



K-5 Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
			¹ Pancakes w/Syrup ^{2ea} 1ea Fruited yogurt ^{4oz} Orange ^{1ea} Choice of fruit ^{1/2c} Choice of Milk	² Kix Corn Puffs ^{1c} HARD BOILED EGG ^{1ea} Golden Banana ^{1ea} Apple Juice ^{4oz} Choice of Milk	Cal 463 T.Fat 6.86 G S.Fat 2.5 G Chol 111.4 Mg Sodm 412.66 Mg Carb 86.14 G Fiber 6.0 G Prtn 17.44 G Iron 5.55 Mg Calc 466.28 Mg Vit A 22.53 RE
⁵ Dish @ 8:30 K-1 field trips	⁶ Pancakes w/Apples ^{2ea} 1/4c Sausage Links ^{1ea} Peaches in juice ^{1/2c} Grape juice ^{4oz} Choice of Milk K-12 Awards Banquet @ 5:30	⁷ Egg & Sausage Croissant ^{1ea} Golden Banana ^{1ea} Craisins ^{1/4c} Choice of Milk Breakfast Club 2 nd , 3 rd & 5 th grade field trips	⁸ Bacon Scr.Pizza, w.g. ^{1ea} Orange juice ^{4oz} Strawberry cup ^{1/2c} Choice of Milk last day of school! K-5 Fun Day! 1:00 dismissal	⁹ NO SCHOOL TODAY	Cal 471 T.Fat 14.67 G S.Fat 5.6 G Chol 73.2 Mg Sodm 536.76 Mg Carb 67.74 G Fiber 5.1 G Prtn 18.48 G Iron 1.68 Mg Calc 343.65 Mg Vit A 15.90 RE

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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
			¹ Chicken Fajitas 1ca Cheesy Refried Beans 1/2c Veg/Fruit Bar 1/2c Tropical Fruit Salad 1/2c Sr. Cream/Salsa 1oz/2T Milk 5 th grade Celebration @ 10:00	² Pepperoni Pizza 1sl. Steamin' Broccoli Cuts 1/2c Veg/Fruit Bar 1/2c Pears in juice 1/2c Milk Fun Run lunch at 11:45 Pine Grove here	Cal 624 T.Fat 15.04 G S.Fat 5.9 G Chol 45.3 Mg Sodm 1349.95 Mg Carb 92.69 G Fiber 11.1 G Prtn 32.22 G Iron 3.53 Mg Calc 575.63 Mg Vit A 13.34 RE
⁵ Wild Rice Soup 1c Gr. Peas 1/2c Veg/Fruit Bar 1/2c Pear 1ca Saltine Cr., w.g. 2pkg Milk K-1 field trip	⁶ Spaghetti Mac Hotdish 3/4c Calif. Blend Veg 1/2c Veg/Fruit Bar 1/2c Fresh Apple 1ca Garlic Toast 1cc Milk K-12 Awards Banquet @ 5:30	⁷ Choice of hotdog/ 1ca chili cheese dog Dp Groove Crinkle Fries 1/2c Veg/Fruit Bar 1/2c Poppin' Good Grapes 1/2c Hot Dog Condiments. 2ca Milk 2 nd , 3 rd & 5 th grade field trips	⁸ Chicken-N-Gravy 1/2c Mashed Potatoes 1/2c Steamin' Broccoli Cuts 1/2c Veg/Fruit Bar 1/2c Dinner Roll w/ Butter 1ca Milk Last day of school 1:00 dismissal	⁹ NO SCHOOL TODAY Cal 614 T.Fat 17.43 G S.Fat 5.0 G Chol 55.8 Mg Sodm 870.79 Mg Carb 87.65 G Fiber 9.4 G Prtn 28.73 G Iron 3.73 Mg Calc 439.98 Mg Vit A 13.95 RE	

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