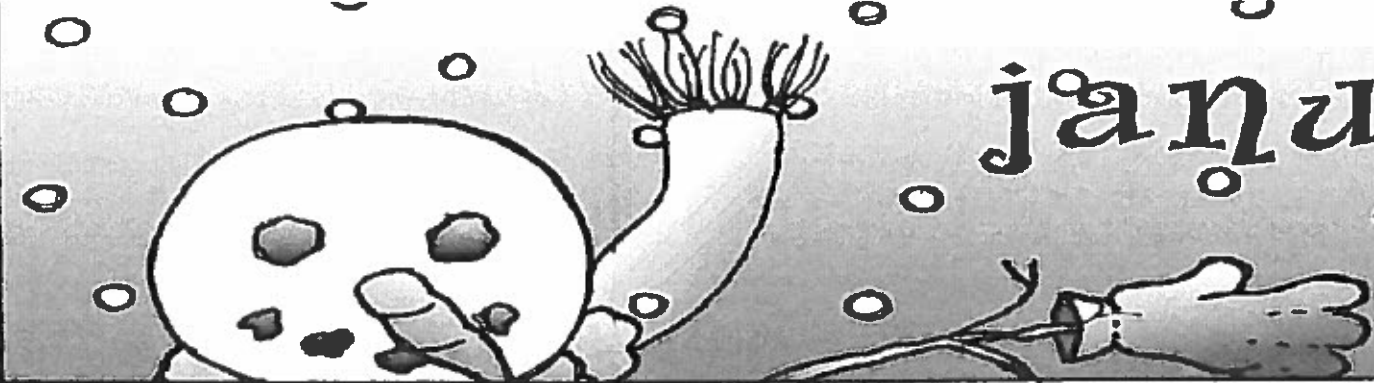


# January

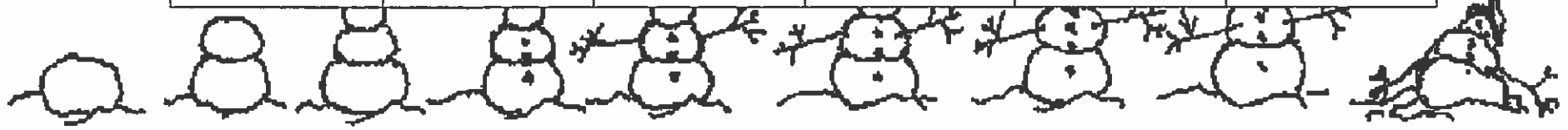
Niigaan Dinner



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<sup>1</sup> HOLIDAY  <i>NASS is a nut Safe building</i>	<sup>2</sup> NO SCHOOL TODAY	<sup>3</sup> Cook's Choice	<sup>4</sup> Chicken Tenders w/ <sup>5ca</sup> Choice of Sauces Gr. Peas <sup>1/2c</sup> Poppin' Good Grapes <sup>1/2c</sup> Creamy Mac & Cheese <sup>1/2c</sup> Milk	<sup>5</sup> Niigaan Closed	Cal 344 T.Fat 13.58 G S.Fat 2.1 G Chol 20.9 Mg Sodm 484.45 Mg Carb 39.19 G Fiber 3.7 G
<sup>8</sup> Cook's Choice	<sup>9</sup> NO SCHOOL TODAY  <i>State of the Band!</i>	<sup>10</sup> Choice of hotdog/ chili cheese dog <sup>1ca</sup> Dp Groove Crinkle Fries <sup>1/2c</sup> <sup>1/2c</sup> Poppin' Good Grapes <sup>1/2c</sup> Hot Dog Condiments <sup>2ca</sup> Milk	<sup>11</sup> BaaKa'aakwehn on Bun <sup>1ca</sup> Lettuce/Tomato <sup>1/4c/2ca</sup> Corn, Sweet <sup>1/2c</sup> Pineapple Tidbits <sup>1/2c</sup> F. F. Mayo <sup>1ca</sup> Milk	<sup>12</sup> Niigaan Closed	Cal 374 T.Fat 8.82 G S.Fat 2.7 G Chol 36.3 Mg Sodm 597.02 Mg Carb 52.39 G Fiber 3.2 G
<sup>15</sup> HOLIDAY	<sup>16</sup> Wild Rice Soup <sup>1c</sup> Glazed Carrots <sup>1/2c</sup> Pear <sup>1ca</sup> Saltine Cr., w.g. <sup>2pk</sup> Milk	<sup>17</sup> Tator Tot Hotdish <sup>1c</sup> Snappy Gr. Beans <sup>1/2c</sup> Fresh Apple <sup>1ca</sup> Parmesan Breadsticks <sup>1ca</sup> Milk	<sup>18</sup> Chicken Spaetzle Soup <sup>1c</sup> String Cheese <sup>1ca</sup> Glazed Carrots <sup>1/2c</sup> Pears in juice <sup>1/2c</sup> Saltine Cr., w.g. <sup>2pk</sup> Milk	<sup>19</sup> Niigaan Closed	Cal 483 T.Fat 14.14 G S.Fat 3.1 G Chol 49.8 Mg Sodm 632.61 Mg Carb 68.66 G Fiber 5.1 G

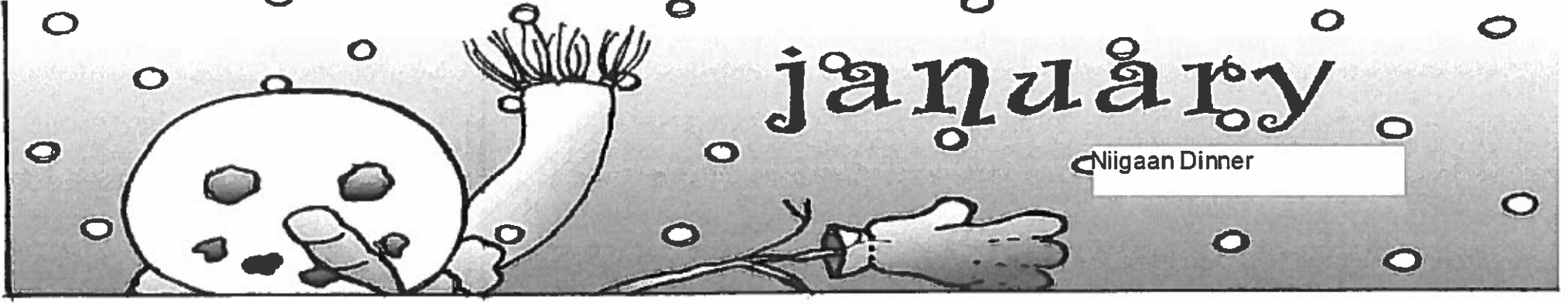


In the operation of child feeding programs, no child will be discriminated against because of race, color, national origin, age or disability. If you believe you have been discriminated against write immediately to Dept. of Agriculture.



# January

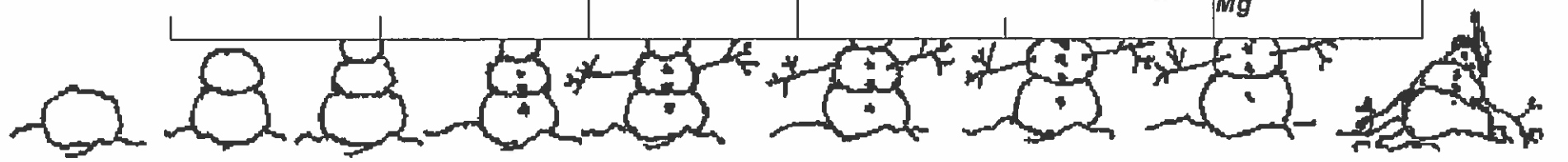
Niigaan Dinner



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<sup>22</sup> Sub w/all the fixins 1ea Baked Beans 1/2c Fruit Cocktail in juice 1/2c Condiments 1ea Milk	<sup>23</sup> Sloppy Joe on Bun 1/2c French Fries 1/2c w/ketchup Fruit Cocktail in juice 1/2c Milk	<sup>24</sup> Cheese Pizza 1sl. Glazed Carrots 1/2c Fresh Apple 1ea Mini Rice Krispy Bar 1ea Milk	<sup>25</sup> Sweet & Sour 1/2c Chicken Steamin' Broccoli 1/2c Cuts Poppin' Good Grapes 1/2c Seasoned Rice 1/2c Milk	<sup>26</sup> Niigaan Closed	<b>Cal</b> 472 <b>T.Fat</b> 9.13 G <b>S.Fat</b> 2.5 G <b>Chol</b> 32.3 Mg <b>Sodm</b> 678.19 <b>Mg</b> <b>Carb</b> 75.33 G <b>Fiber</b> 6.4 G <b>Prtn</b> 21.90 G <b>Iron</b> 2.43 Mg <b>Calc</b> 387.25 <b>Mg</b>
<sup>29</sup> Homestyle Lasagna 1ea Winter Blend Veg 1/2c Peaches in juice 1/2c Garlic Toast 1ea Milk	<sup>30</sup> Chicken-N-Gravy 1/2c Mashed Potatoes 1/2c Peaches in juice 1/2c Dinner Roll w/ Butter 1ea Milk	<sup>31</sup> Hamburger on Bun 1ea Lettuce/Tomato 1/4c/2ea Baked Beans 1/2c Poppin' Good Grapes 1/2c Hamburger Condiments 1ea Milk	<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,</p>	<sup>26</sup> Niigaan Closed	<b>Cal</b> 580 <b>T.Fat</b> 15.41 G <b>S.Fat</b> 6.1 G <b>Chol</b> 75.7 Mg <b>Sodm</b> 675.80 <b>Mg</b> <b>Carb</b> 75.82 G <b>Fiber</b> 7.9 G <b>Prtn</b> 36.05 G <b>Iron</b> 3.93 Mg <b>Calc</b> 437.11 <b>Mg</b>



NASS is a nut Safe building



# January

Niigaan After School Snack  
NASS

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
1 HOLIDAY  <i>NASS is a nut Safe building</i>	2 NO SCHOOL TODAY	3 Bug Bites 1 pkg Apple Juice 6oz	4 Fresh Apple 1ea MILK, 1% Lowfat	5 String Cheese 1ea Pineapple Juice 6oz	Cal 199 T.Fat 4.53 G S.Fat 2.0 G Chol 9.1 Mg
8 Cheese Sandwich 1/2 Apple Juice 6oz	9 NO SCHOOL TODAY  State of the Band.	10 Golden Banana 1ea MILK, 1% Lowfat	11 Turkey Wrap 1ea Apple Juice 6oz	12 GRAPES, Fresh 3/4c MILK, 1% Lowfat	Cal 198 T.Fat 3.35 G S.Fat 1.5 G Chol 9.8 Mg
15 HOLIDAY	16 Pretzels 1 pkg MILK, 1% Lowfat	17 Golden Banana 1ea MILK, 1% Lowfat	18 Fruited Yogurt, 6 oz Granola 1/8c Orange juice 6oz	19 Baby Carrots w/dip 3/4c 1ea Elf Grahams 1ea Water	Cal 231 T.Fat 6.22 G S.Fat 1.8 G Chol 10.1 Mg
22 Bagel w/ Cr. Ch or Jelly 1ea Pineapple Juice 6oz	23 Veggies w/Dip 3/4c/1ea MILK, 1% Lowfat	24 SuperPretzel 1ea w/cheese sauce - 1ea Grape juice 6oz	25 String Cheese 1ea Apple Juice 6oz	26 Go Big Go-Gurt 1ea Cinnamon Gripz 1ea Water	Cal 246 T.Fat 7.02 G S.Fat 3.3 G Chol 15.8 Mg
29 Ham Pita 1/2 Apple Juice 6oz	30 Veggies w/Dip 3/4c/1ea MILK, 1% Lowfat	31 Goldfish Crackers 1pkg Orange Juice 6oz	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,		Cal 204 T.Fat 5.74 G S.Fat 1.7 G Chol 17.9 Mg

