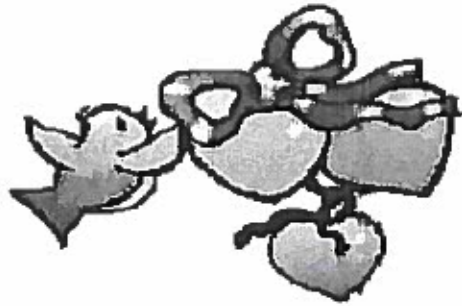


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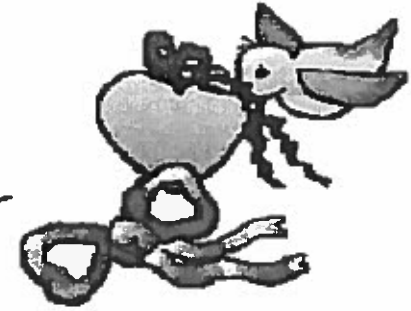
Niigaan Dinner

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
			¹ Beef Stew ^{1c} Crisp Cuke/Tomato Salad ^{1/2c} Sassy Applesauce ^{1/2c} Baking Powder Biscuit ^{1ea} Milk	² Niigaan Closed	Cal 290 T.Fat 8.62 G S.Fat 3.6 G Chol 21.0 Mg Sodm 346.34 Mg
⁵ Fish Nuggets ^{1ea} Mixed Vegetables ^{1/2c} Orange ^{1ea} Wild Rice Blend ^{1/2c} Tartar Sauce ^{2T} Milk	⁶ Beef Stroganoff ^{3/4c} Calif. Blend Veg ^{1/2c} Fresh Apple ^{1ea} Parmesan Breadstick ^{1ea} Milk	⁷ Corndog ^{1ea} Sweet Potato Bites ^{1/2c} Pear ^{1ea} Ketchup & Mustard ^{2ea} Milk	⁸ Veg-Beef Noodle Soup ^{1c} Cottage Cheese ^{2oz} Gr. Peas ^{1/2c} Mandarin Oranges ^{1/2c} Saltine Cr., w.g. ^{2pk} Milk	⁹ Niigaan Closed	Cal 458 T.Fat 9.55 G S.Fat 2.3 G Chol 40.2 Mg Sodm 540.35 Mg
¹² Caribbean Chicken on Bun ^{1ea} Lettuce/Tomato ^{1/4c/2st.} Dp Groove Crinkle Fries ^{1/2c} Tropical Fruit Salad ^{1/2c} Milk	¹³ Spaghetti w/Meatsauce ^{1c} Steamin' Broccoli Cuts ^{1/2c} Fruit Cocktail in juice ^{1/2c} Garlic Toast ^{1ea} Milk	¹⁴ Chicken Wrap w/Ranch Drsg ^{1ea} Glazed Carrots ^{1/2c} Fresh Apple ^{1ea} Milk	¹⁵ Chili ^{1c} Snow white Cauliflower ^{1/2c} Kiwi ^{1/2ea} Saltine Cr., w.g. ^{2pk} Parmesan Breadstick ^{1ea} Milk	¹⁶ Niigaan Closed	Cal 512 T.Fat 11.67 G S.Fat 2.7 G Chol 48.0 Mg Sodm 685.63 Mg
¹⁹ HOLIDAY	²⁰ B.B.Q. Pork on a Bun ^{1ea} Corn, Sweet ^{1/2c} Creamy Coleslaw ^{1/4c} Orange ^{1ea} Milk	²¹ Chicken Tenders w/ Choice of Sauces ^{3ea} Gr. Peas ^{1/2c} Poppin' Good Grapes ^{1/2c} Creamy Mac & Cheese ^{1/3c} Milk	²² French Dip ^{2oz/1 bun} Baked Beans ^{1/2c} Peaches in juice ^{1/2c} Mini Rice Krispy Bar ^{1ea} Milk	²³ Niigaan Closed	Cal 497 T.Fat 14.72 G S.Fat 3.4 G Chol 40.3 Mg Sodm 597.55 Mg
²⁶ Pepperoni Pizza ^{1st.} Glazed Carrots ^{1/2c} Pears in juice ^{1/2c} Milk	²⁷ Choice of hotdog/ chili cheese dog ^{1ea} Dp Groove Crinkle Fries ^{1/2c} Poppin' Good Grapes ^{1/2c} Hot Dog Condiments. ^{2ea} Milk	²⁸ BaaKa'aakwehn on Bun ^{1ea} Lettuce/Tomato ^{1/4c/2st.} Corn, Sweet ^{1/2c} Pineapple Tidbits ^{1/2c} F. F. Mayo ^{1ea} Milk			Cal 544 T.Fat 12.54 G S.Fat 4.2 G Chol 44.0 Mg Sodm 865.07 Mg



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Niigaan After School Snack



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>			¹ Fruited Yogurt, 6 oz Granola ^{1/8c} Grape juice ^{6oz}	² Fresh Apple ^{1ea} Scooby doo Snacks ^{1pkg} Water	Cal 314 T.Fat 5.49 G S.Fat 1.4 G Chol 4.2 Mg Sodm 135.40 Mg
⁵ Bug Bites ^{1pkg} Apple Juice ^{6oz}	⁶ Bagel w/ Cr. Ch or Jelly ^{1ea} MILK,1% Lowfat ^{1/2pt.}	⁷ Tostitos & Salsa ^{1c} ^{1/4c} Grape juice ^{6oz}	⁸ Orange ^{1ea} Cheez-it Crackers ^{1pkg} Water	⁹ Baby Carrots w/dip ^{3/4c} MILK,1% Lowfat	Cal 317 T.Fat 12.38 G S.Fat 2.9 G Chol 15.6 Mg Sodm 707.99 Mg
¹² Pear ^{1ea} Cinnamon Gripz ^{1pkg} Water	¹³ Golden Banana, ^{reg} ^{1ea} MILK,1% Lowfat	¹⁴ Cheese Sandwich ^{1/2} MILK,1% Lowfat	¹⁵ Cheese Crackers w/ Cheddar Cheese ^{1pkg} Grape juice ^{6oz}	¹⁶ HARD BOILED EGG ^{1ea} MILK,1% Lowfat	Cal 215 T.Fat 5.27 G S.Fat 2.1 G Chol 46.1 Mg Sodm 236.22 Mg
¹⁹ HOLIDAY	²⁰ Scooby doo Snacks ^{1pkg} Orange Juice ^{6oz}	²¹ Veggies w/Dip ^{3/4c} MILK,1% Lowfat	²² Fresh Apple ^{1ea} MILK,1% Lowfat	²³ String Cheese ^{1ea} Pineapple Juice ^{6oz}	Cal 192 T.Fat 5.78 G S.Fat 2.4 G Chol 11.7 Mg Sodm 220.90 Mg
²⁶ Cheese Sandwich ^{1/2} Apple Juice ^{6oz}	²⁷ Golden Banana, ^{reg} ^{1ea} MILK,1% Lowfat	²⁸ Turkey Wrap ^{1ea} Apple Juice ^{6oz}			Cal 215 T.Fat 3.59 G S.Fat 1.5 G Chol 9.0 Mg Sodm 281.18 Mg