



Niigaan Dinner

NASS is a nut Safe building

# November

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>			<sup>1</sup> w.g. Chicken Wrap <i>1ea</i> w/Ranch Drsg <i>1pk</i> Glazed Carrots <i>1/2c</i> Fresh Apple <i>1ea</i> Milk	<sup>2</sup> Niigaan Closed	<b>Cal 261</b> <b>T.Fat 5.95 G</b> <b>S.Fat 1.3 G</b> <b>Chol 25.0 Mg</b> <b>Sodm 496.54 Mg</b>
<sup>5</sup> Caribbean Chicken on Bun <i>1ea</i> Lettuce/Tomato <i>1/4c/2sl.</i> Dp Groove Crinkle Fries <i>1/2c</i> Tropical Fruit Salad <i>1/2c</i> Milk	<sup>6</sup> w.g. Chicken Tenders w/ <i>3ea</i> Choice of Sauces <i>1pk</i> Creamy Mac & Cheese, w.g. <i>1/2c</i> Gr. Peas <i>1/2c</i> Poppin' Good Grapes <i>1/2c</i> Milk	<sup>7</sup> French Dip on w.g. bun <i>1ea</i> Baked Beans <i>1/2c</i> Peaches in juice <i>1/2c</i> Milk	<sup>8</sup> NO SCHOOL TODAY	<sup>9</sup> Niigaan Closed	<b>Cal 507</b> <b>T.Fat 12.65 G</b> <b>S.Fat 2.6 G</b> <b>Chol 55.0 Mg</b> <b>Sodm 677.06 Mg</b>
<sup>12</sup> HOLIDAY	<sup>13</sup> Pepperoni Pizza, wg <i>1sl.</i> Glazed Carrots <i>1/2c</i> Pears in juice <i>1/2c</i> Milk	<sup>14</sup> Hotdog/chili cheese dog on w.g. bun <i>1ea</i> Dp Groove Crinkle Fries <i>1/2c</i> Poppin' Good Grapes <i>1/2c</i> Hot Dog Condiments. <i>2pk</i> Milk	<sup>15</sup> BaaKa'aakwehn on <i>1ea</i> w.g. bun Lettuce/Tomato <i>1/4c/2sl.</i> Corn, Sweet <i>1/2c</i> Pineapple Tidbits <i>1/2c</i> F. F. Mayo <i>1pk</i> Milk	<sup>16</sup> NO SCHOOL TODAY	<b>Cal 569</b> <b>T.Fat 13.70 G</b> <b>S.Fat 4.2 G</b> <b>Chol 57.5 Mg</b> <b>Sodm 887.27 Mg</b>
<sup>19</sup> <i>Cook's Choice</i>	<sup>20</sup> Chicken Spaetzle Soup <i>1c</i> Cheese Sandwich, w.g. <i>1/2</i> Glazed Carrots <i>1/2c</i> Pears in juice <i>1/2c</i> Saltine Cr., w.g. <i>2pk</i> Milk	<sup>21</sup> Niigaan Closed	<sup>22</sup> HOLIDAY	<sup>23</sup> HOLIDAY	<b>Cal 395</b> <b>T.Fat 5.72 G</b> <b>S.Fat 1.0 G</b> <b>Chol 61.1 Mg</b> <b>Sodm 569.56 Mg</b>
<sup>26</sup> <i>Cook's Choice</i>	<sup>27</sup> Sloppy Joe on w.g. bun <i>1ea</i> Potato Wedges <i>1/2c</i> Fruit Cocktail in juice <i>1/2c</i> Milk	<sup>28</sup> Cheese Pizza, wg <i>1sl.</i> Glazed Carrots <i>1/2c</i> Fresh Apple <i>1ea</i> Milk	<sup>29</sup> Chicken Chow Mein <i>3/4c</i> Vegetable Egg Roll, wg <i>1ea</i> Steamin' Broccoli Cuts <i>1/2c</i> Poppin' Good Grapes <i>1/2c</i> Seasoned Rice, wg <i>1/2c</i> Milk	<sup>30</sup> Niigaan Closed	<b>Cal 455</b> <b>T.Fat 9.37 G</b> <b>S.Fat 2.2 G</b> <b>Chol 35.7 Mg</b> <b>Sodm 746.43 Mg</b>



Niigaan After School Snack

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<sup>5</sup> Scooby doo Snacks 1pkg Orange Juice 6oz	<sup>6</sup> Veggies w/Dip 3/4c/1oz MILK, 1% Lowfat	<sup>7</sup> Bug Bites 1pkg Apple Juice 6oz	<sup>8</sup> Fresh Apple 1ea MILK, 1% Lowfat	<sup>9</sup> String Cheese 1ea Pineapple Juice 6oz	<b>Cal 200</b> <b>T.Fat 5.57 G</b> <b>S.Fat 2.1 G</b> <b>Chol 9.4 Mg</b> <b>Sodm 205.27 Mg</b>
<sup>12</sup> HOLIDAY	<sup>13</sup> Golden Banana 1ea MILK, 1% Lowfat	<sup>14</sup> Turkey Wrap, wg 1ea Apple Juice 6oz	<sup>15</sup> GRAPES, Fresh 3/4c MILK, 1% Lowfat	<sup>16</sup> Crunchy Cucumber Slices 3/4c MILK, 1% Lowfat	<b>Cal 199</b> <b>T.Fat 2.98 G</b> <b>S.Fat 1.5 G</b> <b>Chol 12.8 Mg</b> <b>Sodm 425.15 Mg</b>
<sup>19</sup> Elf Grahams 1pkg MILK, 1% Lowfat	<sup>20</sup> Golden Banana 1ea MILK, 1% Lowfat	<sup>21</sup> Niigaan Closed  1/2 day holiday	<sup>22</sup> HOLIDAY	<sup>23</sup> HOLIDAY	<b>Cal 244</b> <b>T.Fat 5.25 G</b> <b>S.Fat 1.9 G</b> <b>Chol 10.9 Mg</b> <b>Sodm 152.47 Mg</b>
<sup>26</sup> Bagel, w.g. 1/2ea Cr. Cheese/jelly Pineapple Juice 6oz	<sup>27</sup> Veggies w/Dip 3/4c MILK, 1% Lowfat	<sup>28</sup> Bug Bites 1pkg Grape juice 6oz	<sup>29</sup> String Cheese 1ea Apple Juice 6oz	<sup>30</sup> Go Big Go-Gurt 1ea Cinnamon Gripz, w.g. 1pkg Water	<b>Cal 208</b> <b>T.Fat 5.83 G</b> <b>S.Fat 2.3 G</b> <b>Chol 9.8 Mg</b> <b>Sodm 218.76 Mg</b>