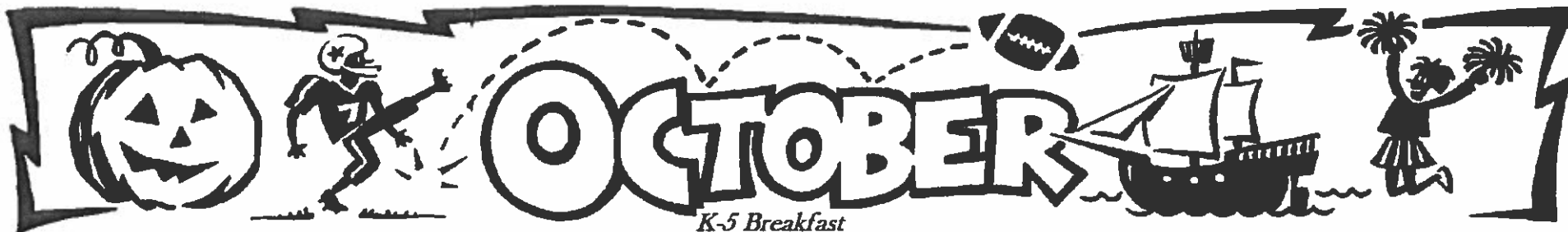


Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<sup>2</sup> Dish @ 8:30	<sup>3</sup> Bacon Scr. Pizza, w.g. 1ea Grape juice 4oz Strawberry cup 1/2c Choice of Milk	<sup>4</sup> Scrambled Eggs 1/2c Bagel w/ Cr. Ch or Jelly 1/2ea Peaches in juice 1/2c Orange Juice 4oz Choice of Milk	<sup>5</sup> Cinn Glzd WG Fr. 1ea Toast w/syrup 4oz Fruited yogurt 1/2c Juicy Apricot Halves 1/2c Sassy Applesauce 1/2c Choice of Milk	<sup>6</sup> Cinnamon Toast Crunch 1c Raspberry Churro 1ea Orange 1ea Pineapple Juice 4oz Choice of Milk	<b>Cal</b> 477 <b>T.Fat</b> 13.37 G <b>S.Fat</b> 4.9 G <b>Chol</b> 127.5 Mg <b>Sodm</b> 461.39 Mg <b>Carb</b> 76.54 G <b>Fiber</b> 5.3 G <b>Prtn</b> 18.01 G <b>Iron</b> 2.94 Mg <b>Calc</b> 435.97 Mg <b>Vit A</b> 19.50 RE <b>Vit C</b> 47.27 Mg
<sup>9</sup> HOLIDAY	<sup>10</sup> Raisin Bran 1c Golden Banana 1ea Orange Juice 4oz Choice of Milk	<sup>11</sup> Egg Bake 1pt Eng. Muffin w/ spreads 1ea Pears in juice 1/2c Poppin' Good Grapes 1/2c Choice of Milk	<sup>12</sup> Belgian Waffle Stix w/ 1ea Strawberry Topping 1/4c Baked Ham 1oz Fruit Cocktail in juice 1/2c Craisins 1/4c Choice of Milk	<sup>13</sup> Carmel Roll 1ea Pear 1ea Apple Juice 4oz Choice of Milk	<b>Cal</b> 477 <b>T.Fat</b> 8.87 G <b>S.Fat</b> 3.3 G <b>Chol</b> 88.6 Mg <b>Sodm</b> 485.76 Mg <b>Carb</b> 88.12 G <b>Fiber</b> 7.7 G <b>Prtn</b> 17.06 G <b>Iron</b> 21.11 Mg <b>Calc</b> 378.64 Mg <b>Vi:</b> <b>Vi:</b>

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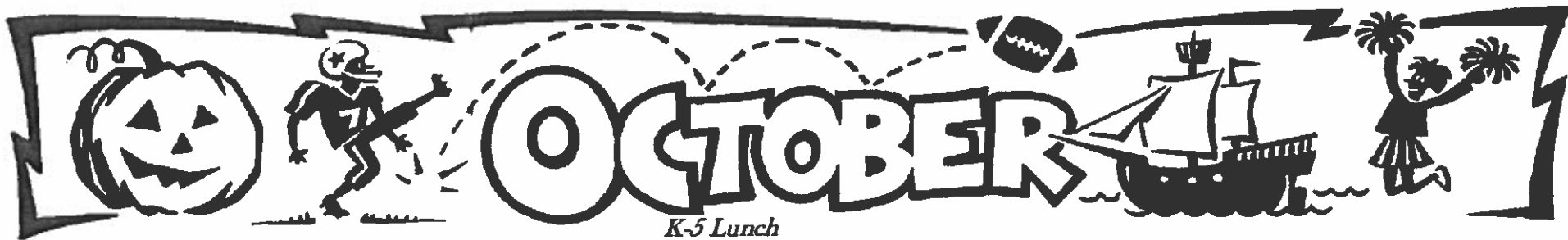




Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
16 Banana Berry Muffin 1ea Butter Cup 1ea Grape juice 4oz Strawberry cup 1/2c Choice of Milk	17 Rice Krispies 1c Apple Bosco Stick 1ea Pear 1ea Mandarin Oranges 1/2c Choice of Milk	18 Brkfst Wrap w/ taco sauce 1ea Orange Juice 4oz Peaches in juice 1/2c Choice of Milk	19 Pancakes w/Apples 2ea Sausage Links 1/4c Golden Banana 1ea Pineapple Juice 4oz Choice of Milk	20 Oatmeal 3/4c Toast w/choice of spread 1ea Raisins, 1/4c Kiwi 1/2ea Choice of Milk  1:00 dismissal	Cal 481 T.Fat 8.83 G S.Fat 3.7 G Chol 58.6 Mg Sodm 427.96 Mg Carb 87.32 G Fiber 6.7 G Prtn 16.52 G Iron 3.44 Mg
23 Breakfast Pizza 1ea Fruited yogurt 4oz Pineapple Tidbits 1/2c Apple Juice 4oz Choice of Milk	24 Fr. Toast Stix w/ 3ea Strawberry Topping 1/4c Squeezable Fruit 1ea Peaches in juice 1/2c Choice of Milk	25 Corn Chex 1c Nature Valley Backpacker 1ea Golden Banana 1ea Strawberry cup 1/2c Choice of Milk	26 Scrambled Eggs 1/2c Eng. Muffin w/ spreads 1ea Fruit Cocktail in juice 1/2c Orange Juice 4oz Choice of Milk	27 Frosted Cinnamon Roll 1ea Grape juice 4oz Orange 1ea Choice of Milk	Cal 472 T.Fat 9.01 G S.Fat 3.3 G Chol 111.7 Mg Sodm 464.36 Mg Carb 84.34 G Fiber 5.7 G Prtn 18.18 G Iron 3.90 Mg
30 Raisin Bran 1c Bagel w/ Cr. Ch or Jelly 1/2ea Craisins 1/4c Pears in juice 1/2c Choice of Milk	31 Pretzel Egg Sandwich 1ea Orange Juice 4oz Strawberry cup 1/2c Choice of Milk	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.			Cal 486 T.Fat 8.79 G S.Fat 3.7 G Chol 71.8 Mg Sodm 422.28 Ma Cε Fil Pr lrc



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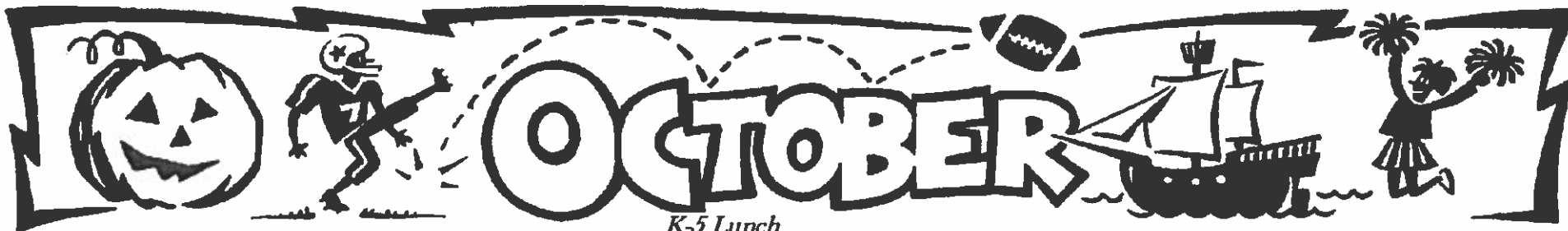


Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<sup>2</sup> Tator Tot Hotdish <i>3/4c</i> Snappy Gr. Beans <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Fresh Apple <i>1ea</i> Parmesan Breadstick <i>1ea</i> Milk	<sup>3</sup> Chicken A La King <i>3/4c</i> Steamin' Broccoli Cuts <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Kiwi <i>1 1/2ea</i> Baking Powder Biscuit <i>1ea</i> Milk	<sup>4</sup> Chicken Spaetzle Soup <i>1c</i> String Cheese <i>1ea</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>2pk</i> Milk	<sup>5</sup> Sub w/all the fixins <i>1ea</i> Baked Beans <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Fruit Cocktail in juice <i>1/2c</i> Condiments <i>1ea</i> Milk	<sup>6</sup> MEAT LOAF <i>1sl.</i> Mashed Potatoes <i>1/2c</i> Beef Gravy <i>1/4c</i> Veg/Fruit Bar <i>1/2c</i> Poppin' Good Grapes <i>1/2c</i> Dinner Roll w/ Butter <i>1ea</i> Milk	<b>Cal 643</b> <b>T.Fat 18.00 G</b> <b>S.Fat 5.9 G</b> <b>Chol 65.3 Mg</b> <b>Sodm 949.48 Mg</b> <b>Carb 91.20 G</b> <b>Fiber 9.7 G</b> <b>Prtn 31.87 G</b> <b>Iron 4.09 Mg</b> <b>Calc 486.91 Mg</b> <b>Vit A 17.71 RE</b> <b>Vit C 61.60 Mg</b>
<sup>9</sup> HOLIDAY	<sup>10</sup> Cheese Pizza <i>1sl.</i> Glazed Carrots <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Fresh Apple <i>1ea</i> Mini Rice Krispy Bar <i>1ea</i> Milk	<sup>11</sup> Sweet & Sour Chicken, <i>1/2c</i> Steamin' Broccoli Cuts <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Poppin' Good Grapes <i>1/2c</i> Seasoned Rice <i>1/2c</i> Milk	<sup>12</sup> Chicken Tenders w/ <i>3ea</i> Choice of Sauces <i>1/2c</i> Baked Beans <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Pineapple Tidbits <i>1/2c</i> Cheez-It Crackers <i>1pkg</i> Milk	<sup>13</sup> Homestyle Lasagna <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 <i>1ea</i> Milk	<b>Cal 640</b> <b>T.Fat 15.89 G</b> <b>S.Fat 4.2 G</b> <b>Chol 38.5 Mg</b> <b>Sodm 886.12 Mg</b> <b>Carb 97.07 G</b> <b>Fiber 10.6 G</b> <b>Prtn 28.94 G</b> <b>Iron 3.99 Mg</b> <b>Calc 533.48 Mg</b> <b>Vi.</b> <b>Vi.</b>

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K-5 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
16 Chicken-N-Gravy $\frac{1}{2}c$ Mashed Potatoes $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Peaches in juice $\frac{1}{2}c$ Dinner Roll w/ Butter $1ea$ Milk	17 Hamburger on Bun $1ea$ Lettuce/Tomato $\frac{1}{4}c/\frac{2}{5}l$ Baked Beans $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Poppin' Good Grapes $\frac{1}{2}c$ Hamburger Condiments $1ea$ Milk	18 Beef Stew $1c$ Crisp Cuke/Tomato Salad $\frac{1}{4}c$ Veg/Fruit Bar $\frac{1}{2}c$ Sassy Applesauce $\frac{1}{2}c$ Baking Powder Biscuit $1ea$ Milk	19 Cheesy Dunker Sauce $\frac{1}{2}c$ Spinach/Strawberry Salad $1c$ Veg/Fruit Bar $\frac{1}{2}c$ Juicy Apricot Halves $\frac{1}{2}c$ Cheesy Garlic Toast $2ea$ Milk	20 Fish Nuggets $4ea$ Mixed Vegetables $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Orange $1ea$ Wild Rice Blend $\frac{1}{2}c$ Tartar Sauce $2T$ Milk  <i>1:00 dismissal</i>	Cal 644 T.Fat 19.61 G S.Fat 6.5 G Chol 66.6 Mg Sodm 867.61 Mg Carb 85.92 G Fiber 9.4 G Prtn 32.01 G Iron 4.19 Mg
23 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 $1ea$ Milk	24 Corn dog $1ea$ Sweet Potato Bites $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Pear $1ea$ Ketchup & Mustard $1ea$ Milk	25 Veg-Beef Noodle Soup $1c$ Cottage Cheese $\frac{2}{3}c$ 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	26 Caribbean Chicken on Bun $1ea$ Lettuce/Tomato $\frac{1}{4}c/\frac{2}{5}l$ Dp Groove Crinkle Fries $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Tropical Fruit Salad $\frac{1}{2}c$ Milk	27 Cheesy Chicken Burrito w/Sauce $1ea$ Lettuce & Tomato $\frac{1}{2}c/\frac{1}{4}c$ Cheesy Refried Beans $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Pears in juice $\frac{1}{2}c$ Sr. Cream/Salsa $1\frac{1}{2}T$ Milk	Cal 649 T.Fat 14.13 G S.Fat 4.4 G Chol 46.8 Mg Sodm 913.38 Mg Carb 92.10 G Fiber 9.9 G Prtn 30.33 G Iron 3.52 Mg
30 Spaghetti w/Meatsauce $\frac{2}{3}c$ Steamy Broccoli Cuts $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Fruit Cocktail in juice $\frac{1}{2}c$ Garlic Toast $1ea$ Milk	31 Chicken Wrap w/Ranch Drsg $1ea$ Glazed Carrots $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Fresh Apple $1ea$ Milk				Cal 615 T.Fat 16.27 G S.Fat 4.5 G Chol 55.7 Mg Sodm 842.86 Ma Ca Fil Pr Irc

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