

Niigaan Dinner



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
	¹ Sloppy Joe on Bun French Fries w/ketchup Fruit Cocktail in juice Milk	² Cheese Pizza Glazed Carrots Fresh Apple Mini Rice Krispy Bar Milk	³ Sweet & Sour Chicken Steamin' Broccoli Cuts Poppin' Good Grapes Seasoned Rice Milk	⁴ Niigaan Closed	Cal 428 T.Fat 8.70 G S.Fat 2.5 G Chol 31.1 Mg Sodm 547.86 Mg Carb 67.80 G Fiber 4.8 G
⁷ Chicken Tenders w/ Choice of Sauces Baked Beans Snappy Gr. Beans Pineapple Tidbits MILK, 1% Lowfat	⁸ Chicken-N-Gravy Mashed Potatoes Peaches in juice Dinner Roll w/ Butter Milk	⁹ Hamburger on Bun Lettuce/Tomato Baked Beans Poppin' Good Grapes Hamburger Condiments Milk	¹⁰ Beef Stew Crisp Cuke/Tomato Salad Sassy Applesauce Baking Powder Biscuit Milk	¹¹ Niigaan Closed	Cal 481 T.Fat 13.18 G S.Fat 4.4 G Chol 50.3 Mg Sodm 595.34 Mg Carb 62.41 G Fiber 7.3 G
¹⁴ Fish Nuggets Mixed Vegetables Orange Wild Rice Blend Tartar Sauce MILK, 1% Lowfat	¹⁵ Beef Stroganoff Calif. Blend Veg Fresh Apple Parmesan Breadstick Milk	¹⁶ Veg-Beef Barley Soup Cottage Cheese Gr. Peas Mandarin Oranges Saltine Cr., w.g. Milk	¹⁷ Caribbean Chicken on Bun Lettuce/Tomato Dp Groove Crinkle Fries Tropical Fruit Salad Milk	¹⁸ Niigaan Closed	Cal 438 T.Fat 8.99 G S.Fat 2.1 G Chol 40.1 Mg Sodm 568.52 Mg Carb 65.64 G Fiber 6.3 G

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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.

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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
²¹ Hot dog on Bun Baby Carrots w/dip Ass't Fresh Fruit Sun chips Hot Dog Condiments. MILK, 1% Lowfat	²² Spaghetti w/Meatsauce Steamin' Broccoli Cuts Fruit Cocktail in juice Garlic Toast Milk	²³ Chicken Wrap w/Ranch Drsg Glazed Carrots Fresh Apple Milk	²⁴ Chili Snow white Cauliflower Kiwi Saltine Cr., w.g. Parmesan Breadstick Milk	²⁵ Niigaan Closed	Cal 530 T.Fat 15.67 G S.Fat 4.2 G Chol 45.2 Mg Sodm 742.28 Mg Carb 74.17 G Fiber 9.1 G Prtn 23.40 G Iron 3.32 Mg Calc 352.22 Mg Vit A 18.58 RE
²⁸ HOLIDAY	²⁹ B.B.Q. Pork on a Bun Corn, Sweet Creamy Coleslaw Veg/Fruit Bar Orange Milk	³⁰ Chicken Tenders w/ Choice of Sauces Gr. Peas Poppin' Good Grapes Creamy Mac & Cheese Milk	³¹ French Dip Baked Beans Peaches in juice Mini Rice Krispy Bar Milk		Cal 680 T.Fat 20.63 G S.Fat 5.0 G Chol 54.6 Mg Sodm 826.72 Mg Carb 93.52 G Fiber 9.9 G Prtn 33.59 G Iron 4.22 Mg Calc 430.64 Mg Vit A 16.45 RE

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Niigaan After School Snack



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
	¹ Veggies w/Dip MILK,1% Lowfat	² Bug Bites Grape juice	³ String Cheese Apple Juice	⁴ Go Big Go-Gurt Cinnamon Gripz Water	Cal 208 T.Fat 6.40 G S.Fat 2.4 G Chol 9.9 Mg
⁷ Ham Pita Apple Juice	⁸ Veggies w/Dip MILK,1% Lowfat	⁹ Goldfish Crackers Orange Juice	¹⁰ Fruited Yogurt, 6 oz Granola Grape juice	¹¹ Fresh Apple Scooby doo Snacks Water	Cal 248 T.Fat 5.64 G S.Fat 1.6 G Chol 12.4 Mg
¹⁴ Bug Bites Apple Juice	¹⁵ Bagel w/ Cr. Ch or Jelly MILK,1% Lowfat	¹⁶ Tostitos & Salsa Grape juice	¹⁷ Orange Cheez-it Crackers Water	¹⁸ Baby Carrots w/dip MILK,1% Lowfat	Cal 317 T.Fat 12.38 G S.Fat 2.9 G Chol 15.6 Mg
²¹ Pear Cinnamon Gripz Water	²² Golden Banana MILK,1% Lowfat	²³ Cheese Sandwich MILK,1% Lowfat	²⁴ Cheez-it Crackers Grape juice	²⁵ HARD BOILED EGG MILK,1% Lowfat	Cal 200 T.Fat 4.74 G S.Fat 1.8 G Chol 46.9 Mg
²⁸ HOLIDAY	²⁹ Veggies w/Dip MILK,1% Lowfat	³⁰ Bug Bites Apple Juice	³¹ Fresh Apple MILK,1% Lowfat		Cal 215 T.Fat 5.85 G S.Fat 1.9 G Chol 10.6 Mg

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