

K-5 Breakfast

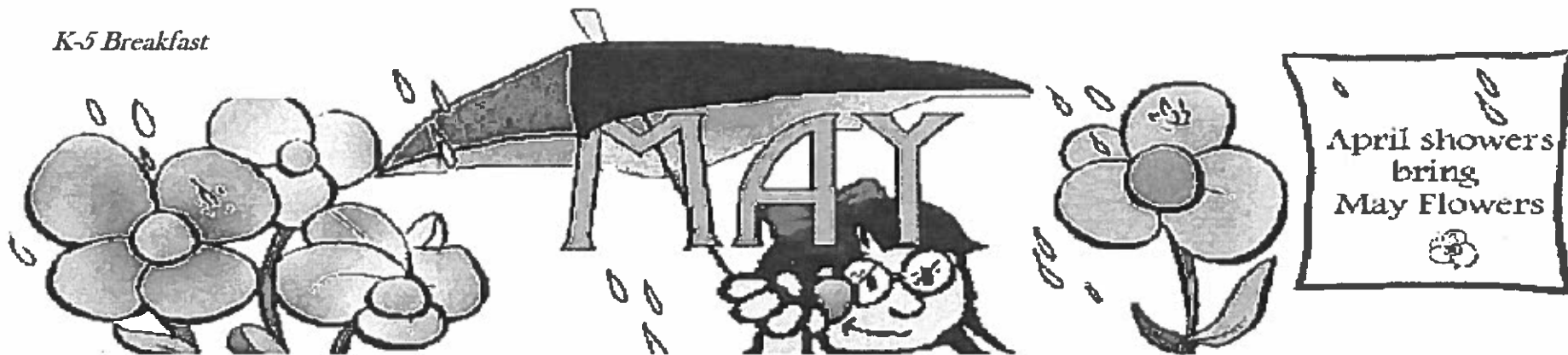


Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
	1 Dish @ 8:30	2 Egg Bake Eng. Muffin w/ spreads Pears in juice Poppin' Good Grapes Choice of Milk <i>Breakfast Buddies</i>	3 Life Cereal Toast w/choice of spread Kiwi Strawberry cup Choice of Milk	4 Belgian Waffle Stix w/ Strawberry Topping Baked Ham Fruit Cocktail in juice Craisins Choice of Milk	Cal 502 T.Fat 12.16 G S.Fat 4.4 G Chol 94.8 Mg Sodm 603.12 Mg Carb 82.57 G Fiber 7.3 G
7 Rice Krispies Apple Bosco Stick Pear Mandarin Oranges Choice of Milk	8 Brkfst Wrap w/ taco sauc Orange Juice Peaches in juice Choice of Milk	9 Banana Berry Muffin Butter Cup Grape juice Strawberry cup Choice of Milk <i>Mommies & Muffins</i>	10 Pancakes w/Apples Sausage Links Golden Banana Pineapple Juice Choice of Milk	11 Oatmeal Toast w/choice of spread Raisins, Kiwi Choice of Milk	Cal 474 T.Fat 8.43 G S.Fat 3.6 G Chol 58.5 Mg Sodm 423.87 Mg Carb 86.33 G Fiber 6.7 G
14 Breakfast Pizza Fruited yogurt Pineapple Tidbits Apple Juice Choice of Milk	15 Fr. Toast Stix w/ Strawberry Topping Squeezable Fruit Peaches in juice Choice of Milk	16 Scrambled Eggs Eng. Muffin w/ spreads Fruit Cocktail in juice Orange Juice Choice of Milk <i>Breakfast Buddies</i>	17 Corn Chex Nature Valley Backpacker Golden Banana Strawberry cup Choice of Milk	18 Pretzel Egg Sandwich Orange Juice Strawberry cup Choice of Milk <i>Royalty Pow-Won @ 10-2</i>	Cal 467 T.Fat 10.26 G S.Fat 3.7 G Chol 132.2 Mg Sodm 461.67 Mg Carb 78.46 G Fiber 5.2 G

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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.

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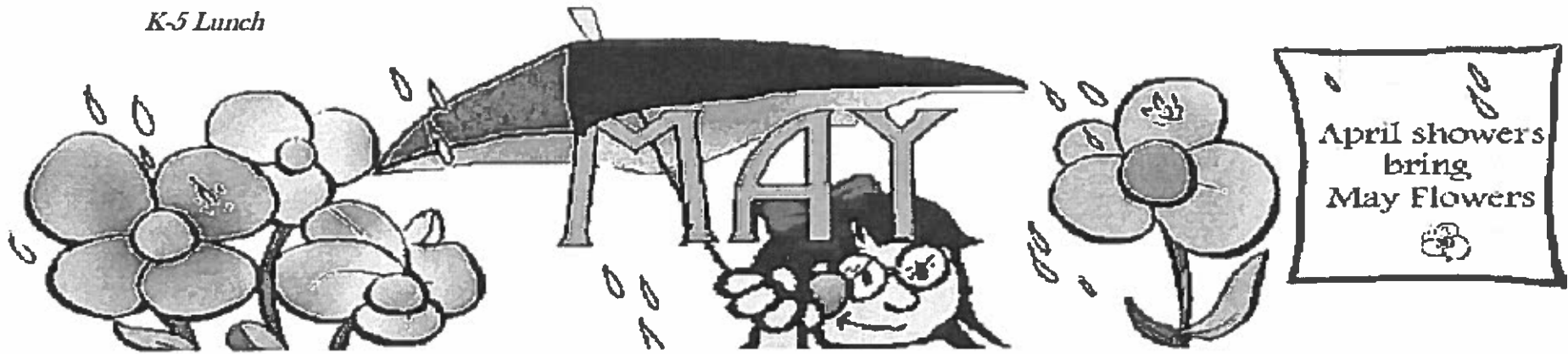


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²¹ Raisin Bran Bagel w/ Cr. Ch or Jelly Craisins Pears in juice Choice of Milk	²² Cheese Omelet Toast w/choice of spread Fresh Apple Grapefruit sections Choice of Milk	²³ Frosted Cinnamon Roll Grape juice Orange Choice of Milk <i>Daddies & Donuts</i>	²⁴ Oatmeal w/Raisins Baked Ham Juicy Apricot Halves Apple Juice Choice of Milk	²⁵ Waffles w/Blueberries Go Big Go-Gurt Poppin' Good Grapes Mandarin Oranges Choice of Milk <i>Fun Run @</i>	Cal 492 T.Fat 8.30 G S.Fat 3.2 G Chol 58.1 Mg Sodm 469.15 Mg Carb 91.59 G Fiber 7.8 G Prtn 17.92 G Iron 2.85 Mg Calc 394.43 Mg Vit A 40.28 RE
²⁸ HOLIDAY	²⁹ Breakfast Burrito w/ Salsa Peaches in juice Orange Juice Choice of Milk	³⁰ Belgian Waffle Stix w/ Strawberry Topping Sausage Links Fruit Cocktail in juice Dried Cherries Choice of Milk	³¹ Raisin Bran Cinnamon Toast Pears in juice Grape juice Choice of Milk		Cal 459 T.Fat 8.12 G S.Fat 3.4 G Chol 32.5 Mg Sodm 497.41 Mg Carb 82.61 G Fiber 7.6 G Prtn 17.15 G Iron 27.70 Mg Calc 345.96 Mg Vit A 24.38 RE

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K-5 Lunch



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
	¹ Cheese Pizza Glazed Carrots Veg/Fruit Bar Fresh Apple Mini Rice Krispy Bar Milk	² Sweet & Sour Chicken Steamin' Broccoli Cuts Veg/Fruit Bar Poppin' Good Grapes Seasoned Rice Milk	³ Chicken Tenders w/ Choice of Sauces Baked Beans Snappy Gr. Beans Veg/Fruit Bar Pineapple Tidbits Milk	⁴ Homestyle Lasagna Winter Blend Veg Veg/Fruit Bar Peaches in juice Garlic Toast Milk	Cal 622 T.Fat 15.05 G S.Fat 4.2 G Chol 37.5 Mg Sodm 773.12 Mg Carb 94.87 G Fiber 10.8 G
⁷ Chicken-N-Gravy Mashed Potatoes Veg/Fruit Bar Peaches in juice Dinner Roll w/ Butter Milk	⁸ Hamburger on Bun Lettuce/Tomato Baked Beans Veg/Fruit Bar Poppin' Good Grapes Hamburger Condiments Milk	⁹ Beef Stew Crisp Cuke/Tomato Salad Veg/Fruit Bar Sassy Applesauce Baking Powder Biscuit Milk	¹⁰ Cheesy Dunker Sauce Spinach/Strawberry Salad Veg/Fruit Bar Juicy Apricot Halves Cheesy Garlic Toast Milk	¹¹ Fish Nuggets Mixed Vegetables Veg/Fruit Bar Orange Wild Rice Blend Tartar Sauce Milk <i>1:00 dismissal</i>	Cal 646 T.Fat 19.71 G S.Fat 6.3 G Chol 66.6 Mg Sodm 773.21 Mg Carb 86.32 G Fiber 9.4 G
¹⁴ Beef Stroganoff Calif. Blend Veg Veg/Fruit Bar Fresh Apple Parmesan Breadstick Milk	¹⁵ Veg-Beef Barley Soup Cottage Cheese Gr. Peas Veg/Fruit Bar Mandarin Oranges Saltine Cr., w.g. Milk	¹⁶ Caribbean Chicken on Bun Lettuce/Tomato Dp Groove Crinkle Fries Veg/Fruit Bar Tropical Fruit Salad Milk	¹⁷ Walkin' Tacos Cheesy Refried Beans Veg/Fruit Bar Pears in juice Sr. Cream/Salsa Milk	¹⁸ Hot dog on Bun <i>All @</i> Baby Carrots w/dip <i>H. S</i> Ass't Fresh Fruit Sun chips Hot Dog Condiments. Milk <i>Royalty Pow-Wow 10-2</i> <i>Pine Grove here</i>	Cal 653 T.Fat 18.31 G S.Fat 4.8 G Chol 50.2 Mg Sodm 951.98 Mg Carb 92.88 G Fiber 9.5 G

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²¹ Spaghetti w/Meatsauce Steamin' Broccoli Cuts Veg/Fruit Bar Fruit Cocktail in juice Garlic Toast Milk	²² Chicken Wrap w/Ranch Drsg Glazed Carrots Veg/Fruit Bar Fresh Apple Milk	²³ Chili Snow white Cauliflower Veg/Fruit Bar Kiwi Saltine Cr., w.g. Parmesan Breadstick Milk	²⁴ Hamburger Gravy Mashed Potatoes Snappy Gr. Beans Veg/Fruit Bar Golden Banana Bread & Butter Milk	²⁵ B.B.Q. Pork on a Bun Corn, Sweet Creamy Coleslaw Veg/Fruit Bar Orange Milk <i>Fun Run @ 10:30</i> <i>1:00 dismissal</i> <i>P.G. ??</i>	Cal 639 T.Fat 17.99 G S.Fat 5.2 G Chol 54.3 Mg Sodm 817.19 Mg Carb 95.27 G Fiber 11.0 G Prtn 27.97 G Iron 4.07 Mg Calc 455.43 Mg Vit A 23.02 RE
²⁸ HOLIDAY	²⁹ Chicken Tenders w/ Choice of Sauces Gr. Peas Veg/Fruit Bar Poppin' Good Grapes Creamy Mac & Cheese Milk	³⁰ French Dip Baked Beans Veg/Fruit Bar Peaches in juice Mini Rice Krispy Bar Milk	³¹ B.B.Q. Sluggers Italian Blend Veg Veg/Fruit Bar Fruit Cocktail in juice Bread & Jelly Milk		Cal 659 T.Fat 17.75 G S.Fat 3.8 G Chol 59.6 Mg Sodm 871.41 Mg Carb 93.30 G Fiber 9.8 G Prtn 31.95 G Iron 4.09 Mg Calc 424.18 Mg Vit A 20.13 RE

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