



Niigaan After School Snack

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>		¹ Cheese Sandwich <i>1/2 sand</i> MILK, 1% Lowfat	² Nature Valley Backpacker <i>1pk</i> Grape juice <i>6oz</i>	³ Niigaan Closed	Cal 160 T.Fat 3.53 G S.Fat 0.9 G Chol 6.2 Mg Sodm 208.29 Mg
⁶ Scooby doo Snacks <i>1pk</i> Orange juice <i>6oz</i>	⁷ Veggies w/Dip <i>3/4c</i> MILK, 1% Lowfat	⁸ Bug Bites <i>1pk</i> Apple Juice <i>6oz</i>	⁹ Fresh Apple <i>1ea</i> MILK, 1% Lowfat	¹⁰ HOLIDAY	Cal 192 T.Fat 5.33 G S.Fat 1.7 G Chol 8.0 Mg Sodm 202.99 Mg
¹³ Butterscotch Oatmeal Bar <i>1ca</i> Apple Juice <i>6oz</i>	¹⁴ Golden Banana, <i>reg-1ea</i> MILK, 1% Lowfat	¹⁵ Ham Sandwich <i>1/2 sand</i> Grape juice <i>6oz</i>	¹⁶ GRAPES, Fresh <i>3/4c</i> MILK, 1% Lowfat	¹⁷ NO SCHOOL TODAY <i>MIEA</i>	Cal 201 T.Fat 3.24 G S.Fat 1.3 G Chol 14.9 Mg Sodm 159.40 Mg
²⁰ Fr. Toast Snack Brd <i>1ea</i> MILK, 1% Lowfat	²¹ Golden Banana, <i>reg-1ea</i> MILK, 1% Lowfat	²² Niigaan Closed	²³ HOLIDAY	²⁴ HOLIDAY	Cal 188 T.Fat 6.02 G S.Fat 1.9 G Chol 27.8 Mg Sodm 154.91 Mg
²⁷ Bagel w/ Cr. Ch or Jelly <i>1ea</i> Pineapple Juice <i>6oz</i>	²⁸ Veggies w/Dip <i>3/4c</i> MILK, 1% Lowfat	²⁹ Orange <i>1ea</i> Nutri-Grain Bar <i>1ea</i> Water	³⁰ Raspberry Churro <i>1ea</i> String Cheese <i>1ea</i> Water		Cal 219 T.Fat 6.93 G S.Fat 2.6 G Chol 11.0 Mg Sodm 251.95 Mg



Niigaan Dinner

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<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 Chicken Wrap 1ea w/Ranch Drsg 1/2c Glazed Carrots 1/2c Fresh Apple 1ea Milk</p>	<p>2 Chiif 1c Snow white Cauliflower 1/2c Kiwi 1/2ea Saltine Cr., w.g. 2ea Parmesan Breadstick 1ea Milk</p>	<p>3 Niigaan Closed</p>	<p>Cal 406 T.Fat 9.64 G S.Fat 2.0 G Chol 32.1 Mg Sodm 666.72 Mg</p>
<p>6 Hamburger Gravy 1/2c Mashed Potatoes 1/2c Snappy Gr. Beans 1/2c Golden Banana 1ea Bread & Butter 1ea Milk</p>	<p>7 Chicken Tenders w/ 3ea Choice of Sauces Gr. Peas 1/2c Poppin' Good Grapes 1/2c Creamy Mac & Cheese 1/3c Milk</p>	<p>8 French Dip 2oz / 1 bun Baked Beans 1/2c Peaches in juice 1/2c Mini Rice Krispy Bar 1ea Milk</p>	<p>9 B.B.Q. Sluggers 2ea Italian Blend Veg 1/2c Fruit Cocktail in juice 1/2c Bread & Jelly 1ea Milk</p>	<p>10 HOLIDAY</p>	<p>Cal 630 T.Fat 17.60 G S.Fat 4.8 G Chol 68.6 Mg Sodm 767.81 Mg</p>
<p>13 Cook's Choice</p>	<p>14 Choice of hotdog/ 1ea chili cheese dog Dp Groove Crinkle Fries 1/2c Poppin' Good Grapes 1/2c Hot Dog Condiments. 2ea Milk</p>	<p>15 BaaKa'aakwehn on Bun 1ea Lettuce/Tomato 1/4c/2st Corn, Sweet 1/2c Pineapple Tidbits 1/2c F. F. Mayo 1ea Milk</p>	<p>16 GROUND BEEF & 3/4c MACARONI Goulash Calif. Blend Veg 1/2c Mandarin Oranges 1/2c Garlic Toast 1ea Milk</p>	<p>17 NO SCHOOL TODAY</p>	<p>Cal 571 T.Fat 14.30 G S.Fat 5.1 G Chol 56.0 Mg Sodm 780.71 Mg</p>
<p>20 Wild Rice Soup 1c Glazed Carrots 1/2c Pear 1ea Saltine Cr., w.g. 2pk Milk</p>	<p>21 Cook's Choice</p>	<p>22 Niigaan Closed</p>	<p>23 HOLIDAY</p>	<p>24 HOLIDAY</p>	<p>Cal 311 T.Fat 7.46 G S.Fat 0.1 G Chol 25.5 Mg Sodm 294.37 Mg</p>
<p>27 Sub w/all the fixins 1ea Baked Beans 1/2c Fruit Cocktail in juice 1/2c Condiments 1ea Milk</p>	<p>28 Sloppy Joe on Bun 1/2c/1 bun French Fries w/ketchup 1/2c Fruit Cocktail in juice 1/2c Milk</p>	<p>29 Cheese Pizza 1st Glazed Carrots 1/2c Fresh Apple 1ea Mini Rice Krispy Bar 1ea Milk</p>	<p>30 Sweet & Sour Chicken 1/2c Steamin' Broccoli Cuts 1/2c Poppin' Good Grapes 1/2c Seasoned Rice 1/2c Milk</p>		<p>Cal 603 T.Fat 11.78 G S.Fat 3.3 G Chol 40.6 Mg Sodm 902.99 Mg</p>