

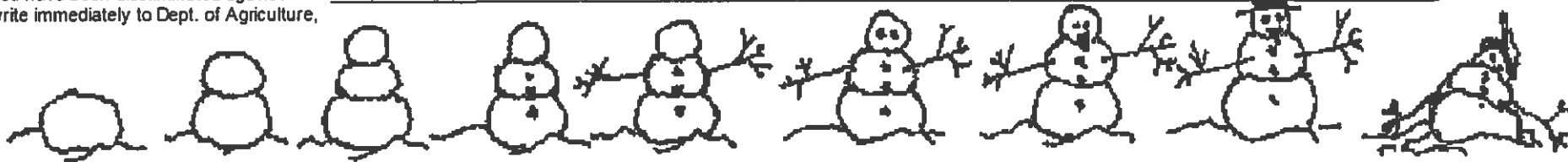
january

K-5 Breakfast

<p>1 HOLIDAY</p> <p><i>NASS is a nut Safe building</i></p>	<p>2 NO SCHOOL TODAY</p>	<p>3 Dish @ 8:30</p>	<p>4 ^{2 ea} Belgian Waffle Stix w/ Strawberry Topping $\frac{1}{4}$ Sausage Links 1 ea Fruit Cocktail in juice $\frac{1}{2}$ Dried Cherries $\frac{1}{4}$ Choice of Milk</p>	<p>5 Breakfast Burrito w/ Salsa 1 ea $\frac{1}{8}$ L Peaches in juice $\frac{1}{2}$ C Orange Juice 4 oz Choice of Milk</p>	<p>Cal 457 T.Fat 13.73 G S.Fat 5.5 G Chol 45.2 Mg Sodm 556.91 Mg Carb 68.42 G Fiber 5.9 G</p>
<p>6 Cheerios 1 C Bagel w/ Cr. Ch or Jelly $\frac{1}{2}$ ea $\frac{1}{4}$ C Fruit Cocktail in juice Apple Juice 4 oz Choice of Milk</p>	<p>9 NO SCHOOL TODAY</p> <p><i>State of the Band!</i></p>	<p>10 Cranberry Peach Muffin 1 ea Butter Cup 1 ea Kiwi $\frac{1}{2}$ ea Pineapple Juice 4 oz Choice of Milk</p> <p><i>Mommies & Muffins</i></p>	<p>11 Egg & Sausage 1 ea Croissant DC Pears in ju $\frac{1}{2}$ C Dried Cherries $\frac{1}{4}$ C Choice of Milk</p>	<p>12 Golden Grahams. 1 C Toast w/choice of spread 1 ea Banana 1 ea Orange Juice 4 oz Choice of Milk</p> <p><i>Cultural Activities Day</i></p>	<p>Cal 497 T.Fat 11.33 G S.Fat 4.8 G Chol 53.8 Mg Sodm 498.72 Mg Carb 84.43 G Fiber 5.5 G</p>
<p>15 HOLIDAY</p>	<p>16 Cinnamon Toast Crunch 1 C Raspberry Churro 1 ea Orange 1 ea Pineapple Juice 4 oz Choice of Milk</p>	<p>17 Bacon Scr. Pizza, w.g. 1 ea Grape juice 4 oz Strawberry cup $\frac{1}{2}$ C Choice of Milk</p> <p><i>Brkfst Buddle</i></p>	<p>18 Scrambled Eggs $\frac{1}{2}$ C Bagel w/ Cr. Ch or Jelly $\frac{1}{2}$ ea Peaches in juice $\frac{1}{2}$ C Orange Juice 4 oz Choice of Milk</p>	<p>19 Cheddar Munchers 4 ea Toast w/choice of spread 1 ea Tropical Fruit Salad $\frac{1}{2}$ C Apple Juice 4 oz Choice of Milk</p>	<p>Cal 472 T.Fat 11.94 G S.Fat 4.9 G Chol 121.3 Mg Sodm 463.13 Mg Carb 76.50 G Fiber 4.7 G</p>



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January

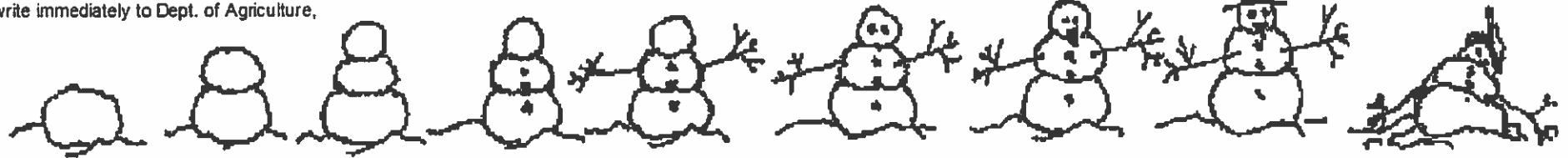
K-5 Breakfast

<p>²² Raisin Bran 1c Kiwi 1/2 Orange Juice 4oz Choice of Milk</p>	<p>²³ Egg Bake 1pc Eng. Muffin w/ spreads 1ea Pears in Juice 1/2c Poppin' Good Grapes 1/2c Choice of Milk</p>	<p>²⁴ Life Cereal 1c Cake Donut 1ea Banana 1ea Strawberry cup 1/2c Choice of Milk</p> <p>Daddies & Donuts</p>	<p>²⁵ Belgian Waffle Stix w/ Strawberry Topping 1/2c Baked Ham 1oz Fruit Cocktail in Juice 1/2c Craisins 1/4c Choice of Milk</p>	<p>²⁶ Carmel Roll 1ea Pear 1ea Apple Juice 4oz Choice of Milk</p> <p>Pow-Wow 1:00 dismissal</p>	<p>Cal 489 T.Fat 10.05 G S.Fat 3.3 G Chol 77.0 Mg Sodm 494.48 Mg Carb 87.99 G Fiber 7.6 G Prtn 17.04 G Iron 19.54 Mg Calc 398.29 Mg</p>
<p>²⁹ Banana Berry Muffin 1ea Butter Cup 1ea Grape Juice 4oz Strawberry cup 1/2c Choice of Milk</p>	<p>³⁰ Rice Krispies 1c Apple Bosco Stick 1ea Pear 1ea Mandarin Oranges 1/2c Choice of Milk</p>	<p>³¹ Brkfst Wrap w/ taco sauce 1ea Orange Juice 4oz Peaches in Juice 1/2c Choice of Milk</p>			<p>Cal 433 T.Fat 9.29 G S.Fat 4.5 G Chol 83.1 Mg Sodm 443.40 Mg Carb 75.03 G Fiber 5.2 G Prtn 15.27 G Iron 3.73 Mg Calc 350.63 Mg</p>



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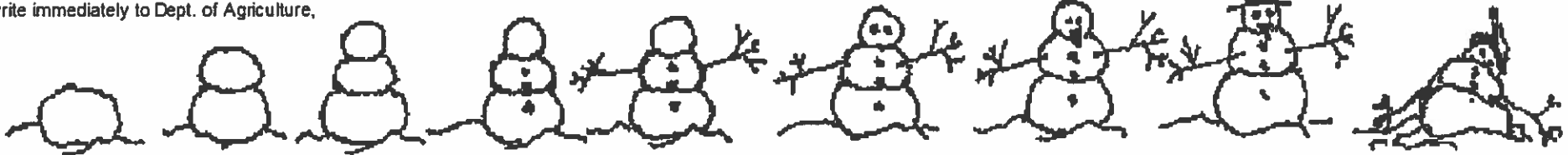
K-5 Lunch



<p>1 HOLIDAY</p> <p><i>NASS is a nut Safe building</i></p>	<p>2 NO SCHOOL TODAY</p>	<p>3 Chicken Tenders ^{3ea} Choice of Sauces Gr. Peas $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Poppin' Good Grapes $\frac{1}{2}c$ Creamy Mac & Cheese $\frac{1}{3}c$ Milk</p>	<p>4 Pepperoni Pizza $1\frac{1}{2}$ Glazed Carrots $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Pears in juice $\frac{1}{2}c$ Milk</p>	<p>5 Wild Rice Hotdish $\frac{1}{2}c$ Steamin' Broccoli Cuts $\frac{1}{2}c$ SWEET POTATO, BAKED $\frac{1}{4}c$ Veg/Fruit Bar $\frac{1}{2}c$ Mandarin Oranges $\frac{1}{2}c$ Fried Bread w/ Honey or butter $1ea$ Milk</p>	<p>Cal 648 T.Fat 19.83 G S.Fat 5.2 G Chol 41.1 Mg Sodm 920.90 Mg Carb 92.72 G Fiber 9.5 G</p>
<p>6 Choice of hotdog/ chili cheese dog $1ea$ Dp Groove Crinkle Fries $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Poppin' Good Grapes $\frac{1}{2}c$ Hot Dog Condiments $2ea$ Milk</p>	<p>9 NO SCHOOL TODAY</p> <p><i>State of the Band!</i></p>	<p>10 BaaKa'aakwehn on Bun $1ea$ Lettuce/Tomato $\frac{1}{4}/\frac{1}{2}$ Corn, Sweet $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Pineapple Tidbits $\frac{1}{2}c$ F. F. Mayo $1ea$ Milk</p>	<p>11 GROUND BEEF & MACARONI ($\frac{3}{4}c$ Calif. Blend Veg $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Mandarin Oranges $\frac{1}{2}c$ Garlic Toast $1ea$ Milk</p>	<p>12 Wild Rice Soup $1c$ Glazed Carrots $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Pear $1ea$ Saltine Cr., w.g. $2pk$ Milk</p> <p><i>Cultural Activities Day!</i></p>	<p>Cal 704 T.Fat 19.67 G S.Fat 5.5 G Chol 69.7 Mg Sodm 952.48 Mg Carb 98.04 G Fiber 8.8 G</p>
<p>15 HOLIDAY</p>	<p>16 Tator Tot Hotdish $\frac{3}{4}c$ Snappy Gr. Beans $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Fresh Apple $1ea$ $1ea$ Parmesan Breadstick Milk</p>	<p>17 Chicken Spaetzle Soup $1c$ String Cheese $1ea$ Glazed Carrots $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Pears in juice $\frac{1}{2}c$ Saltine Cr., w.g. $2ea$ Milk</p>	<p>18 Sub w/all the fixins $1ea$ Baked Beans $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Fruit Cocktail In juice $\frac{1}{2}c$ Condiments $1ea$ Milk</p>	<p>19 MEAT LOAF $1pc$ Mashed Potatoes $\frac{1}{2}c$ Beef Gravy $\frac{1}{4}c$ Veg/Fruit Bar $\frac{1}{2}c$ $\frac{1}{2}c$ Poppin' Good Grapes Dinner Roll w/ Butter $1ea$ Milk</p>	<p>Cal 679 T.Fat 20.50 G S.Fat 6.9 G Chol 84.6 Mg Sodm 952.45 Mg Carb 90.57 G Fiber 9.1 G</p>



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<p>22 ^{1/3c/1bun} Sloppy Joe on Bun French Fries 1/2c w/ketchup Veg/Fruit Bar 1/2c Fruit Cocktail in juice 1/2c Milk</p>	<p>23 Cheese Pizza 1st. Glazed Carrots 1/2c Veg/Fruit Bar 1/2c Fresh Apple 1ea Mini Rice Krispy Bar 1ea Milk</p>	<p>24 Sweet & Sour 1/2c Chicken Steamin' Broccoli 1/2c Cuts Veg/Fruit Bar 1/2c Poppin' Good Grapes 1/2c Seasoned Rice 1/2c Milk</p>	<p>25 Chicken Tenders w/ Choice of Sauces 3ea Baked Beans 1/2c Veg/Fruit Bar 1/2c Pineapple Tidbits 1/2c Cheez-it Crackers 1pk Milk</p>	<p>26 ^{1ea} Homestyle Lasagna Winter Blend Veg 1/2c Veg/Fruit Bar 1/2c Peaches in juice 1/2c Garlic Toast 1ea Milk</p> <p>Pow-Wow 1:00 dismissal</p>	<p>Cal 654 T.Fat 16.45 G S.Fat 4.2 G Chol 40.8 Mg Sodm 861.75 Mg Carb 100.02 G Fiber 10.1 G Prtn 28.53 G Iron 3.97 Mg Calc 508.26 Mg</p>
<p>29 Chicken-N-Gravy 1/2c Mashed Potatoes 1/2c Veg/Fruit Bar 1/2c Peaches in juice 1/2c Dinner Roll w/ Butter 1ea Milk</p>	<p>30 Hamburger on Bun 1ea Lettuce/Tomato 1/2c Baked Beans 1/2c Veg/Fruit Bar 1/2c Poppin' Good Grapes 1/2c Hamburger Condiments 1ea Milk</p>	<p>31 Beef Stew 1c Crisp Cuke/Tomato Salad 1/4c Veg/Fruit Bar 1/2c Sassy Applesauce 1/2c Baking Powder Biscuit 1ea Milk</p>			<p>Cal 637 T.Fat 17.88 G S.Fat 6.8 G Chol 73.4 Mg Sodm 780.21 Mg Carb 84.64 G Fiber 9.5 G Prtn 34.91 G Iron 4.37 Mg Calc 389.99 Mg</p>



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