk</p>	<p>8 Cheesy, w. g. Chicken 1ea Burrito w/Sauce 1ea Lettuce & Tomato 1/2c 1/4c Cheesy Refried Beans 1/4c Veg/Fruit Bar 1/2c Pears in juice 1/2c Sr. Cream/Salsa 1oz 1/2T Milk</p>	<p>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</p>
<p>11 Spaghetti w/Meatsauce 2/3c Parmesan Cheese 1T Steamin' Broccoli Cuts 1/2c Veg/Fruit Bar 1/2c Fruit Cocktail in juice 1/2c Garlic Toast, w.g. 1ea Milk</p>	<p>12 w.g. Chicken Wrap 1ea w/Ranch Drsg 1/2c Glazed Carrots 1/2c Veg/Fruit Bar 1/2c Fresh Apple 1ea Milk</p>	<p>13 Chili 3/4c Shr Cheddar Cheese 2T Snow white Cauliflower 1/2c Veg/Fruit Bar 1/2c Orange 1ea 1ea Parmesan Breadstick, wg Saltine Cr., w.g. 2pk Milk</p>	<p>14 w.g. Chicken Tenders w/ Choice of Sauces 1pk Baked Beans 1/2c 1/2c Spinach/Strawberry Salad 1/2c Veg/Fruit Bar 1/2c Pineapple Tidbits 1/2c Milk</p> <p>1:00 dismissal</p> <p>NASS is a nut Safe building</p>	<p>15 Caribbean Chicken 1ea on w.g. bun Lettuce/Tomato 1/4c 2s1. Dp Groove Crinkle Fries 1/2c Veg/Fruit Bar 1/2c Tropical Fruit Salad 1/2c Milk</p>	<p>Cal 668 T.Fat 16.22 G S.Fat 3.8 G Chol 59.2 Mg Sodm 1022.75 Mg Carb 98.66 G Fiber 12.0 G Prtn 34.43 G Iron 4.33 Mg</p>



K-5 Lunch

February



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<p>18 HOLIDAY</p>	<p>19 Pepperoni Pizza, wg 1sl. Glazed Carrots 1/2c Veg/Fruit Bar 1/2c Pears in juice 1/2c Milk</p>	<p>20 French Dip on w.g bun 1ea Baked Beans 1/2c Veg/Fruit Bar 1/2c Peaches in juice 1/2c Mini Rice Krispy Bar, wg 1ea Milk</p>	<p>21 B.B.Q. Sluggers 1-2 ea Italian Blend Veg 1/2c Veg/Fruit Bar 1/2c Fruit Cocktail in juice 1/2c w.g. Bread & Jelly 1ea Milk</p>	<p>22 Wild Rice Hotdish 2/3c Steamin' Broccoli Cuts 1/2c SWEET POTATO, BAKED 1/4c Veg/Fruit Bar 1/2c Mandarin Oranges 1/2c Fried Bread w/ Honey 1ea or butter Milk</p> <p>1:00 dismissal</p>	<p>Cal 628 T.Fat 13.12 G S.Fat 4.0 G Chol 56.2 Mg Sodm 854.35 Mg Carb 99.11 G Fiber 10.1 G Prtn 30.63 G Iron 4.15 Mg Calc 521.80 Mg Vit A 23.94 RE Vit C 50.54 Mg</p>
<p>25 Hotdog/chili cheese dog on w.g. bun 1ea Dp Groove Crinkle Fries 1/2c Veg/Fruit Bar 1/2c Poppin' Good Grapes 1/2c Hot Dog Condiments. 2ea Milk</p>	<p>26 BaaKa'aakwehn on w.g. bun 1ea Lettuce/Tomato 1/4c/2si. Corn, Sweet 1/2c Veg/Fruit Bar 1/2c Pineapple Tidbits 1/2c F. F. Mayo 1pkt Milk</p>	<p>27 Walkin' Tacos 1ea Cheesy Refried Beans 1/2c Veg/Fruit Bar 1/2c Orange 1ea Sr. Cream/Salsa 1oz/2T Milk</p>	<p>28 NO SCHOOL TODAY</p> <p style="text-align: center;"><i>NASS is a nut Safe building</i></p>	<p>Cal 683 T.Fat 19.57 G S.Fat 5.4 G Chol 65.4 Mg Sodm 1119.94 Mg Carb 93.09 G Fiber 9.8 G Prtn 35.91 G Iron 3.67 Mg Calc 516.88 Mg Vit A 19.27 RE Vit C 51.97 Mg</p>	

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