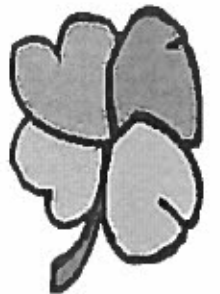
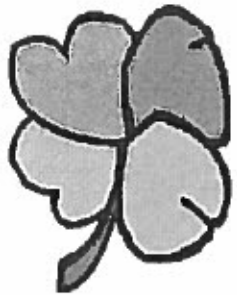


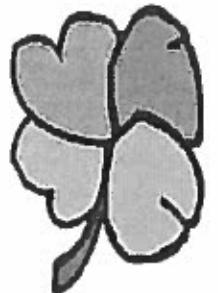
K-5 Breakfast



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
NASS is a nut Safe building			1 Egg & Sausage 1ea Croissant Golden Banana 1ea Craisins 1/4c Choice of Milk	2 Cereal, Variety 1c Toast w/choice of spread 1ea Pears in juice 1/2c Orange Juice 4oz Choice of Milk Dr. Seuss' B-day!	Cal 505 T.Fat 12.65 G S.Fat 4.4 G Chol 78.2 Mg Sodm 512.26 Mg Carb 80.52 G Fiber 5.6 G
Dish @ 8:30	3 Bacon Scr.Pizza, w.g. 1ea Grape juice 4oz Strawberry cup 1/2c Choice of Milk	7 Cheddar Munchers 4ea Toast w/choice of spread 1ea Tropical Fruit Salad 1/2c Apple Juice 4oz Choice of Milk Brkfst Buddies	8 Scrambled Eggs 1/2c Bagel w/ Cr. Ch or Jelly 1/2ea Peaches in juice 1/2c Orange Juice 4oz Choice of Milk	9 Cinn Glzd WG Fr. Toast w/syrup 1ea Fruited yogurt 4oz Juicy Apricot Halves 1/2c Sassy Applesauce 1/2c Choice of Milk	Cal 481 T.Fat 14.11 G S.Fat 5.5 G Chol 130.7 Mg Sodm 524.91 Mg Carb 74.42 G
12 Raisin Bran 1c Golden Banana 1ea Orange Juice 4oz Choice of Milk	13 Egg Bake 1pc Eng. Muffin w/ spreads 1ea Pears in juice 1/2c Poppin' Good Grapes 1/2c Choice of Milk	14 Banana Berry Muffin 1ea Butter Cup 1ea Grape juice 4oz Strawberry cup 1/2c Choice of Milk Mommies & Muffins	15 Pancakes w/Syrup 2ea Baked Ham 1oz Fruit Cocktail in juice 1/2c Craisins 1/4c Choice of Milk	16 Carmel Roll 1ea Pear 1ea Apple Juice 4oz Choice of Milk	Cal 470 T.Fat 9.07 G S.Fat 3.8 G Chol 77.8 Mg Sodm 491.49 Mg Carb 84.94 G Fiber 6.3 G

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K-5 Breakfast



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
19 Rice Krispies 1c Apple Bosco Stick 1ea Pear 1ea Mandarin Oranges 1/2c Choice of Milk	20 Brkfst Wrap w/ taco sauce 1ea Orange Juice 4oz Peaches in juice 1/2c Choice of Milk	21 NO SCHOOL TODAY Staff In-Service	22 Pancakes w/Apples 2ea Sausage Links 1ea Golden Banana 1ea Pineapple Juice 4oz Choice of Milk	23 Oatmeal 3/4c Toast w/choice of spread 1ea Raisins, 1/4c Kiwi 1 1/2ea Choice of Milk 1:00 dismissal Treaty Rights Day	Cal 493 T.Fat 8.05 G S.Fat 2.9 G Chol 63.8 Mg Sodm 446.08 Mg Carb 91.19 G Fiber 7.7 G Prtn 17.92 G Iron 4.06 Mg Calc 373.83 Mg Vit A 34.89
26 Breakfast Pizza 1ea Fruited yogurt 4oz Pineapple Tidbits 1/2c Apple Juice 4oz Choice of Milk	27 Fr. Toast Stix w/ Strawberry Topping 3ea Squeezable Fruit 1ea Peaches in juice 1/2c Choice of Milk	28 Frosted Cinnamon Roll 1ea Grape juice 4oz Orange 1ea Choice of Milk Daddies & Donuts	29 Corn Chex 1c Nature Valley 1pkt Backpacker Golden Banana 1ea Strawberry cup 1/2c Choice of Milk 1:00 dismissal NASS is a nut Safe building	30 NO SCHOOL TODAY Spring Break	Cal 469 T.Fat 8.19 G S.Fat 2.8 G Chol 45.3 Mg Sodm 468.74 Mg Carb 85.70 G Fiber 5.8 G Prtn 16.92 G Iron 3.98 Mg Calc 404.44 Mg Vit A 27.89

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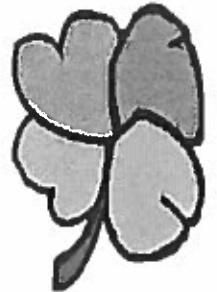
K-5 Lunch



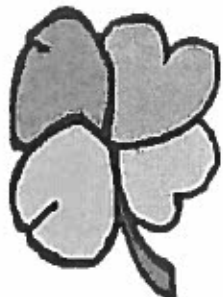
Monday Tuesday Wednesday Thursday Friday Nutrients

<p><i>NASS is a nut Safe building</i></p>			<p>1 Wild Rice Soup 1c Glazed Carrots 1/2c Veg/Fruit Bar 1/2c Pear 1ea Saltine Cr., w.g. 2pk Milk</p>	<p>2 Soft Shell Taco 1ea Cheesy Refried Beans 1/2c Veg/Fruit Bar 1/2c Orange 1ea Sr. Cream/Salsa 1c/1/2T Milk Dr. Seuss' B-day! P.S. Here!</p>	<p>Cal 675 T.Fat 17.94 G S.Fat 3.9 G Chol 54.9 Mg Sodm 976.91 Mg Carb 100.63 G</p>
<p>5 Tator Tot Hotdish 3/4c Snappy Gr. Beans 1/2c Veg/Fruit Bar 1/2c Fresh Apple 1ea Parmesan Breadstick 1ea Milk</p>	<p>6 Chicken Chow Mein 1/2c Steamin' Broccoli Cuts 1/2c Veg/Fruit Bar 1/2c Kiwi 1 1/2 ea Seasoned Rice 1/2c Mini Rice Krispy Bar 1ea Milk</p>	<p>7 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</p>	<p>8 Sub w/all the fixins 1ea Baked Beans 1/2c Veg/Fruit Bar 1/2c Fruit Cocktail in juice 1/2c Condiments 1ea Milk</p>	<p>9 Pork Roast 2oz Mashed Potatoes 1/2c Beef Gravy 1/2c Veg/Fruit Bar 1/2c Poppin' Good 1/2c Grapes Dinner Roll w/ Butter 1ea Milk</p>	<p>Cal 604 T.Fat 16.42 G S.Fat 4.9 G Chol 56.0 Mg Sodm 865.49 Mg Carb 87.71 G Fiber 8.7 G</p>
<p>12 Sloppy Joe on Bun 1/3c 1ea French Fries w/ketchup 1/2c Veg/Fruit Bar 1/2c Fruit Cocktail in juice 1/2c Milk</p>	<p>13 Cheese Pizza 1sl. Glazed Carrots 1/2c Veg/Fruit Bar 1/2c Fresh Apple 1ea Mini Rice Krispy Bar 1ea Milk</p>	<p>14 Chicken Wrap w/Ranch Drsg 1ea Steamin' Broccoli Cuts 1/2c Veg/Fruit Bar 1/2c Poppin' Good Grapes 1/2c Milk K-5 PIT Conf.</p>	<p>15 Chicken Tenders w/ Choice of Sauces 3ea Baked Beans 1/2c Snappy Gr. Beans 1/2c Veg/Fruit Bar 1/2c Pineapple Tidbits 1/2c Milk</p>	<p>16 Homestyle Lasagna 1pc Winter Blend Veg 1/2c Veg/Fruit Bar 1/2c Peaches in juice 1/2c Garlic Toast 1ea Milk</p>	<p>Cal 634 T.Fat 16.74 G S.Fat 4.7 G Chol 43.3 Mg Sodm 966.50 Mg Carb 93.79 G Fiber 10.6 G</p>

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K-5 Lunch



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
19 Chicken-N-Gravy $\frac{1}{2}c$ Mashed Potatoes $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Peaches in juice $\frac{1}{2}c$ Dinner Roll w/ Butter $1ea$ Milk	20 Hamburger on Bun $1ea$ Lettuce/Tomato $\frac{1}{4}c/\frac{1}{2}c$ Baked Beans $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Poppin' Good Grapes $\frac{1}{2}c$ Hamburger Condiments $1ea$ Milk	21 NO SCHOOL TODAY Staff In-Service	22 Beef Stew $1c$ Steamin' Broccoli Cuts $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Sassy Applesauce $\frac{1}{2}c$ Baking Powder Biscuit $1ea$ Milk	23 B.B.Q. Pork on a Bun $\frac{1}{2}c$ Glazed Carrots $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Orange $\frac{1}{2}c$ Milk 1:00 dismissal Treaty Rights Day!	Cal 635 T.Fat 17.91 G S.Fat 6.4 G Chol 66.8 Mg Sodm 768.61 Mg Carb 87.21 G Fiber 10.1 G Prtn 33.07 G Iron 4.28 Mg Calc 420.94 Mg Vit A 15.25
26 Beef Stroganoff $\frac{2}{3}c$ Steamin' Broccoli Cuts $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Fresh Apple $1ea$ Parmesan Breadstick $1ea$ Milk	27 Veg-Beef Barley Soup $1c$ String Cheese $1ea$ Gr. Peas $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Mandarin Oranges $\frac{1}{2}c$ Saltine Cr., w.g. $2pt$ Milk	28 Caribbean Chicken on Bun $1ea$ Lettuce/Tomato $\frac{1}{4}c/\frac{1}{2}c$ Dp Groove Crinkle Fries $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Tropical Fruit Salad $\frac{1}{2}c$ Milk	29 Chicken Fajitas $1ea$ Cheesy Refried Beans $\frac{1}{4}c$ Veg/Fruit Bar $\frac{1}{2}c$ Pears in juice $\frac{1}{2}c$ Sr. Cream/Salsa $\frac{1}{2}c/\frac{1}{2}c$ Milk Pow Wow P.G. Here NASS is a nut Safe building 1:00 dismissal	30 NO SCHOOL TODAY Spring Break!	Cal 611 T.Fat 14.26 G S.Fat 4.5 G Chol 54.8 Mg Sodm 947.95 Mg Carb 90.52 G Fiber 8.7 G Prtn 32.16 G Iron 3.45 Mg Calc 466.27 Mg Vit A 14.63

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