

*Nay Ah Shing*  
Niigaan After School Snack



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
		<sup>1</sup> Bug Bites 1pkg Grape juice 6oz	<sup>2</sup> String Cheese 1ea Apple Juice 6oz	<sup>3</sup> Niigaan Closed	<b>Cal 137</b> <b>T.Fat 3.31 G</b> <b>S.Fat 1.2 G</b> <b>Chol 4.7 Mg</b>
<sup>6</sup> Ham on w.g Pita 1/2ea Apple Juice 6oz	<sup>7</sup> Veggies w/Dip 3/4c MILK, 1% Lowfat	<sup>8</sup> Goldfish Crackers 1pkg Orange Juice 6oz	<sup>9</sup> Fruited Yogurt, 6 oz Granola, w.g. 1/8c Grape juice 6oz	<sup>10</sup> Niigaan Closed	<b>Cal 204</b> <b>T.Fat 4.62 G</b> <b>S.Fat 1.2 G</b> <b>Chol 12.2 Mg</b>
<sup>13</sup> Bug Bites 1pkg Apple Juice 6oz	<sup>14</sup> Bagel, w.g. 1ea Cr. Cheese/jelly MILK, 1% Lowfat	<sup>15</sup> Tostitos & Salsa 1pkg/1/4c Grape juice 6oz	<sup>16</sup> Orange 1ea w.g. Cheez-its 1pkg Water	<sup>17</sup> Niigaan Closed	<b>Cal 168</b> <b>T.Fat 3.16 G</b> <b>S.Fat 0.8 G</b> <b>Chol 4.9 Mg</b>
<sup>20</sup> Pear 1ea Cinnamon Gripz, w.g. 1pkg Water	<sup>21</sup> Golden Banana 1ea MILK, 1% Lowfat	<sup>22</sup> Cheese Sandwich, w.g. 1/2 MILK, 1% Lowfat	<sup>23</sup> w.g. Cheez-its 1pkg Grape juice 6oz	<sup>24</sup> Niigaan Closed	<b>Cal 160</b> <b>T.Fat 3.00 G</b> <b>S.Fat 1.0 G</b> <b>Chol 7.0 Mg</b>
<sup>27</sup> HOLIDAY	<sup>28</sup> Scooby doo Snacks 1pkg Orange Juice 6oz	<sup>29</sup> Fresh Apple 1ea MILK, 1% Lowfat	<sup>30</sup> String Cheese 1ea Pineapple Juice 6oz	<sup>31</sup> Niigaan Closed	<b>Cal 137</b> <b>T.Fat 2.99 G</b> <b>S.Fat 1.3 G</b> <b>Chol 6.6 Mg</b>

***NASS is a nut Safe building***

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.

Chiminising  
Niigaan After School Snack



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
		1 Bug Bites 1pkg Grape juice 6oz	2 String Cheese 1ea Apple Juice 6oz	3 Go Big Go-Gurt 1ea Cinnamon Gripz, w.g. 1pkg Water	<b>Cal 204</b> <b>T.Fat 5.14 G</b> <b>S.Fat 2.2 G</b> <b>Chol 6.7 Mg</b>
6 Ham on w.g Pita 1/2 Apple Juice 6oz	7 Veggies w/Dip 3/4c MILK, 1% Lowfat	8 Goldfish Crackers 1pkg Orange Juice 6oz	9 Fruited Yogurt, 6 oz Granola, w.g. 1/8c Grape juice 6oz	10 Fresh Apple 1ea Scooby doo Snacks 1pkg Water	<b>Cal 248</b> <b>T.Fat 5.64 G</b> <b>S.Fat 1.6 G</b> <b>Chol 12.4 Mg</b>
13 Bug Bites 1pkg Apple Juice 6oz	14 Bagel, w.g. 1ea Cr. Cheese/jelly MILK, 1% Lowfat	15 Tostitos & Salsa 1pkg/1/4c Grape juice 6oz	16 Orange 1ea w.g. Cheez-its 1pkg Water	17 Baby Carrots w/dip 3/4c MILK, 1% Lowfat	<b>Cal 309</b> <b>T.Fat 11.98 G</b> <b>S.Fat 2.9 G</b> <b>Chol 15.6 Mg</b>
20 Pear 1ea Cinnamon Gripz, w.g. 1pkg Water	21 Golden Banana 1ea MILK, 1% Lowfat	22 Cheese Sandwich, w.g. 1/2 MILK, 1% Lowfat	23 w.g. Cheez-its 1pkg Grape juice 6oz	24 HARD BOILED EGG 1ea MILK, 1% Lowfat	<b>Cal 196</b> <b>T.Fat 4.74 G</b> <b>S.Fat 1.8 G</b> <b>Chol 46.9 Mg</b>
27 HOLIDAY	28 Scooby doo Snacks 1pkg Orange Juice 6oz	29 Fresh Apple 1ea MILK, 1% Lowfat	30 String Cheese 1ea Pineapple Juice 6oz	31 Bug Bites 1pkg Apple Juice 6oz	<b>Cal 195</b> <b>T.Fat 4.42 G</b> <b>S.Fat 1.8 G</b> <b>Chol 6.8 Mg</b>

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