

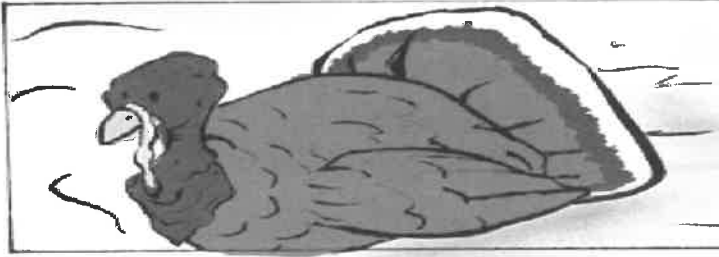


NASS is a nut Safe building

K-5 Breakfast

November

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 Oatmeal w/Raisins ^{3/4c} / _{1/4c} Baked Ham ^{1oz} Juicy Apricot Halves ^{1/2c} Apple Juice ^{4oz} Choice of Milk	² W.G Waffles w/Blueberries ^{2ea} ^{1/4c} Go Big Go-Gurt ^{1ea} Poppin' Good Grapes ^{1/2c} Mandarin Oranges ^{1/2c} Choice of Milk Don-Won 1:00 dismissal	Cal 481 T.Fat 8.46 G S.Fat 2.6 G Chol 22.0 Mg Sodm 541.41 Mg
⁵ Dish @ 8:30	⁶ Cinn Toast Crunch, w.g. ^{1c} Cinnamon Toast, w.g. ^{1sl.} Pears in juice ^{1/2c} Grape juice ^{4oz} Choice of Milk	⁷ Breakfast Burrito ^{1ea} w/ Salsa ^{2T} Peaches in juice ^{1/2c} Orange Juice ^{4oz} Choice of Milk Brkfst Buddies	⁸ NO SCHOOL TODAY	⁹ Blueberry Muffin, wg ^{1ea} Butter Cup ^{1ea} Fruited yogurt ^{4oz} Orange ^{1ea} Tropical Fruit Salad ^{1/2c} Choice of Milk	Cal 522 T.Fat 14.24 G S.Fat 6.0 G Chol 39.6 Mg Sodm 593.03 Mg
¹² HOLIDAY	¹³ Pancake/Sausage on a stick w/ syrup, wg. ^{1ea} Peaches in juice ^{1/2c} Grape juice ^{4oz} Choice of Milk	¹⁴ Egg & Sausage Croissant, w.g. ^{1ea} Golden Banana ^{1ea} Raisins, ^{1/4c} Choice of Milk	¹⁵ Cheerios, w.g. ^{1c} Bagel, w.g. ^{1/2ea} Cr. Cheese/jelly ^{1pk} Fruit Cocktail in juice ^{1/2c} Apple Juice ^{4oz} Choice of Milk	¹⁶ NO SCHOOL TODAY	Cal 480 T.Fat 12.78 G S.Fat 4.9 G Chol 67.1 Mg Sodm 476.20 Mg
¹⁹ Bacon Scr.Pizza, w.g. ^{1sl.} Grape juice ^{4oz} Strawberry cup ^{1/2c} Choice of Milk	²⁰ Cinn Toast Crunch, w.g. ^{1c} Backpackers, w.g. ^{1pk} Orange ^{1ea} Apple Juice ^{4oz} Choice of Milk	²¹ ^{1:00 dismissal} Golden Grahams. w.g. ^{1c} Toast, w.g. ^{1sl.} w/ choice of Spreads ^{1pk} Pears in juice ^{1/2c} Orange Juice ^{4oz} Choice of Milk Brkfst Buddies	²² HOLIDAY	²³ HOLIDAY	Cal 490 T.Fat 11.31 G S.Fat 3.4 G Chol 28.9 Mg Sodm 519.43 Mg
²⁶ Corn Chex ^{1c} Apple Bosco Stick ^{1ea} Golden Banana ^{1ea} Orange Juice ^{4oz} Choice of Milk	²⁷ Egg Bake ^{1pc} w.g Eng. Muffin w/ spds ^{1ea} Pears in juice ^{1/2c} Poppin' Good Grapes ^{1/2c} Choice of Milk	²⁸ Breakfast Burrito ^{1ea} w/ Salsa ^{2T} Juicy Apricot Halves ^{1/2c} Strawberry cup ^{1/2c} Choice of Milk	²⁹ W.G. Belgian Waffle Stx ^{2ea} ^{1/4c} w/Strawberry Topping Sausage Links ^{1ea} Fruit Cocktail in juice ^{1/2c} Craisins ^{1/4c} Choice of Milk	³⁰ Carmel Roll, w. g. ^{1ea} Pear ^{1ea} Apple Juice ^{4oz} Choice of Milk	Cal 497 T.Fat 10.98 G S.Fat 4.1 G Chol 79.9 Mg Sodm 499.20 Mg

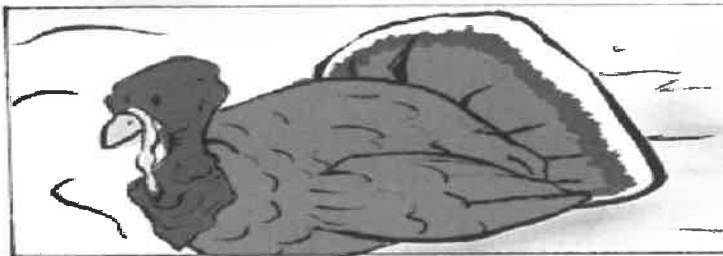


K-5 Lunch

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November

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 Bag Lunch <i>Meat & Cheese on croissant 1ea</i> <i>Baby Carrots</i> <i>Apple Slices</i> <i>Chips</i> <i>Rice Krispy Bar</i> <i>Milk</i>	² Hamburger Gravy <i>1/2c</i> Mashed Potatoes <i>1/2c</i> Snappy Gr. Beans <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Golden Banana <i>1ea</i> w.g. Bread & Butter <i>1ea</i> Milk <i>1/2 day holiday</i> <i>1:00 dismissal</i> <i>Pow-Wow</i> <i>Pine Grove here</i>	Cal 14482 T.Fat 958.44 G S.Fat 196.2 G Chol 964.6 Mg Sodm 41306.49 Mg Carb 1310.84 G Fiber 392.6 G Prtn 267.32 G Iron 109.73 Mg Calc 5434.30 Mg
⁵ w.g. Chicken Tenders w/ <i>3ea</i> Choice of Sauces <i>1pk</i> Creamy Mac & Cheese, w.g. <i>1/2c</i> Gr. Peas <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Peaches in juice <i>1/2c</i> Milk	⁶ French Dip on w.g bun <i>1ea</i> Baked Beans <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Poppin' Good Grapes <i>1/2c</i> Mini Rice Krispy Bar, wg <i>1ea</i> Milk	⁷ B.B.Q. Sluggers <i>2ea</i> Italian Blend Veg <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Fruit Cocktail in juice <i>1/2c</i> w.g. Bread & Jelly <i>1sl.</i> Milk	⁸ NO SCHOOL TODAY	⁹ Pepperoni Pizza, wg <i>1sl.</i> Glazed Carrots <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Pears in juice <i>1/2c</i> Milk	Cal 644 T.Fat 16.48 G S.Fat 4.0 G Chol 51.6 Mg Sodm 915.62 Mg Carb 96.06 G Fiber 10.1 G Prtn 30.98 G Iron 3.98 Mg Calc 483.23 Mg
¹² HOLIDAY	¹³ Hotdog/chili cheese dog <i>1ea</i> on w.g. bun Dp Groove Crinkle Fries <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Poppin' Good Grapes <i>1/2c</i> Hot Dog Condiments <i>2ea</i> Milk	¹⁴ BaaKa'aakwehn on <i>1ea</i> w.g. bun Lettuce/Tomato <i>1/4c/2sl.</i> Corn, Sweet <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Pineapple Tidbits <i>1/2c</i> F. F. Mayo <i>1pk</i> Milk	¹⁵ Beef & Mac Goulash <i>3/4c</i> Calif. Blend Veg <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Mandarin Oranges <i>1/2c</i> Garlic Toast, w.g. <i>1ea</i> Milk	¹⁶ NO SCHOOL TODAY	Cal 637 T.Fat 16.85 G S.Fat 4.9 G Chol 72.0 Mg Sodm 1001.25 Mg Carb 87.88 G Fiber 9.0 G Prtn 36.09 G Iron 4.07 Mg Calc 438.92 Mg



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K-5 Lunch

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¹⁹ Chicken Spaetzle Soup <i>1/2c</i> String Cheese <i>1 ea</i> Glazed Carrots <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Pears in juice <i>1/2c</i> Saltine Cr., w.g. <i>2 pk</i> Milk	²⁰ Sub w/all the fixins, wg <i>1 ea</i> Baked Beans <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Fruit Cocktail in juice <i>1/2c</i> Condiments <i>1 pc</i> Milk	²¹ Roast Turkey <i>2 oz</i> Mashed Potatoes <i>1/2c</i> Turkey Gravy <i>1/4c</i> Cranberries <i>1/4c</i> Veg/Fruit Bar <i>1/2c</i> Wild Rice Stuffing <i>1/2c</i> Pumpkin Cake <i>1 pc</i> Milk <i>1:00 dismissal</i> <i>1/2 day holiday</i>	²² HOLIDAY	²³ HOLIDAY	Cal 669 T.Fat 13.31 G S.Fat 4.2 G Chol 70.4 Mg Sodm 1217.89 Mg Carb 104.58 G Fiber 8.6 G Prtn 33.79 G Iron 3.72 Mg Calc 503.44 Mg Vit A 22.46 RE Vit C 24.01 Mg
²⁶ <i>1/3c</i> Sloppy Joe on w.g. bun <i>1 ea</i> French Fries w/ketchup <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Fruit Cocktail in juice <i>1/2c</i> Milk	²⁷ Cheese Pizza, wg <i>1 sl</i> Glazed Carrots <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Fresh Apple <i>1 ea</i> Mini Rice Krispy Bar, wg <i>1 ea</i> Milk	²⁸ Chicken Chow Mein <i>3/4c</i> Vegetable Egg Roll, wg <i>1 ea</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	²⁹ w.g. Chicken Tenders w/ <i>3 ea</i> Choice of Sauces <i>1/2c</i> Baked Beans <i>1/2c</i> Spinach/Strawberry Salad <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Pineapple Tidbits <i>1/2c</i> Milk	³⁰ Homestyle Lasagna, w.g. <i>1 pc</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>1 ea</i> Milk	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 Prtn 31.91 G Iron 4.51 Mg Calc 516.84 Mg Vit A 20.74 RE Vit C 52.12 Mg

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