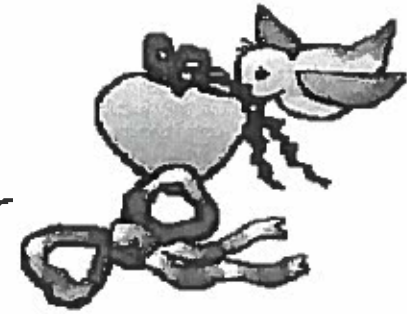


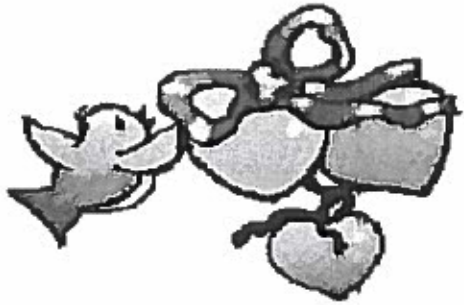
# February

## K-5 Breakfast



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
			<sup>1</sup> Pancakes w/Apples <sup>2ea 1/4c</sup> Sausage Links <sup>1ea</sup> Golden Banana <sup>1ea</sup> Pineapple Juice <sup>4oz</sup> Choice of Milk	<sup>2</sup> Oatmeal <sup>3/4c 1ea</sup> Toast w/choice of spread Raisins, <sup>1/4c</sup> Kiwi <sup>1 1/2 ea</sup> Choice of Milk	<b>Cal 543</b> <b>T.Fat 8.09 G</b> <b>S.Fat 2.5 G</b> <b>Chol 21.9 Mg</b> <b>Sodm 404.63 Mg</b> <b>Carb 103.24 G</b> <b>Fiber 8.9 G</b> <b>Prtn 18.24 G</b>
<sup>5</sup> Dish @ 8:30	<sup>6</sup> Breakfast Pizza <sup>1ea</sup> Fruited yogurt <sup>4oz</sup> Pineapple Tidbits <sup>1/2c</sup> Apple Juice <sup>4oz</sup> Choice of Milk	<sup>7</sup> Fr. Toast Stix w/ <sup>3ea</sup> Strawberry Topping <sup>1/4c</sup> Squeezable Fruit <sup>1ea</sup> Peaches in juice <sup>1/2c</sup> Choice of Milk  <i>Breakfast Buddies</i>	<sup>8</sup> Scrambled Eggs <sup>1/2c</sup> Eng. Muffin w/ spreads <sup>1ea</sup> Fruit Cocktail in juice <sup>1/2c</sup> Orange Juice <sup>4oz</sup> Choice of Milk	<sup>9</sup> Frosted Cinnamon Roll <sup>1ea</sup> Grape juice <sup>4oz</sup> Orange <sup>1ea</sup> Choice of Milk	<b>Cal 473</b> <b>T.Fat 11.28 G</b> <b>S.Fat 4.2 G</b> <b>Chol 119.3 Mg</b> <b>Sodm 503.52 Mg</b> <b>Carb 77.89 G</b> <b>Fiber 5.3 G</b> <b>Prtn 18.83 G</b>
<sup>12</sup> Raisin Bran <sup>1c 1/2 ea</sup> Bagel w/ Cr. Ch or Jelly Craisins <sup>1/4 ea</sup> Pears in juice <sup>1/2c</sup> Choice of Milk	<sup>13</sup> Pretzel Egg Sandwich <sup>1ea</sup> Orange Juice <sup>4oz</sup> Strawberry cup <sup>1/2c</sup> Choice of Milk	<sup>14</sup> Cheese Omelet <sup>1ea</sup> Blueberry Muffin <sup>1ea</sup> Fresh Apple <sup>1ea</sup> Grapefruit sections <sup>1/2c</sup> Choice of Milk  <i>Mommies &amp; Muffins</i>	<sup>15</sup> Oatmeal w/Raisins <sup>3/4c/1/4c</sup> Baked Ham <sup>1oz</sup> Juicy Apricot Halves <sup>1/2c</sup> Apple Juice <sup>4oz</sup> Choice of Milk	<sup>16</sup> Waffles w/Blueberries <sup>2ea 1/4c</sup> Go Big Go-Gurt <sup>1ea</sup> Poppin' Good Grapes <sup>1/2c</sup> Mandarin Oranges <sup>1/2c</sup> Choice of Milk  <i>1:00 dismissal</i>	<b>Cal 512</b> <b>T.Fat 10.96 G</b> <b>S.Fat 4.3 G</b> <b>Chol 83.1 Mg</b> <b>Sodm 505.83 Mg</b> <b>Carb 89.47 G</b> <b>Fiber 7.3 G</b> <b>Prtn 19.06 G</b>

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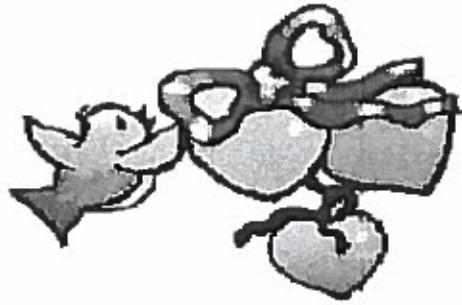
# February

## K-5 Breakfast



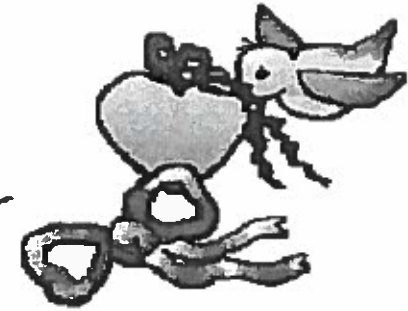
Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<sup>19</sup> HOLIDAY	<sup>20</sup> 2ea Belgian Waffle Stix w/ Strawberry Topping 1/2c Sausage Links 1ea Fruit Cocktail in juice 1/2c Dried Cherries 1/4c Choice of Milk	<sup>21</sup> Raisin Bran 1c Cinnamon Toast 1ea Pears in juice 1/2c Grape juice 4oz Choice of Milk  Breakfast  Buddies	<sup>22</sup> Blueberry Muffin 1ea Butter Cup 1ea Fruited yogurt 4oz Orange 1ea Tropical Fruit Salad 1/2c Choice of Milk	<sup>23</sup> Kix Corn Puffs 1c HARD BOILED EGG 1ea Golden Banana 1ea Apple Juice 4oz Choice of Milk  1:00 dismissal	<b>Cal</b> 498 <b>T.Fat</b> 9.33 G <b>S.Fat</b> 4.1 G <b>Chol</b> 72.7 Mg <b>Sodm</b> 413.14 Mg <b>Carb</b> 90.85 G <b>Fiber</b> 7.2 G <b>Prtn</b> 16.21 G <b>Iron</b> 22.84 Mg <b>Calc</b> 415.70 Mg <b>Vit A</b> 28.65 RE <b>Vit C</b> 34.62 Mg
<sup>26</sup> Cranberry Peach Muffin 1ea Butter Cup 1ea Kiwi 1/2ea Pineapple Juice 4oz Choice of Milk	<sup>27</sup> Pancake/Sausage on a stick w/ syrup 1ea Peaches in juice 1/2c Grape juice 4oz Choice of Milk	<sup>28</sup> Carmel Roll 1ea Pear 1ea Apple Juice 4oz Choice of Milk  Daddies & Donuts			<b>Cal</b> 478 <b>T.Fat</b> 11.81 G <b>S.Fat</b> 4.8 G <b>Chol</b> 33.3 Mg <b>Sodm</b> 423.77 Mg <b>Carb</b> 80.70 G <b>Fiber</b> 5.6 G <b>Prtn</b> 14.04 G <b>Iron</b> 1.43 Mg <b>Calc</b> 332.42 Mg <b>Vit A</b> 36.86 RE <b>Vit C</b> 59.19 Mg

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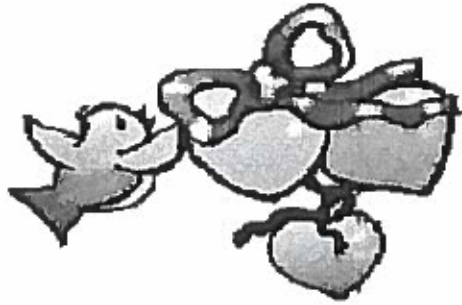
# February

K-5 Lunch



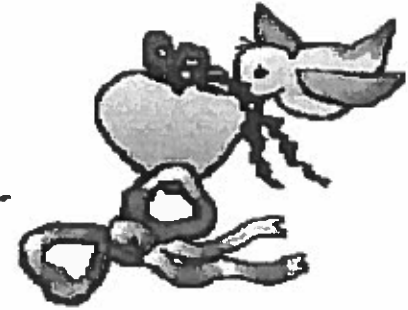
Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
			1 Cheesy Dunker Sauce $\frac{1}{2}c$ Spinach/Strawberry Salad $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Juicy Apricot Halves $\frac{1}{2}c$ Cheesy Garlic Toast $2ca$ Milk	2 Fish Nuggets $4ea$ Mixed Vegetables $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Orange $1ea$ Wild Rice Blend $\frac{1}{2}c$ Tartar Sauce $2T$ Milk	Cal 666 T.Fat 22.21 G S.Fat 5.8 G Chol 56.5 Mg Sodm 802.22 Mg Carb 91.89 G Fiber 9.8 G Prtn 28.68 G
5 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 $1ea$ Milk	6 Corn dog $1ea$ Sweet Potato Bites $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Pear $1ea$ Ketchup & Mustard $1ca$ Milk	7 Veg-Beef Noodle 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. $2pkgs$ Milk	8 Caribbean Chicken on Bun $1ea$ Lettuce/Tomato $\frac{1}{4}c/2sl.$ Dp Groove Crinkle Fries $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Tropical Fruit Salad $\frac{1}{2}c$ Milk	9 Cheesy Chicken Burrito w/Sauce $1ea$ Lettuce & Tomato $\frac{1}{2}c/1/4c$ Cheesy Refried Beans $\frac{1}{4}c$ Veg/Fruit Bar $\frac{1}{2}c$ Pears in juice $\frac{1}{2}c$ Sr. Cream/Salsa $1cg/2T$ Milk	Cal 653 T.Fat 14.11 G S.Fat 4.3 G Chol 46.8 Mg Sodm 916.30 Mg Carb 93.57 G Fiber 10.1 G Prtn 30.66 G
12 Spaghetti w/Meatsauce $\frac{7}{3}c$ Steamin' Broccoli Cuts $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Fruit Cocktail in juice $\frac{1}{2}c$ Garlic Toast $1ca$ Milk	13 Chicken Wrap w/Ranch Drsg $1ea$ Glazed Carrots $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Fresh Apple $1ea$ Milk	14 Chili $\frac{3}{4}c$ Snow white Cauliflower $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Kiwi $\frac{1}{2}ca$ Saltine Cr., w.g. $2pk$ Parmesan Breadstick $1ca$ Milk	15 Hamburger Gravy $\frac{1}{2}c$ Mashed Potatoes $\frac{1}{2}c$ Snappy Gr. Beans $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Golden Banana $1ca$ Bread & Butter $1ea$ Milk	16 B.B.Q. Pork on a Bun $1ea/1/3c$ Corn, Sweet $\frac{1}{2}c$ Creamy Coleslaw $\frac{1}{4}c$ Veg/Fruit Bar $\frac{1}{2}c$ Orange $1ea$ Milk  <i>1:00 dismissal</i>	Cal 640 T.Fat 18.00 G S.Fat 5.2 G Chol 54.4 Mg Sodm 817.11 Mg Carb 95.34 G Fiber 11.0 G Prtn 27.97 G

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# February

K-5 Lunch



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<sup>19</sup> HOLIDAY	<sup>20</sup> Chicken Tenders w/ 3ea Choice of Sauces Gr. Peas 1/2c Veg/Fruit Bar 1/2c Poppin' Good Grapes 1/2c Creamy Mac & Cheese 1/2c Milk	<sup>21</sup> French Dip 1ea Baked Beans 1/2c Veg/Fruit Bar 1/2c Peaches in juice 1/2c Mini Rice Krispy Bar 1ea Milk	<sup>22</sup> B.B.Q. Sluggers 1-2 ea Italian Blend Veg 1/2c Veg/Fruit Bar 1/2c Fruit Cocktail in juice 1/2c Bread & Jelly 1ea Milk	<sup>23</sup> Pepperoni Pizza 1sl. Glazed Carrots 1/2c Veg/Fruit Bar 1/2c Pears in juice 1/2c Milk  1:00 dismissal	<b>Cal 634</b> <b>T.Fat 16.36 G</b> <b>S.Fat 3.8 G</b> <b>Chol 50.6 Mg</b> <b>Sodm 876.47 Mg</b> <b>Carb 92.93 G</b> <b>Fiber 9.8 G</b> <b>Prtn 30.41 G</b> <b>Iron 4.03 Mg</b> <b>Calc 479.63 Mg</b> <b>Vit A 21.11 RE</b> <b>Vit C 27.94 Mg</b>
<sup>26</sup> Choice of hotdog/ 1ea chili cheese dog Dp Groove Crinkle Fries 1/2c Veg/Fruit Bar 1/2c Poppin' Good Grapes 1/2c Hot Dog Condiments .2ea Milk	<sup>27</sup> 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	<sup>28</sup> GROUND BEEF & 3/4c MACARONI Calif. Blend Veg 1/2c Veg/Fruit Bar 1/2c Mandarin Oranges 1/2c Garlic Toast 1ea Milk			<b>Cal 714</b> <b>T.Fat 20.25 G</b> <b>S.Fat 6.8 G</b> <b>Chol 75.1 Mg</b> <b>Sodm 1043.82 Mg</b> <b>Carb 95.25 G</b> <b>Fiber 8.7 G</b> <b>Prtn 39.18 G</b> <b>Iron 5.35 Mg</b> <b>Calc 434.32 Mg</b> <b>Vit A 15.49 RE</b> <b>Vit C 60.49 Mg</b>

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