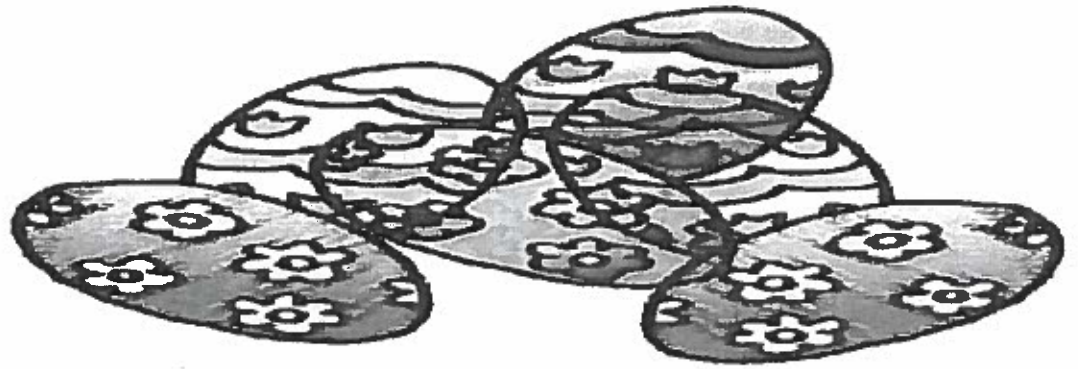


Niigaan Dinner

# April

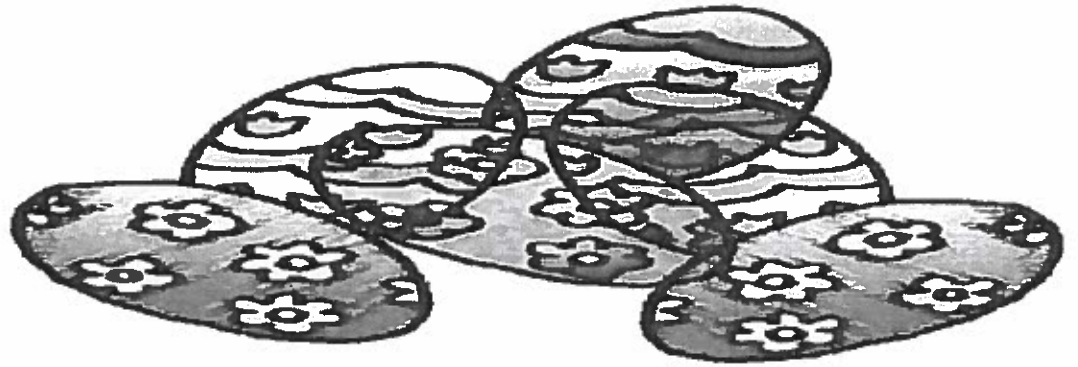


Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<sup>2</sup> Niigaan Closed	<sup>3</sup> Cook's Choice	<sup>4</sup> Spaghetti w/Meatsauce $\frac{1}{2}c$ Steamin' Broccoli Cuts $\frac{1}{2}c$ Fruit Cocktail in juice $\frac{1}{2}c$ Garlic Toast $1ea$ Milk	<sup>5</sup> Chicken Wrap $1ea$ w/Ranch Drsg Glazed Carrots $\frac{1}{2}c$ Fresh Apple $1ea$ Milk	<sup>6</sup> Niigaan Closed	<b>Cal</b> 321 <b>T.Fat</b> 8.01 G <b>S.Fat</b> 1.9 G <b>Chol</b> 32.9 Mg <b>Sodm</b> 401.55 Mg <b>Carb</b> 46.10 G <b>Fiber</b> 5.0 G <b>Prtn</b> 15.47 G <b>Iron</b> 1.37 Mg <b>Calc</b> 216.69 Mg <b>Vit A</b> 9.26 RE
<sup>9</sup> Hamburger Gravy $\frac{1}{2}c$ Mashed Potatoes $\frac{1}{2}c$ Snappy Gr. Beans $\frac{1}{2}c$ Golden Banana $1ea$ Bread & Butter $1ea$ Milk	<sup>10</sup> Chicken Tenders w/ $3ea$ Choice of Sauces Gr. Peas $\frac{1}{2}c$ Poppin' Good Grapes $\frac{1}{2}c$ Creamy Mac & Cheese $\frac{1}{3}c$ Milk	<sup>11</sup> French Dip $2oz/1bun$ Baked Beans $\frac{1}{2}c$ Peaches in juice $\frac{1}{2}c$ Mini Rice Krispy Bar $1ea$ Milk	<sup>12</sup> Pepperoni Pizza $1sl.$ Glazed Carrots $\frac{1}{2}c$ Pears in juice $\frac{1}{2}c$ MILK, 1% Lowfat	<sup>13</sup> Niigaan Closed	<b>Cal</b> 481 <b>T.Fat</b> 13.96 G <b>S.Fat</b> 4.0 G <b>Chol</b> 42.5 Mg <b>Sodm</b> 611.06 Mg <b>Carb</b> 64.69 G <b>Fiber</b> 6.7 G <b>Prtn</b> 24.81 G <b>Iron</b> 2.93 Mg <b>Calc</b> 380.11 Mg <b>Vit A</b> 13.93 RE

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# April



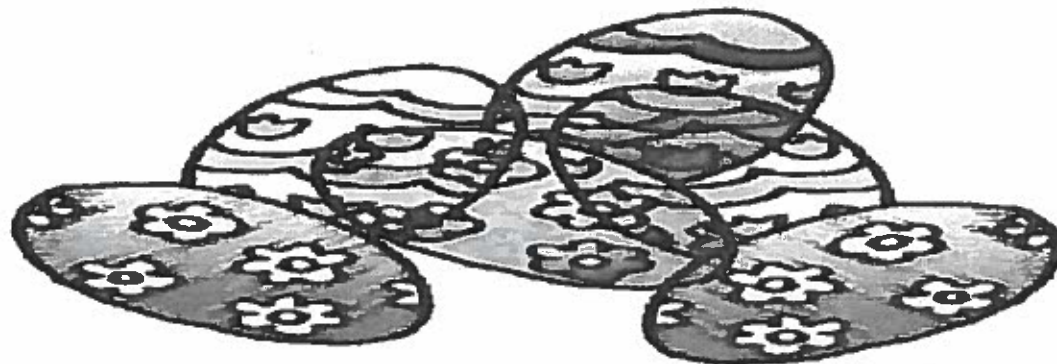
Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
16 Wild Rice Hotdish <sup>2/3c</sup> Steamin' Broccoli Cuts <sup>1/2c</sup> SWEET POTATO, BAKED <sup>1/2c</sup> Mandarin Oranges <sup>1/2c</sup> Bread & Butter <sup>1c</sup> Milk	17 Choice of hotdog/ chili cheese dog <sup>1c 1/2c</sup> Dp Groove Crinkle Fries Poppin' Good Grapes <sup>1/2c</sup> Hot Dog Condiments <sup>2c</sup> Milk	18 BaaKa'aakwehn on Bun <sup>1c</sup> Lettuce/Tomato <sup>1/4c/2.6l</sup> Corn, Sweet <sup>1/2c</sup> Pineapple Tidbits <sup>1/2c</sup> F. F. Mayo <sup>1c</sup> Milk	19 Wild Rice Soup <sup>1c</sup> Glazed Carrots <sup>1/2c</sup> Pear <sup>1c</sup> Saltine Cr., w.g. <sup>2pkgs</sup> MILK, 1% Lowfat	20 Niigaan Closed	<b>Cal 475</b> <b>T.Fat 12.96 G</b> <b>S.Fat 3.5 G</b> <b>Chol 47.3 Mg</b> <b>Sodm 624.30 Mg</b> <b>Carb 66.70 G</b> <b>Fiber 5.7 G</b>
23 Crispy Taco Salad <sup>1c</sup> Cheesy Refried Beans <sup>1/2c</sup> Orange <sup>1c</sup> Sr. Cream/Salsa <sup>1oz/2T</sup> MILK, 1% Lowfat	24 Tator Tot Hotdish <sup>1c</sup> Snappy Gr. Beans <sup>1/2c</sup> Fresh Apple <sup>1c</sup> Parmesan Breadstick <sup>1c</sup> Milk	25 Chicken Spaetzle Soup <sup>1c</sup> String Cheese <sup>1c</sup> Glazed Carrots <sup>1/2c</sup> Pears in juice <sup>1/2c</sup> Saltine Cr., w.g. <sup>2pkgs</sup> MILK, 1% Lowfat	26 HOLIDAY	27 Niigaan Closed	<b>Cal 464</b> <b>T.Fat 15.02 G</b> <b>S.Fat 4.9 G</b> <b>Chol 54.8 Mg</b> <b>Sodm 758.12 Mg</b> <b>Carb 58.83 G</b> <b>Fiber 6.0 G</b>
30					

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Niigaan After School Snack

# April



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
2 Pear <i>1 ea</i> Cinnamon Gripz <i>1 pkg</i> Water	3 Golden Banana <i>1, med</i> MILK, 1% Lowfat <i>1/2 pt</i>	4 Cheese Sandwich <i>1/2 sand</i> MILK, 1% Lowfat	5 Cheez-it Crackers <i>1 pkg</i> Grape juice <i>6 oz</i>	6 HARD BOILED EGG <i>1 ea</i> MILK, 1% Lowfat <i>1/2 pt</i>	Cal 200 T.Fat 4.74 G S.Fat 1.8 G Chol 46.9 Mg
9 Scooby doo Snacks <i>1 pkg</i> Orange Juice <i>6 oz</i>	10 Veggies w/Dip <i>3/4c / 1 oz</i> MILK, 1% Lowfat <i>1/2 pt</i>	11 Bug Bites <i>1 pkg</i> Apple Juice <i>6 oz</i>	12 Fresh Apple <i>1 ea</i> MILK, 1% Lowfat <i>1/2 pt</i>	13 String Cheese <i>1 ea</i> Pineapple Juice <i>6 oz</i>	Cal 200 T.Fat 5.57 G S.Fat 2.1 G Chol 9.4 Mg
16 Cheese Sandwich <i>1/2 sand</i> Apple Juice <i>6 oz</i>	17 Golden Banana, <i>reg 1 ea</i> MILK, 1% Lowfat <i>1/2 pt</i>	18 Turkey Wrap <i>1 ea</i> Apple Juice <i>6 oz</i>	19 GRAPES, Fresh <i>3/4c</i> MILK, 1% Lowfat <i>1/2 pt</i>	20 Crunchy Cucumber Slices <i>3/4c</i> MILK, 1% Lowfat <i>1/2 pt</i>	Cal 199 T.Fat 3.18 G S.Fat 1.5 G Chol 10.3 Mg
21 Elf Grahams <i>1 pkg</i> MILK, 1% Lowfat <i>1/2 pt</i>	24 Golden Banana, <i>reg 1 ea</i> MILK, 1% Lowfat <i>1/2 pt</i>	25 Fruited Yogurt, 6 oz Granola <i>1/8c</i> Orange juice <i>6 oz</i>	26 HOLIDAY	27 Ham Sandwich <i>1/2 sand</i> Grape juice <i>6 oz</i>	Cal 269 T.Fat 5.11 G S.Fat 1.7 G Chol 15.7 Mg
30 Bagel w/ Cr. Ch or Jelly Pineapple Juice					Cal 212 T.Fat 3.54 G S.Fat 1.9 G Chol 9.5 Mg

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