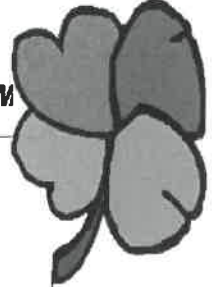
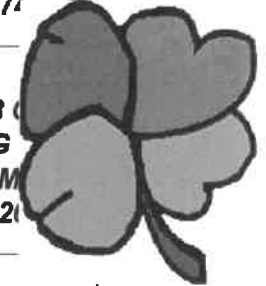
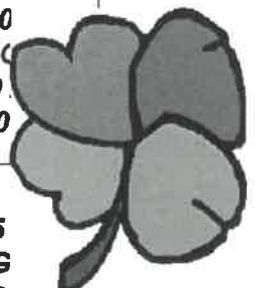
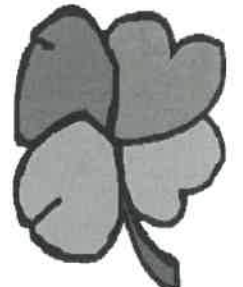
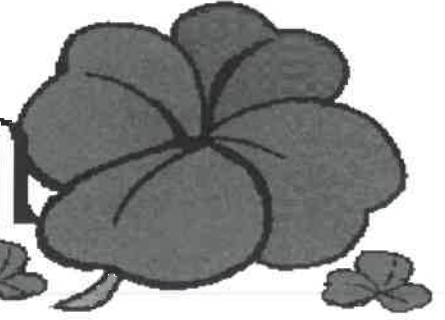


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# March



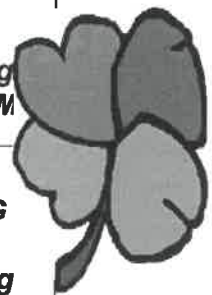
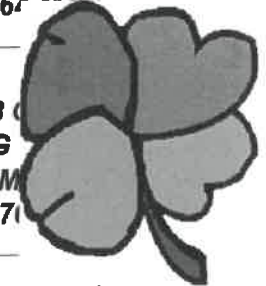
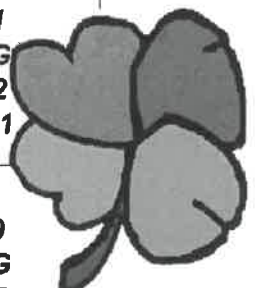
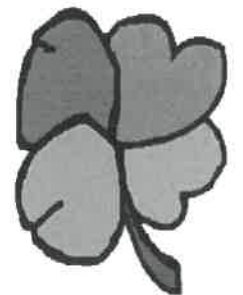
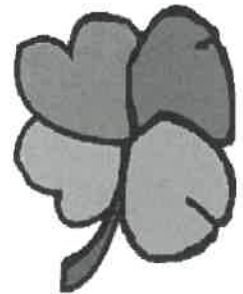
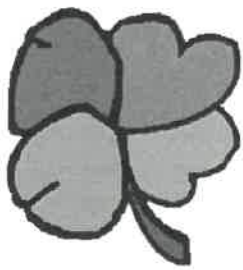
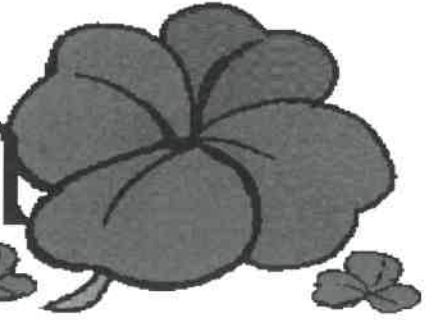
Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<p>In the operation of child feeding programs, no child will be discriminated against because of race, color, national origin, age or disability. If you believe you have been discriminated against write immediately to Dept. of Agriculture, Wash. DC 20250.</p>					<p>Cal -1 T.Fat -1.00 S.Fat -1.0 G Chol -1.0 Sodm -1.00</p>
<p>4 Elf Grahams 1pkg MILK, 1% Lowfat</p>	<p>5 Golden Banana 1ea MILK, 1% Lowfat</p>	<p>6 Fruited Yogurt, 6 oz Granola, w.g. 1/8c Orange juice 6oz</p>	<p>7 Baby Carrots w/dip 3/4c MILK, 1% Lowfat</p>	<p>8 Niigaan Closed</p>	<p>Cal 189 T.Fat 4.95 S.Fat 1.6 G Chol 10.3 mg Sodm 183.7'</p>
<p>11 Bagel, w.g. 1ea Cr. Cheese/jelly Pineapple Juice 6oz</p>	<p>12 Veggies w/Dip 3/4c MILK, 1% Lowfat</p>	<p>13 Bug Bites 1pkg Grape juice 6oz</p>	<p>14 String Cheese 1ea Apple Juice 6oz</p>	<p>15 Niigaan Closed</p>	<p>Cal 168 T.Fat 4.73 S.Fat 1.7 G Chol 8.6 M Sodm 187.2</p>
<p>18 Ham on w.g tortilla 1ea Apple Juice 6oz</p>	<p>19 Niigaan Closed K-5 P/T Conferences</p>	<p>20 Goldfish Crackers 1pkg Orange Juice 6oz</p>	<p>21 Fruited Yogurt, 6 oz Granola, w.g. 1/8c Grape juice 6oz</p>	<p>22 Niigaan Closed</p>	<p>Cal 160 T.Fat 2.39 G S.Fat 0.3 G Chol 8.1 Mg Sodm 142.97 M</p>
<p>25 Bug Bites 1pkg Apple Juice 6oz</p>	<p>26 Bagel, w.g. 1ea Cr. Cheese/jelly MILK, 1% Lowfat</p>	<p>27 Tostitos &amp; Salsa 1/4c Grape juice 6oz</p>	<p>28 Orange w.g. Cheez-its 1ea Water 1pkg</p>	<p>29 Niigaan Closed</p>	<p>Cal 168 T.Fat 3.16 G S.Fat 0.8 G Chol 4.9 Mg Sodm 169.75 Mg</p>

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Niigaan After School Snack



# March



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>1 Crunchy Cucumber Slices <sup>3/4c</sup> MILK, 1% Lowfat</p>	<p><b>Cal</b> 203 <b>T.Fat</b> 2.51 <b>S.Fat</b> 1.6 G <b>Chol</b> 12.2 <b>Sodm</b> 949.1</p>
<p>4 Elf Grahams <sup>1pkg</sup> MILK, 1% Lowfat</p>	<p>5 Golden Banana <sup>1ea</sup> MILK, 1% Lowfat</p>	<p>6 Fruited Yogurt, 6 oz Granola, w.g. <sup>1/8c</sup> Orange juice <sup>6oz</sup></p>	<p>7 Baby Carrots w/dip <sup>3/4c</sup> MILK, 1% Lowfat</p>	<p>8 Ham Sandwich, w.g. Grape juice <sup>6oz</sup></p>	<p><b>Cal</b> 250 <b>T.Fat</b> 6.09 <b>S.Fat</b> 2.0 G <b>Chol</b> 16.5 mg <b>Sodm</b> 293.6'</p>
<p>11 Bagel, w.g. Cr. Cheese/jelly <sup>1ea</sup> Pineapple Juice <sup>6oz</sup></p>	<p>12 Veggies w/Dip <sup>3/4oz</sup> MILK, 1% Lowfat</p>	<p>13 Bug Bites <sup>1pkg</sup> Grape juice <sup>6oz</sup></p>	<p>14 String Cheese <sup>1ea</sup> Apple Juice <sup>6oz</sup></p>	<p>15 Go Big Go-Gurt <sup>1ea</sup> Cinnamon Gripz, w.g. <sup>1pk</sup> Water</p>	<p><b>Cal</b> 208 <b>T.Fat</b> 5.83 <b>S.Fat</b> 2.3 G <b>Chol</b> 9.8 M <b>Sodm</b> 218.7</p>
<p>18 Ham on w.g. <sup>1ea</sup> <sup>fortilk</sup> Apple Juice <sup>6oz</sup></p>	<p>19 Veggies w/Dip <sup>3/4c</sup> MILK, 1% Lowfat</p>	<p>20 Goldfish Crackers <sup>1pkg</sup> Orange Juice <sup>6oz</sup></p>	<p>21 Fruited Yogurt, 6 oz Granola, w.g. <sup>1/8c</sup> Grape juice <sup>6oz</sup></p>	<p>22 Fresh Apple <sup>1ea</sup> Scooby doo Snacks <sup>1pkg</sup> Water</p>	<p><b>Cal</b> 248 <b>T.Fat</b> 5.64 G <b>S.Fat</b> 1.6 G <b>Chol</b> 12.4 Mg <b>Sodm</b> 257.09 M</p>
<p>25 Bug Bites <sup>1pkg</sup> Apple Juice <sup>6oz</sup></p>	<p>26 Bagel, w.g. Cr. Cheese/jelly <sup>1ea</sup> MILK, 1% Lowfat</p>	<p>27 <sup>1pkg</sup> Tostitos &amp; Salsa <sup>1/4c</sup> Grape juice <sup>6oz</sup></p>	<p>28 Orange w.g. Cheez-its <sup>1ea</sup> Water <sup>1pkg</sup></p>	<p>29 Baby Carrots w/dip <sup>3/4c</sup> MILK, 1% Lowfat</p>	<p><b>Cal</b> 309 <b>T.Fat</b> 11.98 G <b>S.Fat</b> 2.9 G <b>Chol</b> 15.6 Mg <b>Sodm</b> 569.99 Mg</p>

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