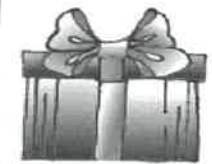




Niigaan Dinner

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
³ w.g. Chicken Tenders w/ ^{3ea} Choice of Sauces ^{1pk} Smokin' Baked Beans ^{1/2c} Pineapple Tidbits ^{1/2c} - chips ^{1pk} Milk	⁴ Chicken-N-Gravy ^{3/4c} Mashed Potatoes ^{1/2c} Tropical Fruit Salad ^{1/2c} w.g. Bread & Jelly ^{1ea} Milk	⁵ Hamburger on Bun ^{1ea} American Cheese Slice ^{1sl} Lettuce/Tomato ^{1/4c/2sl} - Corri ^{1/2c} Poppin' Good Grapes ^{1/2c} Hamburger Condiments ^{1ea}	⁶ Beef Stew ^{1c} Snappy Gr. Beans ^{1/2c} Sassy Applesauce ^{1/2c} B.P. Biscuit, w.g. ^{1ea} Milk	⁷ Niigaan Closed	Cal 521 T.Fat 12.32 G S.Fat 4.1 G Chol 56.8 Mg Sodm 680.74 Mg
¹⁰ Fish Nuggets, wg ^{4ea} Glazed Carrots ^{1/2c} Orange ^{1ea} Wild Rice Blend ^{1/2c} Tartar Sauce ^{2T} Milk	¹¹ Beef Stroganoff ^{1c} Calif. Blend Veg ^{1/2c} Fresh Apple ^{1ea} Garlic Breadstick, w.g. ^{1ea} Milk	¹² Corndog, w.g. ^{1ea} Sweet Potato Bites ^{1/2c} Pear ^{1ea} Ketchup & Mustard ^{1ea} Milk	¹³ Veg-Beef Barley Soup ^{1c} String Cheese ^{1ea} Gr. Peas ^{1/2c} Mandarin Oranges ^{1/2c} Saltine Cr., w.g. ^{2pk} Milk	¹⁴ Niigaan Closed	Cal 588 T.Fat 15.55 G S.Fat 4.0 G Chol 68.0 Mg Sodm 693.14 Mg
¹⁷ B.B.Q. Pork on a Bun ^{1ea} Corn, Sweet ^{1/2c} Orange ^{1ea} Milk	¹⁸ Spaghetti w/Meatsauce ^{1c} Parmesan Cheese ^{1T} Steamin' Broccoli Cuts ^{1/2c} Fruit Cocktail in juice ^{1/2c} Garlic Toast, w.g. ^{1ea} Milk	¹⁹ w.g. Chicken Wrap ^{1ea} w/Ranch Drsg Glazed Carrots ^{1/2c} Fresh Apple ^{1ea} Milk	²⁰ Niigaan Closed	²¹ Niigaan Closed	Cal 411 T.Fat 10.78 G S.Fat 3.0 G Chol 38.9 Mg Sodm 588.79 Mg
²⁴ HOLIDAY	²⁵ HOLIDAY	²⁶ TBD	²⁷ TBD	²⁸ TBD	
³¹ TBD NASS is a nut Safe building					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.





Niigaan After School Snack

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
³ Ham Sandwich, w.g. <i>1/2 ea</i> Apple Juice <i>6oz</i>	⁴ Veggies w/Dip <i>3/4c</i> MILK, 1% Lowfat	⁵ Goldfish Crackers <i>1pk</i> Orange Juice <i>6oz</i>	⁶ Fruited Yogurt, 6 oz Granola, w.g. <i>1/8c</i> Grape juice <i>6oz</i>	⁷ Fresh Apple <i>1ea</i> Scooby doo Snacks <i>1pk</i> Water	Cal 239 T.Fat 5.48 G S.Fat 1.5 G Chol 9.4 Mg Sodm 233.36 Mg
¹⁰ Bug Bites <i>1pk</i> Apple Juice <i>6oz</i>	¹¹ Bagel, w.g. <i>1/2</i> Cr. Cheese/jelly MILK, 1% Lowfat	¹² Tostitos & Salsa <i>1pk/1/4c</i> Grape juice <i>6oz</i>	¹³ Orange <i>1ea</i> w.g. Cheez-its <i>1pk</i> Water	¹⁴ Baby Carrots w/dip <i>3/4c</i> MILK, 1% Lowfat	Cal 309 T.Fat 11.98 G S.Fat 2.9 G Chol 15.6 Mg Sodm 569.99 Mg
¹⁷ Pear <i>1ea</i> Cinnamon Gripz, w.g. <i>1pk</i> Water	¹⁸ Golden Banana <i>1ea</i> MILK, 1% Lowfat	¹⁹ Cheese Sandwich, w.g. <i>1/2</i> MILK, 1% Lowfat	²⁰ w.g. Cheez-its <i>1pk</i> Grape juice <i>6oz</i>	²¹ TBD	Cal 200 T.Fat 4.01 G S.Fat 1.5 G Chol 9.0 Mg Sodm 190.67 Mg
²⁴ HOLIDAY	²⁵ HOLIDAY	²⁶ TBD	²⁷ TBD	²⁸ TBD	
³¹ TBD		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.			