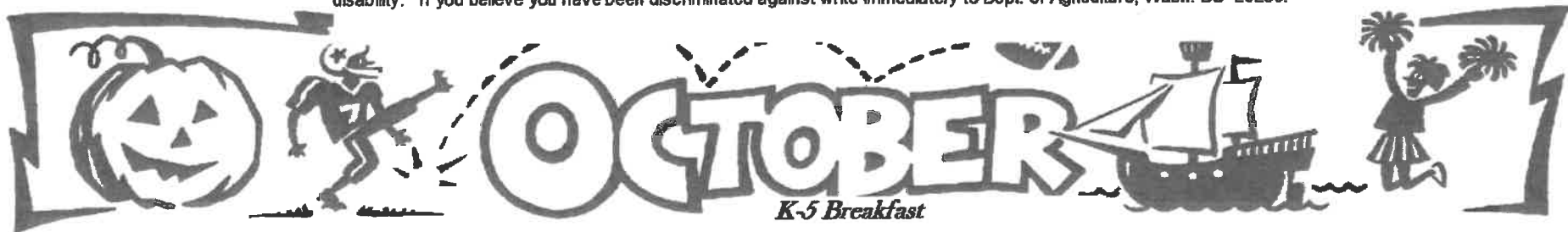



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| Monday | Tuesday | Wednesday | Thursday | Friday | Nutrients | |
|---|---|---|---|---|---|--|
| 1 Dish @ 8:30 | 2 Bacon Scr. Pizza, w.g. 1ea Grape juice 4oz Strawberry cup 1/2c Choice of Milk | 3 Scrambled Eggs 1/2c Bagel, w.g. 1/2ea Cr. Cheese/jelly 1pc Peaches in juice 1/2c Orange Juice 4oz Choice of Milk | 4 Cheddar Munchers 4ea Toast, w.g. 1ea w/ choice of Spreads 1pc Tropical Fruit Salad 1/2c Apple Juice 4oz Choice of Milk | 5 Cinn Glzd WG Fr. 1ea Toast w/syrup 1ea Go Big Go-Gurt 1ea Juicy Apricot Halves 1/2c Sassy Applesauce 1/2c Choice of Milk | Cal 508 T.Fat 15.43 G S.Fat 6.0 G Chol 131.1 Mg Sodm 537.13 Mg | |
| 8 HOLIDAY | 9 Breakfast Burrito 1ea w/ Salsa 1/8c Juicy Apricot Halves 1/2c Strawberry cup 1/2c Choice of Milk | 10 Egg Bake 1pc w.g Eng. Muffin w/ spds 1ea Pears in juice 1/2c Poppin' Good Grapes 1/2c Choice of Milk | 11 W.G. Belgian Waffle Stix 2ea w/ Strawberry Topping 1/2c Sausage Links 1ea Fruit Cocktail in juice 1/2c Craisins 1pkg Choice of Milk | 12 Carmel Roll, w. g. 1ea Pear 1ea Apple Juice 4oz Choice of Milk | Cal 494 T.Fat 12.54 G S.Fat 4.8 G Chol 97.2 Mg Sodm 505.45 Mg | |
| 15 Banana Berry Muffin, wg 1ea Butter Cup 1ea Grape juice 4oz Strawberry cup 1/2c Choice of Milk | 16 Rice Krispies, w.g. 1oz Bagel, w.g. 1/2ea Cr. Cheese/jelly 1pc Pear 1ea Mandarin Oranges 1/2c Choice of Milk PIT conferences 4:00-7:00 | 17 Brkfst Wrap, w.g. 1ea w/taco sauce 1ea Orange Juice 4oz Peaches in juice 1/2c Choice of Milk | 18 W.g. Pancakes w/Apples 2ea Sausage Links 1ea Golden Banana 1ea Pineapple Juice 4oz Choice of Milk | 19 Oatmeal 3/4c Toast, w.g. 1ea w/ choice of Spreads 1pc Raisins, 1bx Fresh Apple 1ea Choice of Milk 1:00 dismissal | Cal 476 T.Fat 9.92 G S.Fat 4.3 G Chol 60.4 Mg Sodm 425.15 Mg | |
| 22 Breakfast Pizza, wg 1ea Fruited yogurt 4oz Pineapple Tidbits 1/2c Apple Juice 4oz Choice of Milk | 23 w.g. Fr. Toast Stix w/ 1ea Strawberry Topping 1/4c Golden Banana 1ea Poppin' Good Grapes 1/2c Peaches in juice 1/2c Choice of Milk | 24 Corn Chex 1oz Backpackers, w.g 1pkg Golden Banana 1ea Strawberry cup 1/2c Choice of Milk | 25 Scrambled Eggs 1/2c w.g Eng. Muffin w/ spds 1ea Fruit Cocktail in juice 1/2c Orange Juice 4oz Choice of Milk | 26 Frosted Cinn Roll, w.g. 1ea Grape juice 4oz Orange 1ea Choice of Milk | Cal 499 T.Fat 11.77 G S.Fat 3.8 G Chol 89.9 Mg Sodm 459.81 Mg | |
| 28 Apple Cinnamon Cheerios 1oz Bagel, w.g. 1/2ea Cr. Cheese/jelly 1pc Craisins 1pkg Pears in juice 1/2c Choice of Milk | 30 Pretzel Egg Sandwich, wg 1ea Orange Juice 4oz Strawberry cup 1/2c Choice of Milk | 31 Cheese Omelet 1ea w.g Eng. Muffin w/ spds 1ea Grape juice 4oz Grapefruit sections 1/2c Choice of Milk | NASS is a nut Safe building | |  | Cal 489 T.Fat 12.42 G S.Fat 4.6 G Chol 116.4 Mg Sodm 427.87 Mg |

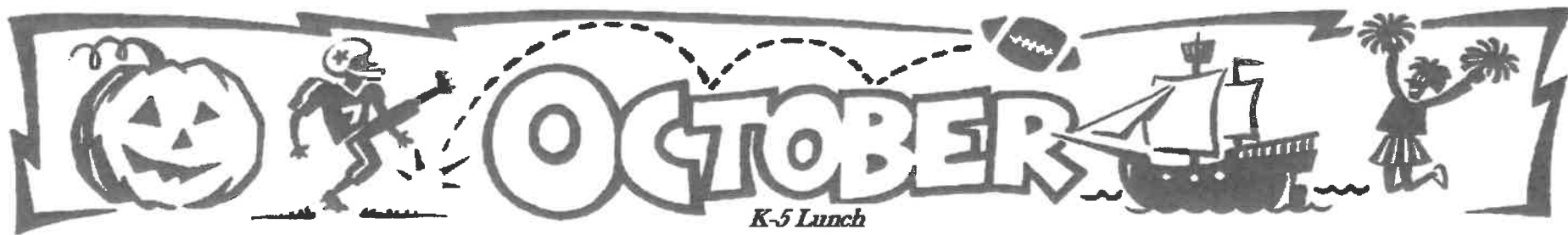
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| Monday | Tuesday | Wednesday | Thursday | Friday | Nutrients |
|--|--|--|--|--|--|
| 1 Tator Tot Hotdish $\frac{3}{4}c$ Snappy Gr. Beans $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Fresh Apple $1ea$ Parmesan Breadstick, wg $1ea$ Milk | 2 Chicken A La King $\frac{3}{4}c$ Steamin' Broccoli Cuts $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Pineapple Tidbits $\frac{1}{2}c$ B.P. Biscuit, w.g. $1ea$ Milk | 3 Chicken Spaetle Soup $1c$ String Cheese $1ea$ Glazed Carrots $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Pears in juice $\frac{1}{2}c$ Saltine Cr., w.g. $2pkgs$ Milk | 4 Sub w/all the fixins, wg $1ea$ Baked Beans $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Fruit Cocktail in juice $\frac{1}{2}c$ Condiments $1ea$ Milk | 5 Meatloaf $1sl$ Mashed Potatoes $\frac{1}{2}c$ Beef Gravy $\frac{1}{4}c$ Veg/Fruit Bar $\frac{1}{2}c$ Poppin' Good Grapes $\frac{1}{2}c$ W.G. Dinner Roll $1ea$ Milk | Cal 650 T.Fat 16.93 G S.Fat 5.4 G Chol 67.4 Mg Sodm 939.59 Mg Carb 92.92 G Fiber 9.5 G Prtn 33.24 G Iron 3.97 Mg |
| 8 HOLIDAY | 9 Cheese Pizza, wg $1sl$ Glazed Carrots $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Fresh Apple $1ea$ Mini Rice Krispy Bar, wg $1ea$ Milk | 10 Sloppy Joe on w.g. bun $\frac{1}{2}c$ $1ea$ French Fries w/ketchup $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Fruit Cocktail in juice $\frac{1}{2}c$ Milk | 11 w.g. Chicken Tenders w/ $3ea$ Choice of Sauces $1pc$ Baked Beans $\frac{1}{2}c$ Spinach/Strawberry Salad $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Pineapple Tidbits $\frac{1}{2}c$ Milk | 12 Homestyle Lasagna, w.g. $1pc$ Winter Blend Veg $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Peaches in juice $\frac{1}{2}c$ Garlic Toast, w.g. $1pc$ Milk | Cal 644 T.Fat 16.28 G S.Fat 4.7 G Chol 39.1 Mg Sodm 1062.63 Mg Carb 97.07 G Fiber 10.8 G Prtn 29.81 G Iron 4.56 Mg |
| 15 Chicken-N-Gravy $\frac{1}{2}c$ Mashed Potatoes $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Peaches in juice $\frac{1}{2}c$ w.g. Bread & Butter $1ea$ Milk | 16 Hamburger on w.g. Bun $1ea$ American Cheese Slice $1sl$ Lettuce/Tomato $\frac{1}{4}c/2sl$ Baked Beans $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Poppin' Good Grapes $\frac{1}{2}c$ Hamburger Condiments $1ea$ Milk FT Conferences 4:00-7:00 @ Abi | 17 Beef Stew $1c$ Snappy Gr. Beans $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Sassy Applesauce $\frac{1}{2}c$ B.P. Biscuit, w.g. $1ea$ Milk | 18 Cheesy Dunker Sauce $\frac{1}{2}c$ Steamin' Broccoli Cuts $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Juicy Apricot Halves $\frac{1}{2}c$ Cheesy Garlic Tst, wg. $2ea$ Milk | 19 Fish Nuggets, wg $4ea$ Glazed Carrots $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Orange $1ea$ Wild Rice Blend $\frac{1}{2}c$ Tartar Sauce $2T$ Milk 1:00 dismissal | Cal 638 T.Fat 17.95 G S.Fat 6.4 G Chol 70.0 Mg Sodm 894.62 Mg Carb 86.81 G Fiber 10.2 G Prtn 34.32 G Iron 4.07 Mg |

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| Monday | Tuesday | Wednesday | Thursday | Friday | Nutrients |
|--|---|--|--|---|--|
| ²² Beef Stroganoff $\frac{2}{3}c$ Calif. Blend Veg $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Fresh Apple $1ea$ Parmesan Breadstick, wg $1ea$ Milk | ²³ Corn dog, w.g. $1ea$ Sweet Potato Bites $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Pear $1ea$ Ketchup & Mustard $1ea$ Milk | ²⁴ Veg-Beef Barley Soup $1c$ Cottage Cheese $\frac{1}{4}c$ Gr. Peas $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Mandarin Oranges $\frac{1}{2}c$ Saltine Cr., w.g. $2pk$ Milk | ²⁵ B.B.Q. Pork on w.g. Bun $1ea$ Corn, Sweet $\frac{1}{2}c$ Creamy Coleslaw $\frac{1}{4}c$ Veg/Fruit Bar $\frac{1}{2}c$ Orange $1ea$ Milk | ²⁸ Cheesy, w. g. Chicken $1ea$ Burrito w/Sauce $\frac{1}{2}c/\frac{1}{4}c$ Lettuce & Tomato $\frac{1}{2}c/\frac{1}{4}c$ Cheesy Refried Beans $\frac{1}{4}c$ Veg/Fruit Bar $\frac{1}{2}c$ Pears in juice $\frac{1}{2}c$ Sr. Cream/Salsa $1ea/2T$ Milk | Cal 656 T.Fat 15.91 G S.Fat 5.0 G Chol 40.2 Mg Sodm 888.10 Mg Carb 92.76 G Fiber 10.9 G Prtn 29.24 G Iron 3.63 Mg Calc 451.23 Mg Vit A 21.81 RE Vit C 63.69 Mg |
| ²⁹ Spaghetti w/Meatsauce $\frac{2}{3}c$ Parmesan Cheese $1T$ Steamin' Broccoli Cuts $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Fruit Cocktail in juice $\frac{1}{2}c$ Garlic Toast, w.g. $1ea$ Milk | ³⁰ w.g. Chicken Wrap $1ea$ w/Ranch Drsg $\frac{1}{2}c$ Glazed Carrots $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Fresh Apple $1ea$ Milk | ³¹ Chili $\frac{3}{4}c$ Shr Cheddar Cheese $\frac{1}{2}oz$ Snow white Cauliflower $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Orange $1ea$ Parmesan Breadstick, wg $1ea$ Saltine Cr., w.g. $2pk$ Milk | | | Cal 648 T.Fat 16.62 G S.Fat 4.5 G Chol 53.3 Mg Sodm 1028.48 Mg Carb 95.71 G Fiber 11.9 G Prtn 31.40 G Iron 4.19 Mg Calc 517.79 Mg Vit A 25.05 RE Vit C 81.36 Mg |

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