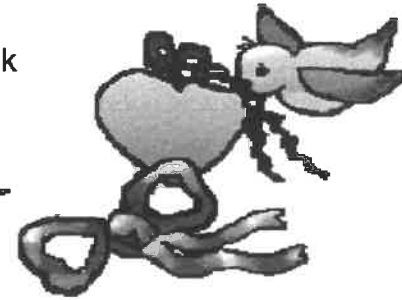
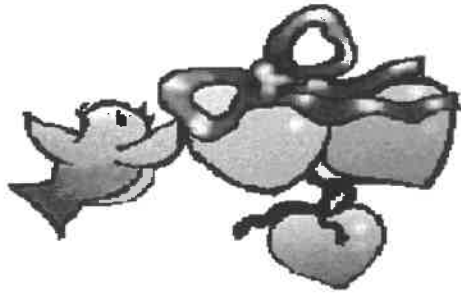


Niigaan After School Snack  
NASS

# February

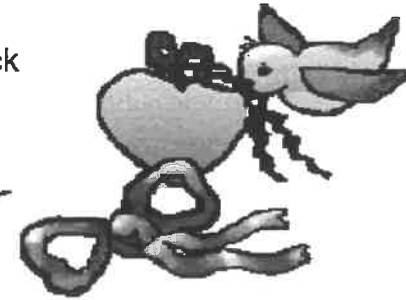


| Monday  | Tuesday   | Wednesday   | Thursday   | Friday                              | Nutrients  |
|---|---|---|--|-------------------------------------|--|
| <p>In the operation of child feeding programs, no child will be discriminated against because of race, color, national origin, age or disability. If you believe you have been discriminated against write immediately to Dept. of Agriculture, Wash. DC 20250.</p> |   |   |  |                                     | <p><b>Cal -1</b><br/><b>T.Fat -1.00 G</b><br/><b>S.Fat -1.0 G</b><br/><b>Chol -1.0 Mg</b><br/><b>Sodm -1.00 Mg</b></p> |
| <p><sup>4</sup> Bug Bites 1pkg<br/>Apple Juice 6oz</p>  | <p><sup>5</sup> Bagel, w.g. 1ea<br/>Cr. Cheese/jelly 1pk<br/>MILK,1% Lowfat</p> | <p><sup>6</sup> Tostitos &amp; Salsa 1pkg/1/2<br/>Grape juice 6oz</p> | <p><sup>7</sup> Orange 1ea<br/>w.g. Cheez-its 1pkg<br/>Water</p> | <p><sup>8</sup> Niigaan Closed</p>  | <p><b>Cal 168</b><br/><b>T.Fat 3.16 G</b><br/><b>S.Fat 0.8 G</b><br/><b>Chol 4.9 Mg</b><br/><b>Sodm 169.75 Mg</b></p>  |
| <p><sup>11</sup> Pear 1ea<br/>Cinnamon Gripz, w.g. 1pkg<br/>Water</p>   | <p><sup>12</sup> Golden Banana 1ea<br/>MILK,1% Lowfat</p>                       | <p><sup>13</sup> Cheese Sandwich, w.g. 1/2<br/>MILK,1% Lowfat</p>     | <p><sup>14</sup> w.g. Cheez-its 1pkg<br/>Grape juice 6oz</p>     | <p><sup>15</sup> Niigaan Closed</p> | <p><b>Cal 160</b><br/><b>T.Fat 3.00 G</b><br/><b>S.Fat 1.0 G</b><br/><b>Chol 7.0 Mg</b><br/><b>Sodm 152.34 Mg</b></p>  |
| <p><sup>18</sup> HOLIDAY</p>  | <p><sup>19</sup> Scooby doo Snacks 1pkg<br/>Orange Juice 6oz</p>                | <p><sup>20</sup> Bug Bites 1pkg<br/>Apple Juice 6oz</p>               | <p><sup>21</sup> Fresh Apple 1ea<br/>MILK,1% Lowfat</p>          | <p><sup>22</sup> Niigaan Closed</p> | <p><b>Cal 153</b><br/><b>T.Fat 2.62 G</b><br/><b>S.Fat 0.7 G</b><br/><b>Chol 2.8 Mg</b><br/><b>Sodm 92.23 Mg</b></p>   |
| <p><sup>25</sup> Cheese Sandwich, w.g. 1/2ea<br/>Apple Juice 6oz</p>  | <p><sup>26</sup> Golden Banana 1ea<br/>MILK,1% Lowfat</p>                       | <p><sup>27</sup> GRAPES, Fresh 3/4c<br/>MILK,1% Lowfat</p>            | <p><sup>28</sup> NASS is a nut Safe building</p>                 |                                     | <p><b>Cal 180</b><br/><b>T.Fat 3.16 G</b><br/><b>S.Fat 1.7 G</b><br/><b>Chol 10.6 Mg</b><br/><b>Sodm 176.37 Mg</b></p> |



Niigaan After School Snack  
Chiminising

# February



| 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> |  |   |  |  | <p><sup>1</sup> Fresh Apple <i>1ea</i><br/>Scooby doo Snacks <i>1pkg</i><br/>Water</p> <p><b>Cal 218</b><br/><b>T.Fat 4.08 G</b><br/><b>S.Fat 1.2 G</b><br/><b>Chol 0.0 Mg</b><br/><b>Sodm 125.61 Mg</b></p> |
| <p><sup>4</sup> Bug Bites <i>1pkg</i><br/>Apple Juice <i>6oz</i></p>  | <p><sup>5</sup> Bagel, w.g. <i>1ea</i><br/>Cr. Cheese/jelly <i>1pkg</i><br/>MILK,1% Lowfat</p> | <p><sup>6</sup> Tostitos &amp; Salsa <i>1pk/1/2c</i><br/>Grape juice <i>6oz</i></p> | <p><sup>7</sup> Orange <i>1ea</i><br/>w.g. Cheez-its <i>1pkg</i><br/>Water</p> | <p><sup>8</sup> Baby Carrots w/dip <i>3/4c</i><br/>MILK,1% Lowfat</p>        | <p><b>Cal 309</b><br/><b>T.Fat 11.98 G</b><br/><b>S.Fat 2.9 G</b><br/><b>Chol 15.6 Mg</b><br/><b>Sodm 569.99 Mg</b></p>  |
| <p><sup>11</sup> Pear <i>1ea</i><br/>Cinnamon Gripz, w.g. <i>1pk</i><br/>Water</p>  | <p><sup>12</sup> Golden Banana <i>1ea</i><br/>MILK,1% Lowfat</p>                               | <p><sup>13</sup> Cheese Sandwich, w.g. <i>1/2</i><br/>MILK,1% Lowfat</p>            | <p><sup>14</sup> w.g. Cheez-its <i>1pkg</i><br/>Grape juice <i>6oz</i></p>     | <p><sup>15</sup> HARD BOILED EGG <i>1ea</i><br/>MILK,1% Lowfat</p>           | <p><b>Cal 196</b><br/><b>T.Fat 4.74 G</b><br/><b>S.Fat 1.8 G</b><br/><b>Chol 46.9 Mg</b><br/><b>Sodm 186.41 Mg</b></p>   |
| <p><sup>18</sup> HOLIDAY</p>  | <p><sup>19</sup> Scooby doo Snacks <i>1pkg</i><br/>Orange Juice <i>6oz</i></p>                 | <p><sup>20</sup> Bug Bites <i>1pkg</i><br/>Apple Juice <i>6oz</i></p>               | <p><sup>21</sup> Fresh Apple <i>1ea</i><br/>MILK,1% Lowfat</p>                 | <p><sup>22</sup> String Cheese <i>1ea</i><br/>Pineapple Juice <i>6oz</i></p> | <p><b>Cal 195</b><br/><b>T.Fat 4.42 G</b><br/><b>S.Fat 1.8 G</b><br/><b>Chol 6.8 Mg</b><br/><b>Sodm 145.83 Mg</b></p>  |
| <p><sup>25</sup> Cheese Sandwich, w.g. <i>1/2</i><br/>Apple Juice <i>6oz</i></p>  | <p><sup>26</sup> Golden Banana <i>1ea</i><br/>MILK,1% Lowfat</p>                               | <p><sup>27</sup> GRAPES, Fresh <i>3/4c</i><br/>MILK,1% Lowfat</p>                   | <p><sup>28</sup> Turkey Wrap, wg <i>1ea</i><br/>Apple Juice <i>6oz</i></p>     |  | <p><b>Cal 199</b><br/><b>T.Fat 3.40 G</b><br/><b>S.Fat 1.5 G</b><br/><b>Chol 11.6 Mg</b><br/><b>Sodm 265.87 Mg</b></p>   |

*NASS is a nut Safe building*