

January

K-5 Breakfast

Monday

Tuesday

Wednesday

Thursday

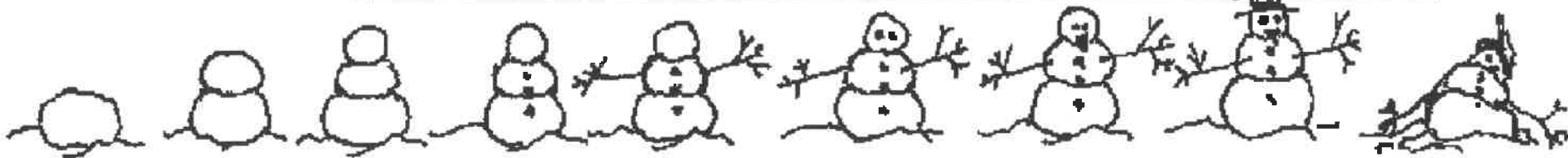
Friday

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 HOLIDAY</p>	<p>² NO SCHOOL TODAY</p>	<p>³ Breakfast Burrito 1ea w/ Salsa 1/2c Peaches in juice 1/2c Orange Juice 4oz Choice of Milk 0</p>	<p>⁴ Banana Berry Muffin, 1ea wg HARD BOILED EGG 1ea Golden Banana 1ea Apple Juice 4oz Choice of Milk</p>	<p>Cal 452 T.Fat 11.77 G S.Fat 5.3 G Chol 130.7 Mg Sodm 510.24 Mg Carb 70.26 G Fiber 4.6 G</p>
<p>⁷ Dish @ 8:30</p>	<p>⁸ NO SCHOOL TODAY</p>	<p>⁹ Pancake/Sausage on a stick w/ syrup, w.g. 1ea Peaches in juice 1/2c Grape juice 4oz Choice of Milk</p> <p>Brkfst Buddie</p>	<p>¹⁰ Egg & Sausage Croissant, w.g. 1ea Golden Banana 1ea Raisins, 1bx Choice of Milk</p>	<p>¹¹ Golden Grahams. 1c w.g. Toast, w.g. 1sl. w/ choice of Spreads 1pk Pears in juice 1/2c Orange Juice 4oz Choice of Milk</p>	<p>Cal 525 T.Fat 16.15 G S.Fat 5.6 G Chol 60.6 Mg Sodm 606.64 Mg Carb 78.69 G Fiber 5.7 G</p>
<p>¹⁴ Bacon Scr.Pizza, w.g. 1ea Grape juice 4oz Strawberry cup 1/2c Choice of Milk</p>	<p>¹⁵ Cheddar Munchers 1ea Toast, w.g. 1sl. w/ choice of Spreads 1pk Tropical Fruit Salad 1/2c Apple Juice 4oz Choice of Milk</p>	<p>¹⁶ Cheese Omelet 1ea Apple Cinn Muffin, w.g. 1ea Peaches in juice 1/2c Orange Juice 4oz Choice of Milk</p> <p>Mommies & Muffins</p>	<p>¹⁷ Cinn Glzd WG Fr. 1ea Toast w/syrup Go Big Go-Gurt 1ea Juicy Apricot Halves 1/2c Sassy Applesauce 1/2c Choice of Milk</p>	<p>¹⁸ Cinn Toast Crunch, 1c w.g. Backpackers, w.g. 1pk Orange 1ea Pineapple Juice 4oz Choice of Milk</p> <p>1:00 dismissal</p>	<p>Cal 510 T.Fat 13.54 G S.Fat 4.9 G Chol 89.8 Mg Sodm 523.16 Mg Carb 83.45 G Fiber 5.6 G</p>



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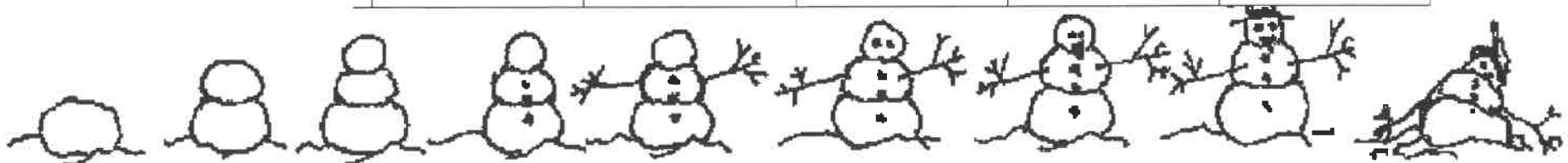
Friday

Nutrients

<p>²¹ HOLIDAY</p>	<p>²² Corn Chex 1c Apple Bosco Stick 1ea Golden Banana 1ea Orange Juice 4oz Choice of Milk</p>	<p>²³ Egg Bake 1pc w.g Eng. Muffin w/ spds 1ea Pears in juice 1/2c 1/2c Poppin' Good Grapes Choice of Milk</p> <p><i>Brkfst Buddies</i></p>	<p>²⁴ W.G. Belgian Waffle Stx 2ea 1/4c w/Strawberry Topping Sausage Links 1ea Fruit Cocktail in juice 1/2c Craisins 1pkg Choice of Milk</p>	<p>²⁵ Carmel Roll, w. g. 1ea Pear 1ea Apple Juice 4oz Choice of Milk</p>	<p>Cal 515 T.Fat 10.97 G S.Fat 3.9 G Chol 87.2 Mg Sodm 465.36 Mg Carb 90.59 G Fiber 7.2 G Prtn 17.72 G Iron 22.33 Mg Calc 404.55 Mg</p>
<p>²⁸ Banana Berry Muffin, wg 1ea Butter Cup 1ea Grape juice 4oz Strawberry cup 1/2c Choice of Milk</p>	<p>²⁹ Rice Krispies, w.g. 1c Bagel, w.g. 1/2ea Cr. Cheese/Jelly 1pk Pear 1ea Mandarin Oranges 1/2c Choice of Milk</p>	<p>³⁰ Oatmeal 3/4c Cake Donut 1ea Raisins, 1pk Fresh Apple 1ea Choice of Milk</p> <p><i>Saddies & Donuts</i></p>	<p>³¹ W.g. Pancakes 2ea w/Apples 1/4c Sausage Links 1ea Golden Banana 1ea Pineapple Juice 4oz Choice of Milk</p>		<p>Cal 507 T.Fat 10.32 G S.Fat 4.3 G Chol 30.3 Mg Sodm 401.08 Mg Carb 91.82 G Fiber 7.2 G Prtn 15.22 G Iron 3.95 Mg Calc 341.79 Mg</p>

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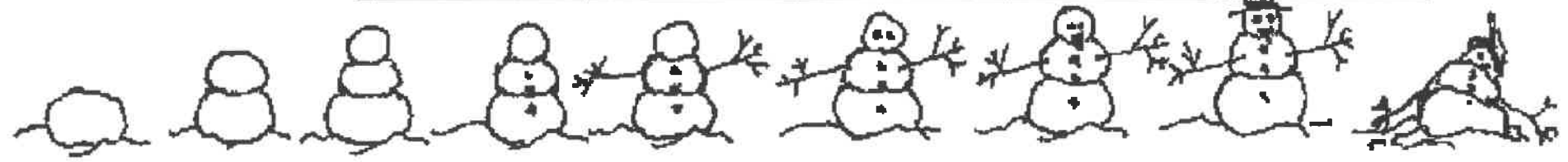
K-5 Lunch

Monday Tuesday Wednesday Thursday Friday Nutrients

<p>1 HOLIDAY</p> <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>2 NO SCHOOL TODAY</p>	<p>3 NO SCHOOL TODAY</p>	<p>4 w.g. Chicken Tenders w/ 3 ea Choice of Sauces 1pk Creamy Mac & Cheese, w.g. 1/2c Gr. Peas 1/2c Veg/Fruit Bar 1/2c Poppin' Good Grapes 1/2c Milk</p>	<p>5 Pepperoni Pizza, w.g. 1st Glazed Carrots 1/2c Veg/Fruit Bar 1/2c Pears in juice 1/2c Milk</p>	<p>Cal 667 T.Fat 21.69 G S.Fat 5.2 G Chol 35.9 Mg Sodm 1053.45 Mg Carb 93.28 G Fiber 10.0 G</p>
<p>7 Hotdog/chili cheese dog 1 ea on w.g. bun Dp Groove Crinkle 1/2c Fries Veg/Fruit Bar 1/2c Poppin' Good Grapes 1/2c Hot Dog Condiments 2 ea Milk</p>	<p>8 NO SCHOOL TODAY</p> <p>State of the Band</p>	<p>9 BaaKa'aakwehn on w.g. bun 1 ea Lettuce/Tomato 1/4c/2ea Corn, Sweet 1/2c Veg/Fruit Bar 1/2c Pineapple Tidbits 1/2c F. F. Mayo 1 ea Milk</p>	<p>10 Wild Rice Soup 1c Glazed Carrots 1/2c Veg/Fruit Bar 1/2c Pear 1 ea Saltine Cr., w.g. 2pk Milk</p>	<p>11 Soft Shell Taco. w.g. 1 ea Cheesy Refried Beans 1/2c Veg/Fruit Bar 1/2c Orange 1 ea Sr. Cream/Salsa 1 ea/2T Milk</p>	<p>Cal 664 T.Fat 17.42 G S.Fat 4.3 G Chol 65.7 Mg Sodm 997.55 Mg Carb 94.85 G Fiber 10.0 G</p>
<p>14 Tator Tot Hotdish 3/4c Snappy Gr. Beans 1/2c Veg/Fruit Bar 1/2c Fresh Apple 1 ea/1 ea Parmesan Breadstick, w.g. Milk</p>	<p>15 Chicken Spaetzle 1c Soup String Cheese 1 ea Glazed Carrots 1/2c Veg/Fruit Bar 1/2c Pears in juice 1/2c Saltine Cr., w.g. 2pk Milk</p>	<p>16 Chicken A La King 3/4c Steamin' Broccoli 1/2c Cuts Veg/Fruit Bar 1/2c Pineapple Tidbits 1/2c B.P. Biscuit, w.g. 1 ea Milk</p>	<p>17 Sub w/all the fixins, w.g. 1 ea Baked Beans 1/2c Veg/Fruit Bar 1/2c Fruit Cocktail in juice 1/2c Condiments 1 ea Milk</p>	<p>18 Meatloaf 1pc Mashed Potatoes 1/2c Beef Gravy 1/4c Veg/Fruit Bar 1/2c Poppin' Good Grapes 1/2c W.G. Dinner Roll 1 ea Milk</p> <p>1.00 dismissal</p>	<p>Cal 650 T.Fat 16.93 G S.Fat 5.4 G Chol 67.4 Mg Sodm 939.59 Mg Carb 92.92 G Fiber 9.5 G</p>



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²¹ HOLIDAY

²² Sloppy Joe on w.g. bun ^{1/3c} 1ea
French Fries ^{1/2c}
w/ketchup
Veg/Fruit Bar ^{1/2c} ^{1/2c}
Fruit Cocktail in juice
Milk

²³ Cheese Pizza, wg ^{1sl.}
Glazed Carrots ^{1/2c}
Veg/Fruit Bar ^{1/2c}
Fresh Apple 1ea
Mini Rice Krispy Bar, wg ^{1ea}
Milk

²⁴ w.g. Chicken Tenders ^{3ea}
w/
Choice of Sauces ^{1pk}
Baked Beans ^{1/2c}
Spinach/Strawberry Salad ^{1/2c}
Veg/Fruit Bar ^{1/2c}
Pineapple Tidbits ^{1/2c}
Milk

²⁵ Homestyle Lasagna, w.g. ^{1pc}
Winter Blend Veg ^{1/2c}
Veg/Fruit Bar ^{1/2c}
Peaches in juice ^{1/2c}
Garlic Toast, w.g. ^{1ea}
Milk

Cal 644
T.Fat 16.28 G
S.Fat 4.7 G
Chol 39.1 Mg
Sodm 1062.63 Mg
Carb 97.07 G
Fiber 10.8 G
Prtn 29.81 G
Iron 4.56 Mg
Calc 531.52 Mg

²⁸ Chicken-N-Gravy ^{1/2c}
Mashed Potatoes ^{1/2c}
Veg/Fruit Bar ^{1/2c}
Peaches in juice ^{1/2c}
w.g. Bread & Butter ^{1ea}
Milk

²⁹ Hamburger on w.g. Bun ^{1ea}
American Cheese ^{1sl.} Slice
Lettuce/Tomato ^{1/4c/2sl.}
Baked Beans ^{1/2c}
Veg/Fruit Bar ^{1/2c} ^{1/2c}
Poppin' Good Grapes
Hamburger Condiments ^{1ea}
Milk

³⁰ Fish Nuggets, wg ^{4ea}
Glazed Carrots ^{1/2c}
Veg/Fruit Bar ^{1/2c}
Orange ^{1ea}
Wild Rice Blend ^{1/2c}
Tartar Sauce ^{2t}
Milk

³¹ Cheesy Dunker ^{1/2c}
Sauce
Steamin' Broccoli ^{1/2c}
Cuts
Veg/Fruit Bar ^{1/2c}
Juicy Apricot Halves ^{1/2c}
Cheesy Garlic Tst, wg. ^{2ea}
Milk

Cal 635
T.Fat 17.73 G
S.Fat 5.9 G
Chol 76.1 Mg
Sodm 923.52 Mg
Carb 85.74 G
Fiber 9.7 G
Prtn 35.96 G
Iron 3.99 Mg
Calc 488.71 Mg

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