

January

Niigaan Dinner

Monday

Tuesday

Wednesday

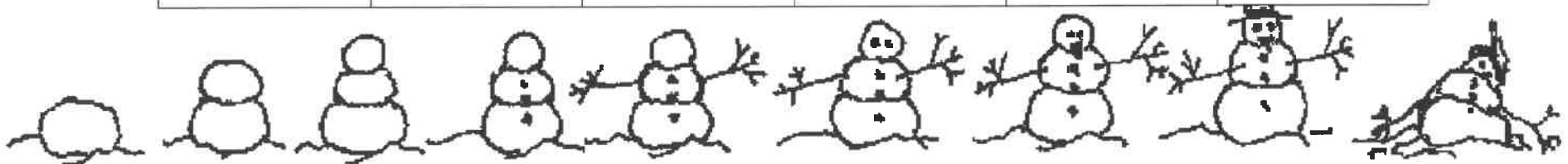
Thursday

Friday

Nutrients

	1 HOLIDAY	2 Cook's Choice	3 Pepperoni Pizza, w/g Glazed Carrots $\frac{1}{2}c$ Pears in juice $\frac{1}{2}c$ Milk	4 Niigaan Closed	Cal 253 T.Fat 4.57 G S.Fat 1.3 G Chol 10.5 Mg Sodm 401.12 Mg Carb 41.40 G Fiber 3.7 G
7 w.g. Chicken Tenders $3 ea$ w/ Choice of Sauces $1 pkt$ Gr. Peas $\frac{1}{2}c$ Tropical Fruit Salad $\frac{1}{2}c$ Creamy Mac & Cheese, w.g $\frac{1}{3}c$ Milk	8 Niigaan Closed NO SCHOOL TODAY	9 Hotdog/chili cheese dog on w.g. bun $1 ea$ Dp Groove Crinkle Fries $\frac{1}{2}c$ Poppin' Good Grapes $\frac{1}{2}c$ Hot Dog Condiments $2 ea$ Milk	10 BaaKa'aakwehn on w.g. bun $1 ea$ Lettuce/Tomato $\frac{1}{4}c$ Corn, Sweet $\frac{1}{2}c$ Pineapple Tidbits $\frac{1}{2}c$ F. F. Mayo $1 pkt$ Milk	11 Niigaan Closed	Cal 375 T.Fat 10.41 G S.Fat 2.4 G Chol 38.0 Mg Sodm 569.15 Mg Carb 49.55 G Fiber 4.0 G
14 Wild Rice Soup $1c$ Glazed Carrots $\frac{1}{2}c$ Pear $1 ea$ Saltine Cr., w.g. $2pk$ Milk	15 Tator Tot Hotdish $1c$ Snappy Gr. Beans $\frac{1}{2}c$ Fresh Apple $1 ea$ Parmesan Breadstick, w.g $1 ea$ Milk	16 Chicken Spaetzle $1c$ Soup String Cheese $1 ea$ Gr. Peas $\frac{1}{2}c$ Pears in juice $\frac{1}{2}c$ Saltine Cr., w.g. $2pk$ Milk	17 Chicken A La King $3/4c$ Steamin' Broccoli Cuts $\frac{1}{2}c$ Pineapple Tidbits $\frac{1}{2}c$ B.P. Biscuit, w.g. $1 ea$ Milk	18 Niigaan Closed	Cal 501 T.Fat 13.56 G S.Fat 3.2 G Chol 50.6 Mg Sodm 681.55 Mg Carb 71.51 G Fiber 5.9 G

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



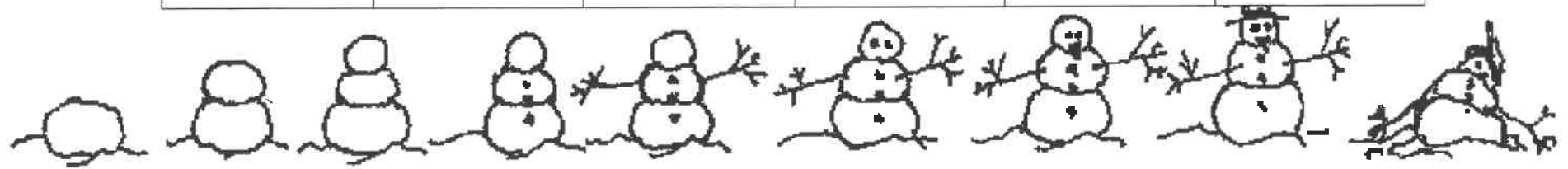
January

Niigaan Dinner

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
²¹ HOLIDAY	²² Sub w/all the fixins, wg Baked Beans ^{1ea} $\frac{1}{2}c$ Fruit Cocktail in juice $\frac{1}{2}c$ Condiments $\frac{1}{2}c$ Milk	²³ Sloppy Jo on w.g. Bun ^{1ea} French Fries $\frac{1}{2}c$ w/ketchup $\frac{1}{2}c$ Fruit Cocktail in juice $\frac{1}{2}c$ Milk	²⁴ Cheese Pizza, wg ^{1sl.} Glazed Carrots $\frac{1}{2}c$ Fresh Apple $\frac{1}{2}c$ Mini Rice Krispy Bar, $\frac{1}{2}c$ wg Milk	²⁵ Niigaan Closed	Cal 490 T.Fat 10.82 G S.Fat 3.6 G Chol 48.3 Mg Sodm 918.78 Mg Carb 71.54 G Fiber 6.3 G Prtn 26.24 G Iron 2.96 Mg Calc 384.92 Mg
²⁸ w.g. Chicken Tenders w/ ^{3ea} Choice of Sauces $\frac{1}{2}c$ Baked Beans $\frac{1}{2}c$ Pineapple Tidbits $\frac{1}{2}c$ w.g. Bread & Butter $\frac{1}{2}c$ Milk	²⁹ Chicken-N-Gravy $\frac{1}{2}c$ Mashed Potatoes $\frac{1}{2}c$ Peaches in juice $\frac{1}{2}c$ Dinner Roll w/ $\frac{1}{2}c$ Butter, wg Milk	³⁰ Hamburger on $\frac{1}{2}c$ w.g. Bun Lettuce/Tomato $\frac{1}{4}c$ ^{2sl.} Corn $\frac{1}{2}c$ Poppin' Good Grapes $\frac{1}{2}c$ Hamburger $\frac{1}{2}c$ Condiments $\frac{1}{2}c$ Milk	³¹ Fish Nuggets, wg $\frac{1}{2}c$ Glazed Carrots $\frac{1}{2}c$ Orange $\frac{1}{2}c$ Wild Rice Blend $\frac{1}{2}c$ Tartar Sauce $\frac{1}{2}c$ Milk	Cal 757 T.Fat 20.76 G S.Fat 5.8 G Chol 102.2 Mg Sodm 952.47 Mg Carb 98.66 G Fiber 11.3 G Prtn 44.17 G Iron 4.23 Mg Calc 401.09 Mg	

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Niigaan After School Snack

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
	HOLIDAY	² Bug Bites 1pkg Apple Juice 6oz	³ Fresh Apple 1ea MILK, 1% Lowfat	⁴ String Cheese 1ea Pineapple Juice 6oz	Cal 199 T.Fat 4.53 G S.Fat 2.0 G Chol 9.1 Mg
⁷ Cheese Sandwich, w.g. 1/2 Grape Juice 6oz	⁸ Golden Banana 1ea MILK, 1% Lowfat	⁹ Turkey Wrap, w.g. 1ea Apple Juice 6oz	¹⁰ GRAPES, Fresh 3/4c MILK, 1% Lowfat	¹¹ Crunchy Cucumber Slices 3/4c MILK, 1% Lowfat	Cal 199 T.Fat 3.22 G S.Fat 1.5 G Chol 11.7 Mg
¹⁴ Elf Grahams 1pkg MILK, 1% Lowfat	¹⁵ Golden Banana 1ea MILK, 1% Lowfat	¹⁶ Fruited Yogurt, 6 oz Granola, w.g. 1/8c Orange juice 6oz	¹⁷ Baby Carrots w/dip 3/4c MILK, 1% Lowfat	¹⁸ Ham Sandwich, w.g. 1/2 Grape juice 6oz	Cal 250 T.Fat 6.09 G S.Fat 2.0 G Chol 16.5 Mg
²¹ HOLIDAY	²² Veggies w/Dip 3/4c MILK, 1% Lowfat	²³ Bug Bites 1pkg Grape juice 6oz	²⁴ String Cheese 1ea Apple Juice 6oz	²⁵ Go Big Go-Gurt 1ea Cinnamon Gripz, w.g. 1pkg Water	Cal 208 T.Fat 6.40 G S.Fat 2.4 G Chol 9.9 Mg
²⁸ Ham on w.g. 1ea Tortilla Apple Juice 6oz	²⁹ Veggies w/Dip 3/4c MILK, 1% Lowfat	³⁰ Goldfish Crackers 1pkg Orange Juice 6oz	³¹ Fruited Yogurt, 6 oz Granola, w.g. 1/8c Grape juice 6oz		Cal 255 T.Fat 6.03 G S.Fat 1.7 G Chol 15.5 Mg



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