




Niigaan Dinner

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
² Wild Rice Soup 1c Glazed Carrots 1/2c Pear 1ea Saltine Cr., w.g. 2pk Milk	³ Tator Tot Holdish 1c Snappy Gr. Beans 1/2c Fresh Apple 1ea Parmesan Breadstick 1ea Milk	⁴ Chicken A La King 3/4c Steamin' Broccoli Cuts 1/2c Kiwi 1 1/2 ea Baking Powder Biscuit 1ea Milk	⁵ Chicken Spaetzle Soup 1c String Cheese 1ea Glazed Carrots 1/2c Pears in juice 1/2c Saltine Cr., w.g. 2pkgy Milk	⁶ Niigaan Closed	Cal 506 T.Fat 14.77 G S.Fat 3.7 G Chol 50.7 Mg Sodm 656.07 Mg
⁹ HOLIDAY	¹⁰ Sub w/all the fixins 1ea Baked Beans 1/2c Fruit Cocktail in juice 1/2c Condiments 1ea Milk	¹¹ Cheese Pizza 1sl. Glazed Carrots 1/2c Fresh Apple 1ea Mini Rice Krispy Bar 1ea Milk	¹² Sweet & Sour Chicken 1/2c Steamin' Broccoli Cuts 1/2c Poppin' Good Grapes 1/2c Seasoned Rice 1/2c Milk	¹³ Niigaan Closed	Cal 424 T.Fat 6.40 G S.Fat 1.6 G Chol 23.1 Mg Sodm 609.24 Mg
¹⁶ Homestyle Lasagna 1pc Winter Blend Veg 1/2c Peaches in juice 1/2c Garlic Toast 1ea Milk	¹⁷ Chicken-N-Gravy 1/2c Mashed Potatoes 1/2c Peaches in juice 1/2c Dinner Roll w/ Butter 1ea Milk	¹⁸ Hamburger on Bun 1ea Lettuce/Tomato 1/4c/2sl. Baked Beans 1/2c Poppin' Good Grapes 1/2c Hamburger Condiments 1ea Milk	¹⁹ Beef Stew 1c Crisp Cuke/Tomato Salad 1/4c Sassy Applesauce 1/2c Baking Powder Biscuit 1ea Milk	²⁰ Niigaan Closed 1:00 dismissal	Cal 460 T.Fat 12.69 G S.Fat 5.2 G Chol 53.9 Mg Sodm 606.00 Mg
²³ Cheesy Dunker Sauce 1/2c Spinach/Strawberry Salad 1c Juicy Apricot Halves 1/2c Cheesy Garlic Toast 2ea Milk	²⁴ Beef Stroganoff 3/4c Calif. Blend Veg 1/2c Fresh Apple 1ea Parmesan Breadstick 1ea Milk	²⁵ Corndog 1ea Sweet Potato Bites 1/2c Pear 1ea Ketchup & Mustard 2ea Milk	²⁶ Veg-Beef Noodle Soup 1c Cottage Cheese 2oz Gr. Peas 1/2c Mandarin Oranges 1/2c Saltine Cr., w.g. 2pkgy Milk	²⁷ Niigaan Closed 	Cal 492 T.Fat 13.30 G S.Fat 3.6 G Chol 42.0 Mg Sodm 663.24 Mg
³⁰ Caribbean Chicken on Bun 1ea Lettuce/Tomato 1/4c/2sl. Dp Groove Crinkle Fries 1/2c Tropical Fruit Salad 1/2c Milk	³¹ Spaghetti w/Meatsauce 1c Steamin' Broccoli Cuts 1/2c Fruit Cocktail in juice 1/2c Garlic Toast 1ea Milk	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.		Cal 662 T.Fat 14.71 G S.Fat 4.1 G Chol 71.9 Mg Sodm 699.01 Mg	