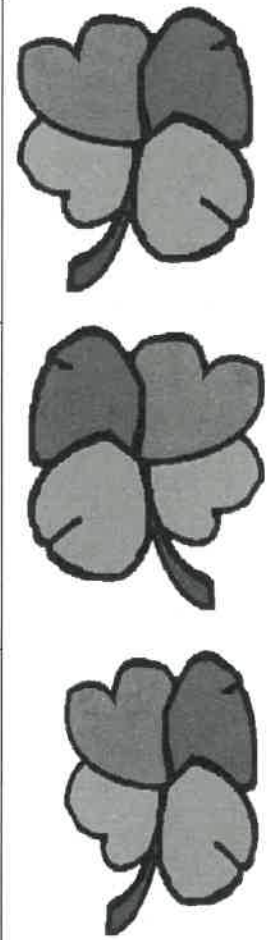
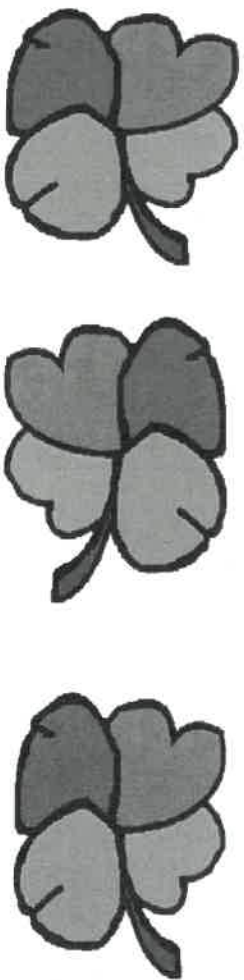


K-5 Breakfast



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 Golden Grahams. Cal 519 w.g. <i>1c</i> Toast, w.g. T.Fat 10.53 G w/ choice of S.Fat 2.5 G Spreads <i>1sl.</i> Chol 10.6 Mg Pears in juice <i>1ea</i> Sodm 645.45 Orange Juice <i>1/2c</i> Mg Choice of Milk <i>4oz</i> Carb 91.99 G Fiber 6.2 G</p>
<p>⁴ Dish @ 8:30</p>	<p>⁵ Bacon Scr. Pizza, w.g. <i>1ea</i> Grape juice <i>4oz</i> Strawberry cup <i>1/2c</i> Choice of Milk</p>	<p>⁶ Cheddar Munchers <i>4oz</i> Toast, w.g. <i>1sl.</i> w/ choice of <i>1ea</i> Spreads Tropical Fruit Salad <i>1/2</i> Apple Juice <i>4oz</i> Choice of Milk Brkfst Buds</p>	<p>⁷ Scrambled Eggs <i>1/2c</i> Bagel, w.g. <i>1/2ea</i> Cr. Cheese/Jelly <i>1ea</i> Peaches in juice <i>1/2c</i> Orange Juice <i>4oz</i> Choice of Milk</p>	<p>⁸ Cinn Glzd WG Fr. Cal 508 Toast w/syrup <i>1ea</i> T.Fat 15.43 G Go Big Go-Gurt <i>1ea</i> S.Fat 6.0 G Juicy Apricot Halves <i>1/2c</i> Chol 131.1 Sassy Applesauce <i>1/2c</i> Mg Choice of Milk Sodm 537.13 Mg Carb 77.51 G</p>	
<p>¹¹ Corn Chex <i>1c</i> Apple Bosco Stick <i>1ea</i> Golden Banana <i>1ea</i> Orange Juice <i>4oz</i> Choice of Milk <i>8</i></p>	<p>¹² Breakfast Burrito <i>1ea</i> w/ Salsa <i>1/8c</i> Juicy Apricot <i>1/2c</i> Halves Strawberry cup <i>1/2c</i> Choice of Milk</p>	<p>¹³ Egg Bake <i>1ea</i> w.g Eng. Muffin w/ <i>1ea</i> spds Pears in juice <i>1/2c</i> Poppin' Good <i>1/2c</i> Grapes Choice of Milk K-5 Mommies @ Muffins</p>	<p>¹⁴ W.G. Belgian Waffle Stx <i>2ea</i> w/Strawberry <i>1/4c</i> Topping Sausage Links <i>1ea</i> Fruit Cocktail in juice <i>1/2c</i> Craisins <i>1/4c</i> Choice of Milk</p>	<p>¹⁵ Carmel Roll, w. g. <i>1ea</i> Pear <i>1ea</i> Apple Juice <i>4oz</i> Choice of Milk <i>1:00 dismissal</i></p> <p>Cal 497 T.Fat 10.98 G S.Fat 4.1 G Chol 79.9 Mg Sodm 499.20 Mg Carb 85.13 G Fiber 7.2 G</p>	

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K-5 Breakfast

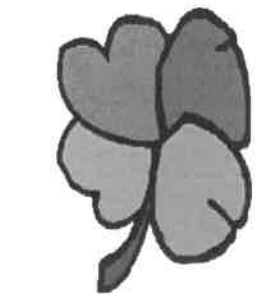
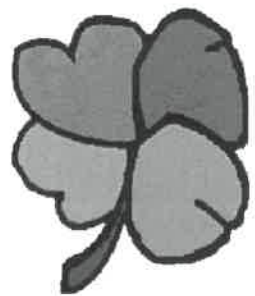
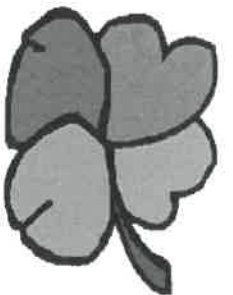
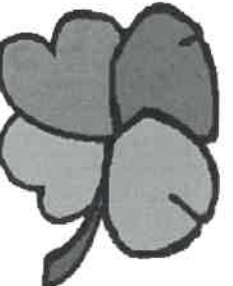
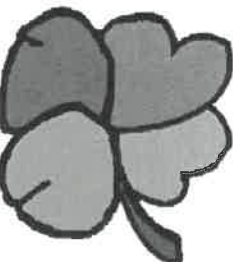


Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
18 Banana Berry Muffin, wg 1ea Butter Cup 1ea Grape juice 4oz Strawberry cup 1/2c Choice of Milk	19 Rice Krispies, w.g. 1c Bagel, w.g. 1/2ea Cr. Cheese/Jelly 1ea Pear 1ea Mandarin Oranges 1/2c Choice of Milk Abi PT conferences 4-7	20 Brkfst Wrap, w.g. 1ea w/taco sauce 4oz Orange Juice 1/2c Peaches in juice 1/2c Choice of Milk K-5 Brkfst Buds	21 W.g.Pancakes 2ea w/Apples 1/4c Sausage Links 1ea Golden Banana 1ea Pineapple Juice 4oz Choice of Milk	22 Oatmeal 3/4c Toast, w.g. 1ea w/ choice of Spreads 1/4c Raisins, 1/4c Fresh Apple 1ea Choice of Milk 1/2 day holiday 1:00 dismissal	Cal 476 T.Fat 9.92 G S.Fat 4.3 G Chol 60.4 Mg Sodm 425.15 Mg Carb 83.57 G Fiber 6.8 G Prtn 16.61 G Iron 3.15 Mg Calc 354.02 Mg Vit A 32.41
25 Breakfast Pizza, wg 1ea Fruited yogurt 4oz Pineapple Tidbits 1/2c Apple Juice 4oz Choice of Milk	26 w.g. Fr. Toast Stix 4ea w/ Strawberry Topping 1/4c Poppin' Good 1/2c Grapes 1ea Peaches in juice 1/2c Choice of Milk	27 Frosted Cinn Roll, w.g. 1ea Grape juice 4oz Orange 1ea Choice of Milk K-5 Daddies & Donuts	28 Scrambled Eggs 1/2c w.g Eng. Muffin w/ spds 1ea Fruit Cocktail in juice 1/2c Orange Juice 4oz Choice of Milk	29 Corn Chex 1c Backpackers, w.g 1ea Golden Banana 1ea Strawberry cup 1/2c Choice of Milk 1:00 dismissal	Cal 499 T.Fat 11.77 G S.Fat 3.8 G Chol 89.9 Mg Sodm 459.81 Mg Carb 83.99 G Fiber 5.7 G Prtn 18.45 G Iron 4.01 Mg Calc 421.88 Mg Vit A 31.61

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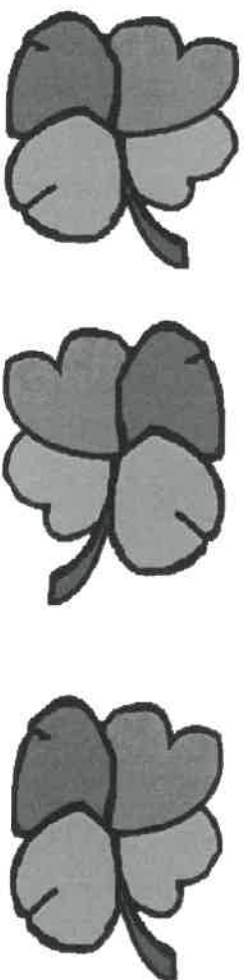
K-5 Lunch



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>				¹ Beef & Mac ^{3/4c} Goulash Calif. Blend Veg ^{1/2c} Veg/Fruit Bar ^{1/2c} Mandarin Oranges ^{1/2c} Garlic Toast, w.g. ^{1ea} Milk	Cal 607 T.Fat 15.53 G S.Fat 5.0 G Chol 62.4 Mg Sodm 967.70 Mg Carb 86.26 G Fiber 10.2 G
⁴ Tator Tot Hotdish ^{3/4c} Snappy Gr. Beans ^{1/2c} Veg/Fruit Bar ^{1/2c} Fresh Apple ^{1ea} Parmesan Breadstick, wg ^{1ea} Milk	⁵ Chicken A La King ^{3/4c} Steamin' Broccoli Cuts ^{1/2c} Veg/Fruit Bar ^{1/2c} Pineapple Tidbits ^{1/2c} B.P. Biscuit, w.g. ^{1ea} Milk	⁶ Chicken Spaetzle Soup ^{1c} String Cheese ^{1ea} Glazed Carrots ^{1/2c} Veg/Fruit Bar ^{1/2c} Pears in juice ^{1/2c} Saltine Cr., w.g. ^{2pk} Milk	⁷ Sub w/all the fixins, wg ^{1ea} Baked Beans ^{1/2c} Veg/Fruit Bar ^{1/2c} Fruit Cocktail in juice ^{1/2c} Condiments ^{1ea} Milk	⁸ Meatloaf ^{3/4" sl.} Mashed Potatoes ^{1/2c} Beef Gravy ^{1/4c} Veg/Fruit Bar ^{1/2c} Poppin' Good ^{1/2c} Grapes W.G. Dinner Roll ^{1ea} Milk	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
¹¹ Sloppy Joe on w.g. bun ^{1/2c} ^{1ea} French Fries ^{1/2c} w/ketchup Veg/Fruit Bar ^{1/2c} Fruit Cocktail in juice ^{1/2c} Milk	¹² Cheese Pizza, wg ^{1/2c} ^{1ea} Glazed Carrots ^{1/2c} Veg/Fruit Bar ^{1/2c} Fresh Apple ^{1ea} Mini Rice Krispy Bar, wg ^{1ea} Milk	¹³ Chicken Chow Mein ^{3/4c} Vegetable Egg Roll, wg ^{1ea} Steamin' Broccoli Cuts ^{1/2c} Veg/Fruit Bar ^{1/2c} Poppin' Good ^{1/2c} Grapes ^{1/2c} Seasoned Rice, wg ^{1/2c} Milk	¹⁴ w.g. Chicken Tenders w/ Choice of Sauces ^{3ea} ^{1ea} Baked Beans ^{1/2c} Spinach/Strawberry Salad ^{1/2c} Veg/Fruit Bar ^{1/2c} Pineapple Tidbits ^{1/2c} Milk	¹⁵ 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 /odd dismissal	Cal 653 T.Fat 15.85 G S.Fat 4.4 G Chol 46.2 Mg Sodm 1075.65 Mg Carb 97.90 G Fiber 11.0 G

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K-5 Lunch



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
18 Chicken-N-Gravy ^{1/2c} Mashed Potatoes ^{1/2c} Veg/Fruit Bar ^{1/2c} Peaches in juice ^{1/2c} w.g. Bread & Butter Milk ^{1ea}	19 Hamburger on ^{1ea} w.g.Bun American Cheese ^{1ea} Slice Lettuce/Tomato ^{1/4/2ea} Baked Beans ^{1/2c} Veg/Fruit Bar ^{1/2c} Poppin' Good ^{1/2c} Grapes Hamburger ^{1ea} Condiments Milk Abi P/T Conference 4-7	20 Beef Stew ^{1c} Snappy Gr. Beans ^{1/2c} Veg/Fruit Bar ^{1/2c} Sassy Applesauce ^{1/2c} B.P. Biscuit, w.g. ^{1ea} Milk	21 Cheesy Dunker ^{1/2c} Sauce Steamin' Broccoli ^{1/2c} Cuts Veg/Fruit Bar ^{1/2c 1/2c} Juicy Apricot Halves Cheesy Garlic Tst, ^{2ea} wg. Milk	22 Fish Nuggets, wg ^{4ea} Glazed Carrots ^{1/2c} Veg/Fruit Bar ^{1/2c} Orange ^{1ea} Wild Rice Blend ^{1/2c} Tartar Sauce ^{2T} Milk 1/2 day holiday 1:00 dismissal	Cal 638 T.Fat 17.95 G S.Fat 6.4 G Chol 70.0 Mg Sodm 894.62 Mg Carb 86.81 G Fiber 10.2 G Prtn 34.32 G Iron 4.07 Mg Calc 472.53 Mg Vit A 21.09
25 Beef Stroganoff ^{1/3c} Calif. Blend Veg ^{1/2c} Veg/Fruit Bar ^{1/2c} Fresh Apple ^{1ea} Parmesan Breadstick, wg ^{1ea} Milk	26 Veg-Beef Barley ^{1c} Soup Cottage Cheese ^{1/4c} Gr. Peas ^{1/2c} Veg/Fruit Bar ^{1/2c} Mandarin Oranges ^{1/2c} Saltine Cr., w.g. ^{2pk} Milk	27 Corndog, w.g. ^{1ea} Sweet Potato Bites ^{1/2c} Veg/Fruit Bar ^{1/2c} Pear ^{1ea} Ketchup & Mustard ^{2ea} Milk	28 B.B.Q. Pork on ^{1/3c} w.g.Bun ^{1ea} Corn, Sweet ^{1/2c} Creamy Coleslaw ^{1/4c} Veg/Fruit Bar ^{1/2c} Orange ^{1ea} Milk	29 Cheesy, w. g. Chicken ^{1ea} Burrito w/Sauce Lettuce & Tomato ^{1/4c} Cheesy Refried ^{1/2c} Beans ^{1/2c} Veg/Fruit Bar ^{1/2c} Pears in juice ^{1/2c} Sr. Cream/Salsa ^{1/2T} Milk 1:00 dismissal	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 Calc 451.23 Mg Vit A 21.81

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