

K-5 Breakfast



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
		1 Breakfast Burrito 1ea w/ Salsa 1/8c Golden Banana 1ea Strawberry cup 1/2c Choice of Milk <i>Breakfast Buddies</i>	2 W.G. Belgian Waffle Stix 2ea w/ Strawberry Topping 1/4c Sausage Links 1ea Fruit Cocktail in juice 1/2c Craisins 1/4c Choice of Milk	3 Carmel Roll, w. g. 1ea Pear 1ea Apple Juice 4oz Choice of Milk	Cal 474 T.Fat 10.23 G S.Fat 4.3 G Chol 35.9 Mg Sodm 454.69 Mg Carb 82.23 G Fiber 7.5 G
6 Dish @ 8:30	7 Rice Krispies, w.g. 1c Bagel, w.g. 1/2 Cr. Cheese/jelly 1pk Pear 1ea Mandarin Oranges 1/2c Choice of Milk	8 Brkfst Wrap, w.g. 1ea w/ taco sauce Banana Berry Muffin, wg 1ea Orange Juice 4oz Peaches in juice 1/2c Choice of Milk <i>Mommies & Muffins</i>	9 W.g. Pancakes w/ Apples 2ea 1/4c Sausage Links 1ea Golden Banana 1ea Pineapple Juice 4oz Choice of Milk	10 Oatmeal 3/4c Toast, w.g. w/ choice of Spreads 1ea Raisins, 1/4c Fresh Apple 1ea Choice of Milk <i>Noon Holiday</i>	Cal 509 T.Fat 12.17 G S.Fat 4.6 G Chol 63.0 Mg Sodm 501.20 Mg Carb 85.57 G Fiber 7.6 G
13 Breakfast Pizza, wg 1sl Fruited yogurt 4oz Pineapple Tidbits 1/2c Apple Juice 4oz Choice of Milk	14 w.g. Fr. Toast Stix w/ 3ea Strawberry Topping 1/4c Poppin' Good Grapes 1/2c Peaches in juice 1/2c Choice of Milk	15 Scrambled Eggs 1/2c w.g Eng. Muffin w/ spds 1ea Fruit Cocktail in juice 1/2c Orange Juice 4oz Choice of Milk <i>Breakfast Buddies</i>	16 Corn Chex 1c Backpackers, w.g 1pk Golden Banana 1ea Strawberry cup 1/2c Choice of Milk	17 Frosted Cinn Roll, w.g. 1ea Grape juice 4oz Orange 1ea Choice of Milk <i>Royalty Pow-Wow 10-2</i>	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

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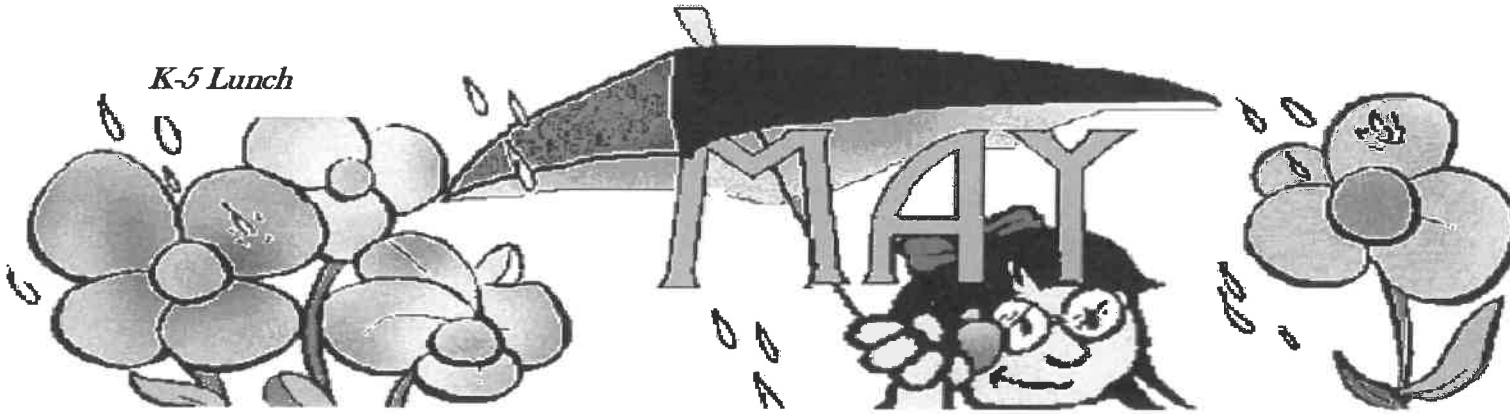


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²⁰ Apple Cinnamon Cheerios ^{1c} Bagel, w.g. ^{1/2ea} Cr. Cheese/jelly ^{1pk} Craisins ^{1/4c} Pears in juice ^{1/2c} Choice of Milk	²¹ Pretzel Egg Sandwich, wg ^{1ea} Orange Juice ^{4oz} Strawberry cup ^{1/2c} Choice of Milk	²² Oatmeal w/Raisins ^{3/4c 1/4c} Cake Donut ^{1ea} Juicy Apricot Halves ^{1/2c} Apple Juice ^{4oz} Choice of Milk <i>Daddies and Donuts</i>	²³ Cheese Omelet ^{1ea} w.g Eng. Muffin w/ spds ^{1ea} Grape juice ^{4oz} Grapefruit sections ^{1/2c} Choice of Milk	²⁴ W.G Waffles w/Blueberries ^{1/4c} Go Big Go-Gurt ^{1ea} Poppin' Good Grapes ^{1/2c} Mandarin Oranges ^{1/2c} Choice of Milk <i>Noon Holiday</i>	Cal 518 T.Fat 12.86 G S.Fat 4.3 G Chol 80.0 Mg Sodm 462.49 Mg Carb 86.23 G Fiber 6.0 G Prtn 18.86 G Iron 3.63 Mg Calc 443.02 Mg Vit A 37.07 RE Vit C 42.00 Mg
²⁷ HOLIDAY	²⁸ W.G. Cinn. French Toast ^{1ea} w/Strawberry Topping ^{1/4c} Sausage Links ^{1ea} Fruit Cocktail in juice ^{1/2c} Craisins ^{1/4c} Choice of Milk	²⁹ Cinn Toast Crunch, w.g. ^{1c} Cinnamon Toast, w.g. ^{1sh} Pears in juice ^{1/2c} Grape juice ^{4oz} Choice of Milk	³⁰ Blueberry Muffin, wg ^{1ea} Butter Cup ^{1ea} Fruited yogurt ^{4oz} Orange ^{1ea} Tropical Fruit Salad ^{1/2c} Choice of Milk	³¹ Kix, w.g. ^{1c} HARD BOILED EGG ^{1ea} Golden Banana ^{1ea} Apple Juice ^{4oz} Choice of Milk	Cal 510 T.Fat 11.46 G S.Fat 4.4 G Chol 98.1 Mg Sodm 448.27 Mg Carb 90.67 G Fiber 6.6 G Prtn 16.39 G Iron 4.70 Mg Calc 430.27 Mg Vit A 29.30 RE Vit C 37.63 Mg

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K-5 Lunch



April showers
bring
May Flowers

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
		1 Chicken Chow Mein <i>3/4c</i> Vegetable Egg Roll, wg <i>1ea</i> Steamin' Broccoli Cuts <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Poppin' Good Grapes <i>1/2c</i> Seasoned Rice, wg <i>1/2c</i> Milk	2 w.g. Chicken Tenders w/ <i>3ea</i> Choice of Sauces <i>1pk</i> Baked Beans <i>1/2c</i> Spinach/Strawberry Salad <i>1/4c</i> Veg/Fruit Bar <i>1/2c</i> Pineapple Tidbits <i>1/2c</i> Milk	3 Homestyle Lasagna, w.g. <i>1pk</i> Winter Blend Veg <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Peaches in juice <i>1/2c</i> Garlic Toast, w.g. <i>1ea</i> Milk	Cal 664 T.Fat 16.78 G S.Fat 4.7 G Chol 54.3 Mg Sodm 1084.59 Mg Carb 94.48 G Fiber 11.9 G
6 Chicken-N-Gravy <i>1/2c</i> Mashed Potatoes <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Peaches in juice <i>1/2c</i> w.g. Bread & Butter <i>1ea</i> Milk	7 Hamburger on w.g. Bun <i>1ea</i> American Cheese Slice <i>1ea</i> Lettuce/Tomato <i>1/4c/2ea</i> Baked Beans <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Poppin' Good Grapes <i>1/2c</i> Hamburger Condiments <i>1ea</i> Milk	8 Beef Stew <i>1c</i> Snappy Gr. Beans <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Sassy Applesauce <i>1/2c</i> B.P. Biscuit, w.g. <i>1ea</i> Milk	9 Cheesy Dunker Sauce <i>1/2c</i> Steamin' Broccoli Cuts <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Juicy Apricot Halves <i>1/2c</i> Cheesy Garlic Tst, wg. <i>2ea</i> Milk	10 Fish Nuggets, wg <i>4ea</i> Dp Groove Crinkle Fries <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Pear <i>1ea</i> Mini Rice Krispy Bar, wg <i>1ea</i> Tartar Sauce <i>2T</i> Milk <i>Noon Holiday</i>	Cal 654 T.Fat 18.84 G S.Fat 6.5 G Chol 69.9 Mg Sodm 904.41 Mg Carb 88.78 G Fiber 10.4 G
13 Beef Stroganoff <i>2/3c</i> Calif. Blend Veg <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Fresh Apple <i>1ea</i> Parmesan Breadstick, wg <i>1ea</i> Milk	14 Corndog, w.g. <i>1ea</i> Sweet Potato Bites <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Pear <i>1ea</i> Ketchup & Mustard <i>1ea</i> Milk <i>5th grade visits middle school</i>	15 B.B.Q. Pork on w.g. Bun <i>1ea</i> Corn, Sweet <i>1/2c</i> Creamy Coleslaw <i>1/4c</i> Veg/Fruit Bar <i>1/2c</i> Orange <i>1ea</i> Milk <i>3rd-5th grades field trip</i>	16 Veg-Beef Barley Soup <i>1c</i> Cottage Cheese <i>1/4c</i> Gr. Peas <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Mandarin Oranges <i>1/2c</i> Saltine Cr., w.g. <i>2pk</i> Milk	17 Walkin' Tacos <i>1ea</i> Ass't Fresh Fruit <i>1ea</i> Rice Krispy Bar <i>1ea</i> Milk <i>Royalty Pow Wow 10-2</i>	Cal 646 T.Fat 17.31 G S.Fat 4.7 G Chol 44.5 Mg Sodm 765.17 Mg Carb 98.25 G Fiber 10.7 G

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K-5 Lunch



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20 Spaghetti w/Meatsauce $\frac{2}{2c}$ Parmesan Cheese $1T$ Steamin' Broccoli Cuts $\frac{1}{2c}$ Veg/Fruit Bar $\frac{1}{2c}$ Fruit Cocktail in juice $\frac{1}{2c}$ Garlic Toast, w.g. $1ea$ Milk	21 w.g. Chicken Wrap $1ea$ w/Ranch Drsg Glazed Carrots $\frac{1}{2c}$ Veg/Fruit Bar $\frac{1}{2c}$ Fresh Apple $1ea$ Milk	22 Hamburger Gravy $\frac{1}{2c}$ Mashed Potatoes $\frac{1}{2c}$ Snappy Gr. Beans $\frac{1}{2c}$ Veg/Fruit Bar $\frac{1}{2c}$ Golden Banana $1ea$ w.g. Bread & Butter $1ea$ Milk	23 Chili $\frac{3}{4c}$ Shr Cheddar Cheese $\frac{1}{8c}$ Snow white Cauliflower $\frac{1}{2c}$ Veg/Fruit Bar $\frac{1}{2c}$ Orange $1ea$ Parmesan Breadstick, wg $1ea$ Saltine Cr., w.g. $2pkg$ Milk	24 Caribbean Chicken $1ea$ on w.g. bun Lettuce/Tomato $\frac{1}{4c} / 2s.$ Rosemary Red Potatoes $\frac{1}{2c}$ Veg/Fruit Bar $\frac{1}{2c}$ Tropical Fruit Salad $\frac{1}{2c}$ Milk <i>Noon Holiday</i>	Cal 649 T.Fat 15.84 G S.Fat 4.5 G Chol 67.8 Mg Sodm 943.97 Mg Carb 95.15 G Fiber 10.6 G Prtn 34.32 G Iron 3.87 Mg Calc 475.18 Mg Vit A 21.47 RE Vit C 65.44 Mg
27 HOLIDAY	28 <i>1/2oz</i> French Dip on w.g bun $1ea$ Baked Beans $\frac{1}{2c}$ Veg/Fruit Bar $\frac{1}{2c}$ Peaches in juice $\frac{1}{2c}$ Mini Rice Krispy Bar, wg $1ea$ Milk	29 B.B.Q. Sluggers $2ea$ Italian Blend Veg $\frac{1}{2c}$ Veg/Fruit Bar $\frac{1}{2c}$ Fruit Cocktail in juice $\frac{1}{2c}$ w.g. Bread & Jelly $1ea$ Milk	30 Wild Rice Hotdish $\frac{2}{3c}$ Steamin' Broccoli Cuts $\frac{1}{2c}$ SWEET POTATO, BAKED $\frac{1}{4}$ Veg/Fruit Bar $\frac{1}{2c}$ Mandarin Oranges $\frac{1}{2c}$ Fried Bread w/ Honey $1ea$ or butter Milk	31 Pepperoni Pizza, wg $1sl.$ Glazed Carrots $\frac{1}{2c}$ Veg/Fruit Bar $\frac{1}{2c}$ Pears in juice $\frac{1}{2c}$ Milk	Cal 628 T.Fat 13.12 G S.Fat 4.0 G Chol 56.2 Mg Sodm 854.35 Mg Carb 99.11 G Fiber 10.1 G Prtn 30.63 G Iron 4.15 Mg Calc 521.80 Mg Vit A 23.94 RE Vit C 50.54 Mg

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