

# 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>		<sup>1</sup> Cheese Omelet 1ea Toast w/choice of spread 1ea Fresh Apple 1ea Grapefruit sections 1/2c Choice of Milk	<sup>2</sup> Oatmeal w/Raisins 3/4c/1/4c Baked Ham 1oz Juicy Apricot Halves 1/2c Apple Juice 4oz Choice of Milk	<sup>3</sup> Waffles w/Blueberries 2ea/1/4c Go Big Go-Gurt 1ea Poppin' Good Grapes 1/2c Mandarin Oranges 1/2c Choice of Milk  K-12 Pow-Wow 1:00 dismissal	Cal 484 T.Fat 10.07 G S.Fat 3.3 G Chol 83.3 Mg Sodm 532.48 Mg Carb 84.54 G Fiber 6.8 G Prtn 19.42 G Iron 2.49 Mg
<sup>6</sup> Dish @ 8:30	<sup>7</sup> Breakfast Burrito 1ea w/ Salsa Peaches in juice 1/2c Orange Juice 4oz Choice of Milk	<sup>8</sup> Raisin Bran 1c Cinnamon Toast 1sl. Pears in juice 1/2c Grape juice 4oz Choice of Milk	<sup>9</sup> Blueberry Muffin 1ea Butter Cup 1ea Fruited yogurt 4oz Orange 1ea Tropical Fruit Salad 1/2c Choice of Milk	<sup>10</sup> HOLIDAY	Cal 519 T.Fat 13.02 G S.Fat 5.6 G Chol 39.1 Mg Sodm 571.87 Mg Carb 86.98 G Fiber 7.2 G Prtn 16.91 G Iron 2.84 Mg
<sup>13</sup> Cranberry Peach Muffin 1ea Butter Cup 1ea Kiwi 1 1/2 ea Pineapple Juice 4oz Choice of Milk	<sup>14</sup> Pancake/Sausage on a stick w/ syrup 1ea Peaches in juice 1/2c Grape juice 4oz Choice of Milk	<sup>15</sup> Cheerios 1c Bagel w/Cr. Ch or Jelly 1/2 Fruit Cocktail in juice 1/2c Apple Juice 4oz Choice of Milk	<sup>16</sup> Egg & Sausage Croissant 1ea Golden Banana 1ea Dried Cherries 1/4c Choice of Milk	<sup>17</sup> NO SCHOOL TODAY  MIEA	Cal 479 T.Fat 12.77 G S.Fat 5.4 G Chol 60.1 Mg Sodm 441.94 Mg Carb 75.94 G Fiber 5.2 G Prtn 16.64 G Iron 3.81 Mg

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K-5 Breakfast

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<sup>20</sup> Bacon Scr.Pizza, w.g. 1ca Grape juice 4oz Strawberry cup 1/2c Choice of Milk	<sup>21</sup> Scrambled Eggs 1/2c Bagel w/ Cr. Ch or Jelly 1/2 Peaches in juice 1/2c Orange Juice 4oz Choice of Milk	<sup>22</sup> Cinnamon Toast Crunch 1c Raspberry Churro 1ca Orange 1ca Pineapple Juice 4oz Choice of Milk  1:00 dismissal	<sup>23</sup> HOLIDAY	<sup>24</sup> HOLIDAY	<b>Cal 464</b> <b>T.Fat 11.81 G</b> <b>S.Fat 4.8 G</b> <b>Chol 154.4 Mg</b> <b>Sodm 400.97 Mg</b> <b>Carb 75.06 G</b> <b>Fiber 4.5 G</b> <b>Prtn 18.59 G</b> <b>Iron 3.67 Mg</b> <b>Calc 504.46 Mg</b> <b>Vit A 22.98 RE</b> <b>Vit C 61.14 Mg</b>
<sup>27</sup> Raisin Bran 1c Golden Banana 1ca Orange Juice 4oz Choice of Milk	<sup>28</sup> Egg Bake 1pc Eng. Muffin w/ spreads 1ca Pears in juice 1/2c Poppin' Good Grapes 1/2c Choice of Milk	<sup>29</sup> Life Cereal 1c Toast w/choice of spread 1ca Kiwi 1 1/2ca Strawberry cup 1/2c Choice of Milk	<sup>30</sup> Belgian Waffle Stix w/ 2ca Strawberry Topping 1/4c Baked Ham 1oz Fruit Cocktail in juice 1/2c Craisins 1/4c Choice of Milk		<b>Cal 471</b> <b>T.Fat 7.96 G</b> <b>S.Fat 2.8 G</b> <b>Chol 84.9 Mg</b> <b>Sodm 496.44 Mg</b> <b>Carb 87.22 G</b> <b>Fiber 8.0 G</b> <b>Prtn 17.81 G</b> <b>Iron 23.68 Mg</b> <b>Calc 424.79 Mg</b> <b>Vit A 28.31 RE</b> <b>Vit C 63.90 Mg</b>

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K-5 Lunch

# November

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<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>		<sup>1</sup> Chili $\frac{3}{4}c$ Snow white Cauliflower $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Kiwi $\frac{1}{2}ea$ Saltine Cr., w.g. $2ea$ Parmesan Breadstick $1ea$ Milk	<sup>2</sup> Hamburger Gravy $\frac{1}{2}c$ Mashed Potatoes $\frac{1}{2}c$ Snappy Gr. Beans $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Golden Banana $1ea$ Bread & Butter $1ea$ Milk	<sup>3</sup> B.B.Q. Pork on a Bun $1ea$ Corn, Sweet $\frac{1}{2}c$ Creamy Coleslaw $\frac{1}{4}c$ Veg/Fruit Bar $\frac{1}{2}c$ Orange $1ea$ Milk  K-12 Pow. Wow! 1:00 dismissal Pine Grove Here!	Cal 656 T.Fat 19.15 G S.Fat 5.7 G Chol 53.4 Mg Sodm 799.95 Mg Carb 97.72 G Fiber 10.7 G Prtn 27.47 G Iron 4.54 Mg
<sup>6</sup> Chicken Tenders w/ $3ea$ Choice of Sauces Gr. Peas $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Poppin' Good Grapes $\frac{1}{2}c$ Creamy Mac & Cheese $\frac{1}{2}c$ Milk	<sup>7</sup> French Dip $1ea$ Baked Beans $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Peaches in juice $\frac{1}{2}c$ Mini Rice Krispy Bar $1ea$ Milk	<sup>8</sup> B.B.Q. Sluggers $2ea$ Italian Blend Veg $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Fruit Cocktail in juice $\frac{1}{2}c$ Bread & Jelly $1ea$ Milk	<sup>9</sup> Pepperoni Pizza $1ea$ Glazed Carrots $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Pears in juice $\frac{1}{2}c$ Milk	<sup>10</sup> HOLIDAY	Cal 634 T.Fat 16.36 G S.Fat 3.8 G Chol 50.6 Mg Sodm 876.47 Mg Carb 92.93 G Fiber 9.8 G Prtn 30.41 G Iron 4.03 Mg
<sup>13</sup> Choice of hotdog/ chili cheese dog $1ea$ Dp Groove Crinkle Fries $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Poppin' Good Grapes $\frac{1}{2}c$ Hot Dog Condiments. $2ea$ Milk	<sup>14</sup> BaaKa'aakweh on Bun $1ea$ Lettuce/Tomato $\frac{1}{4}c, 2st.$ Corn, Sweet $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Pineapple Tidbits $\frac{1}{2}c$ F. F. Mayo $1ea$ Milk	<sup>15</sup> GROUND BEEF & MACARONI ( $\frac{3}{4}c$ Calif. Blend Veg $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Mandarin Oranges $\frac{1}{2}c$ Garlic Toast $1ea$ Milk	<sup>18</sup> Wild Rice Soup $1c$ Glazed Carrots $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Pear $1ea$ Saltine Cr., w.g. $2pkgs$ Milk	<sup>17</sup> NO SCHOOL TODAY  MIEA	Cal 635 T.Fat 16.73 G S.Fat 4.5 G Chol 56.6 Mg Sodm 821.69 Mg Carb 91.95 G Fiber 8.3 G Prtn 31.87 G Iron 3.81 Mg

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K-5 Lunch

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<sup>20</sup> Chicken Spaetle Soup 1c String Cheese 1ea Glazed Carrots 1/2c Veg/Fruit Bar 1/2c Pears in juice 1/2c Saltine Cr., w.g. 2pkgs Milk	<sup>21</sup> Sub w/all the fixins 1ea Baked Beans 1/2c Veg/Fruit Bar 1/2c Fruit Cocktail in juice 1/2c Condiments 1ea Milk	<sup>22</sup> Roast Turkey 2ea Mashed Potatoes 1/2c Turkey Gravy 1/4c CRANBERRY SAUCE 1/8c Tropical Fruit Salad 1/2c Wild Rice Stuffing 1/2c Pumpkin Muffin 1ea Milk  1:00 dismissal	<sup>23</sup> HOLIDAY	<sup>24</sup> HOLIDAY	<b>Cal</b> 674 <b>T.Fat</b> 13.12 G <b>S.Fat</b> 4.3 G <b>Chol</b> 64.6 Mg <b>Sodm</b> 1265.31 Mg <b>Carb</b> 106.95 G <b>Fiber</b> 8.2 G <b>Prtn</b> 33.09 G <b>Iron</b> 4.25 Mg <b>Calc</b> 505.58 Mg <b>Vit A</b> 19.30 RE <b>Vit C</b> 25.69 Mg
<sup>27</sup> Sloppy Joe on Bun 1ea French Fries w/ketchup 1/2c Veg/Fruit Bar 1/2c Fruit Cocktail in juice 1/2c Milk	<sup>28</sup> Cheese Pizza 1ea Glazed Carrots 1/2c Veg/Fruit Bar 1/2c Fresh Apple 1ea Mini Rice Krispy Bar 1ea Milk	<sup>29</sup> Sweet & Sour Chicken 1/2c Steamin' Broccoli Cuts 1/2c Veg/Fruit Bar 1/2c Poppin' Good Grapes 1/2c Seasoned Rice 1/2c Milk	<sup>30</sup> Chicken Tenders w/ Choice of Sauces 3ea Baked Beans 1/2c Veg/Fruit Bar 1/2c Pineapple Tidbits 1/2c Cheez-it Crackers 1pkg Milk	<b>Cal</b> 664 <b>T.Fat</b> 15.83 G <b>S.Fat</b> 3.4 G <b>Chol</b> 36.9 Mg <b>Sodm</b> 893.35 Mg <b>Carb</b> 104.58 G <b>Fiber</b> 10.3 G <b>Prtn</b> 27.61 G <b>Iron</b> 4.03 Mg <b>Calc</b> 492.17 Mg <b>Vit A</b> 15.86 RE <b>Vit C</b> 48.28 Mg	

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