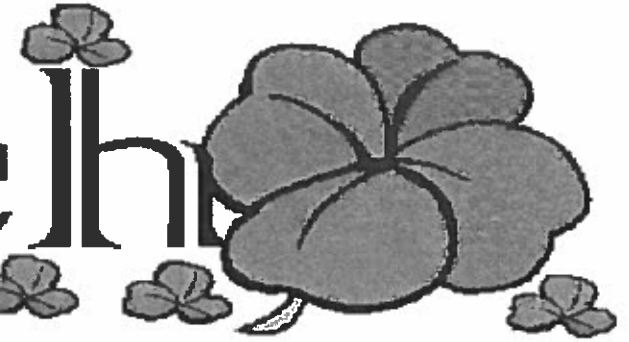




Niigaan Dinner

March



Monday

Tuesday

Wednesday

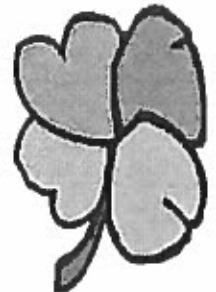
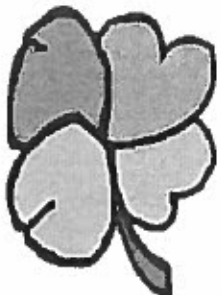
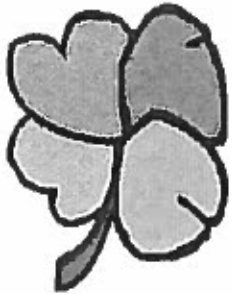
Thursday

Friday

Nutrients

			¹ Beef & Mac $\frac{3}{4}c$ Goulash Calif. Blend Veg $\frac{1}{2}c$ Mandarin Oranges $\frac{1}{2}c$ Garlic Toast $1ea$ Milk	² Niigaan Closed	Cal 287 T.Fat 7.80 G S.Fat 2.3 G Chol 35.1 Mg Sodm 441.52 Mg Carb 38.55 G Fiber 3.8 G
⁵ Soft Shell Taco $1ea$ Cheesy Refried Beans $\frac{1}{2}c$ Orange $1ea$ Sr. Cream/Salsa $\frac{1}{8}/2T$ Milk	⁶ Tator Tot Hotdish $1c$ Snappy Gr. Beans $\frac{1}{2}c$ Fresh Apple $1ea$ Parmesan Breadstick $1ea$ Milk	⁷ Chicken Chow Mein $\frac{3}{4}c$ Steamin' Broccoli Cuts $\frac{1}{2}c$ Kiwi $1\frac{1}{2}ea$ Seasoned Rice $\frac{1}{2}c$ Milk	⁸ Chicken Spaetzle Soup $1c$ String Cheese $1ea$ Glazed Carrots $\frac{1}{2}c$ Pears in juice $\frac{1}{2}c$ Saltine Cr., w.g. $2pk$ Milk	⁹ Niigaan Closed	Cal 485 T.Fat 12.51 G S.Fat 3.5 G Chol 51.7 Mg Sodm 817.53 Mg Carb 68.69 G Fiber 7.0 G
¹² Pork Roast $2oz$ Mashed Potatoes $\frac{1}{2}c$ Beef Gravy $\frac{1}{4}c$ Poppin' Good $\frac{1}{2}c$ Grapes Dinner Roll w/ Butter Milk	¹³ Sloppy Joe on Bun $\frac{1}{2}c$ French Fries $1ea$ w/ketchup Fruit Cocktail in juice Milk	¹⁴ Cheese Pizza $1.5l$ Glazed Carrots $\frac{1}{2}c$ Fresh Apple $1ea$ Mini Rice Krispy Bar Milk	¹⁵ Chicken Wrap w/Ranch Drsg Steamin' Broccoli Cuts $1ea$ Poppin' Good $\frac{1}{2}c$ Grapes $1pk$ Cheez-it Crackers Milk	¹⁶ Niigaan Closed	Cal 453 T.Fat 12.76 G S.Fat 4.1 G Chol 40.9 Mg Sodm 662.33 Mg Carb 62.86 G Fiber 4.9 G

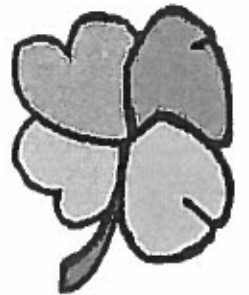
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Niigaan Dinner



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
19 Homestyle Lasagna ^{1pc} Winter Blend Veg ^{1/2c} Peaches in juice ^{1/2c} Garlic Toast ^{1ea} Milk	20 Chicken-N-Gravy ^{1/2c} Mashed Potatoes ^{1/2c} Peaches in juice ^{1/2c} Dinner Roll w/ Butter ^{1ea} Milk	21 NO SCHOOL TODAY	22 Hamburger on Bun ^{1ea} Lettuce/Tomato ^{1/4c/2ea} Baked Beans ^{1/2c} Poppin' Good ^{1/2c} Grapes Hamburger Condiments ^{1ea} Milk	23 Niigaan Closed	Cal 440 T.Fat 11.51 G S.Fat 4.2 G Chol 56.5 Mg Sodm 494.44 Mg Carb 56.70 G Fiber 5.6 G Prtn 26.92 G Iron 2.62 Mg Calc 327.17 Mg Vit A 5.56 RE
26 B.B.Q. Pork on a Bun ^{1ea} Glazed Carrots ^{1/2c} Veg/Fruit Bar ^{1/2c} Orange ^{1ea} Cheez-it Crackers Milk ^{1pk}	27 Beef Stroganoff ^{3/4c} Calif. Blend Veg ^{1/2c} Fresh Apple ^{1ea} Parmesan Breadstick ^{1ea} Milk	28 Cook's Choice	29 NO SCHOOL TODAY	30 Niigaan Closed	Cal 481 T.Fat 13.90 G S.Fat 3.5 G Chol 37.6 Mg Sodm 550.10 Mg Carb 70.69 G Fiber 7.7 G Prtn 20.07 G Iron 2.73 Mg Calc 330.46 Mg Vit A 10.24



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