




Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
1 Elf Grahams <i>1pkg</i> MILK,1% Lowfat	2 Golden Banana <i>1ea</i> MILK,1% Lowfat	3 Fruited Yogurt, 6 oz Granola, w.g. <i>1/8c</i> Orange juice <i>6oz</i>	4 Baby Carrots w/dip <i>3/4c/1oz</i> MILK,1% Lowfat	5 Ham Sandwich, w.g. <i>1/2sand</i> Grape juice <i>6oz</i>	Cal 250 T.Fat 6.09 G S.Fat 2.0 G Chol 16.5 Mg Sodm 293.64 Mg
8 HOLIDAY	9 Veggies w/Dip <i>3/4c/1oz</i> MILK,1% Lowfat	10 Bug Bites <i>1pkg</i> Grape juice <i>6oz</i>	11 String Cheese <i>1ea</i> Apple Juice <i>6oz</i>	12 Go Big Go-Gurt <i>1ea</i> Cinnamon Gripz, w.g. <i>1pkg</i> Water	Cal 208 T.Fat 6.40 G S.Fat 2.4 G Chol 9.9 Mg Sodm 240.27 Mg
15 Ham on w.g Pita <i>1/2</i> Apple Juice <i>6oz</i>	16 Veggies w/Dip <i>3/4c/1oz</i> MILK,1% Lowfat	17 Goldfish Crackers <i>1pkg</i> Orange Juice <i>6oz</i>	18 Fruited Yogurt, 6 oz Granola, w.g. <i>1/8c</i> Grape juice <i>6oz</i>	19 Fresh Apple <i>1ea</i> Scooby doo Snacks <i>1pkg</i> Water	Cal 248 T.Fat 5.64 G S.Fat 1.6 G Chol 12.4 Mg Sodm 257.09 Mg
22 Bug Bites <i>1pkg</i> Apple Juice <i>6oz</i>	23 Bagel, w.g. <i>1/2</i> Cr. Cheese/jelly <i>1pk</i> MILK,1% Lowfat	24 Tostitos & Salsa <i>1pkg/1/4c</i> Grape juice <i>6oz</i>	25 Orange <i>1ea</i> w.g. Cheez-its <i>1pkg</i> Water	26 Baby Carrots w/dip <i>3/4c/1oz</i> MILK,1% Lowfat	Cal 317 T.Fat 12.38 G S.Fat 2.9 G Chol 15.6 Mg Sodm 705.99 Mg
29 Pear <i>1ea</i> Cinnamon Gripz, w.g. <i>1pkg</i> Water	30 Golden Banana <i>1ea</i> MILK,1% Lowfat	31 Cheese Sandwich, w.g. <i>1/2sand</i> MILK,1% Lowfat			Cal 200 T.Fat 4.10 G S.Fat 2.0 G Chol 10.6 Mg Sodm 201.40 Mg

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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
1 Soft Shell Taco, w.g. <i>1ea</i> Cheesy Refried Beans <i>1/2c</i> Orange <i>1ea</i> Sr. Cream/Salsa <i>1oz/2T</i> Milk	2 Tator Tot Hotdish <i>1c</i> Snappy Gr. Beans <i>1/2c</i> Fresh Apple <i>1ea</i> w.g. Bread & Jelly <i>1ea</i> Milk	3 Chicken A La King <i>1c</i> Steamin' Broccoli Cuts <i>1/2c</i> Pineapple Tidbits <i>1/2c</i> B.P. Biscuit, w.g. <i>1ea</i> Milk	4 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	5 Niigaan Closed	Cal 520 T.Fat 12.81 G S.Fat 3.8 G Chol 52.5 Mg Sodm 825.38 Mg
8 HOLIDAY	9 Meatloaf <i>1st.</i> Mashed Potatoes <i>1/2c</i> Beef Gravy <i>1/4c</i> Poppin' Good Grapes <i>1/2c</i> W.G. Dinner Roll <i>1ea</i> Milk	10 Cheese Pizza, wg <i>1st.</i> Glazed Carrots <i>1/2c</i> Fresh Apple <i>1ea</i> Milk	11 Sloppy Joe on w.g. bun <i>1ea</i> Potato Wedges <i>1/2c</i> Fruit Cocktail in juice <i>1/2c</i> Milk	12 Niigaan Closed	Cal 439 T.Fat 10.81 G S.Fat 3.3 G Chol 40.3 Mg Sodm 593.46 Mg
15 Homestyle Lasagna, w.g. <i>1pc</i> Calif. Blend Veg <i>1/2c</i> Peaches in juice <i>1/2c</i> Garlic Toast, w.g. <i>1ea</i> Milk	16 Niigaan Closed K-5 PIT Conferences 4:00 - 7:00	17 Chicken-N-Gravy <i>3/4c</i> Mashed Potatoes <i>1/2c</i> Tropical Fruit Salad <i>1/2c</i> w.g. Bread & Jelly <i>1st.</i> Milk	18 Hamburger on Bun <i>1ea</i> American Cheese Slice <i>1st.</i> Lettuce/Tomato <i>1/4c/2st.</i> Baked Beans <i>1/2c</i> Poppin' Good Grapes <i>1/2c</i> Hamburger Condiments <i>1ea</i> Milk	19 Niigaan Closed	Cal 375 T.Fat 8.54 G S.Fat 2.9 G Chol 52.5 Mg Sodm 515.25 Mg
22 Fish Nuggets, wg <i>4ea</i> Glazed Carrots <i>1/2c</i> Orange <i>1ea</i> Wild Rice Blend <i>1/2c</i> Tartar Sauce <i>2T</i> Milk	23 Beef Stroganoff <i>1c</i> Calif. Blend Veg <i>1/2c</i> Fresh Apple <i>1ea</i> Garlic Breadstick, w.g. <i>1ea</i> Milk	24 Corndog, w.g. <i>1ea</i> Sweet Potato Bites <i>1/2c</i> Pear <i>1ea</i> Ketchup & Mustard <i>2ea</i> Milk	25 Veg-Beef Barley Soup <i>1c</i> String Cheese <i>1ea</i> Gr. Peas <i>1/2c</i> Mandarin Oranges <i>1/2c</i> Saltine Cr., w.g. <i>2pk</i> Milk	26 Niigaan Closed	Cal 588 T.Fat 15.55 G S.Fat 4.0 G Chol 68.0 Mg Sodm 693.14 Mg
29 B.B.Q. Pork on a Bun <i>1ea</i> Corn, Sweet <i>1/2c</i> Orange <i>1ea</i> Milk	30 Spaghetti w/Meatsauce <i>1c</i> Parmesan Cheese <i>1T</i> Steamin' Broccoli Cuts <i>1/2c</i> Fruit Cocktail in juice <i>1/2c</i> Garlic Toast, w.g. <i>1ea</i> Milk	31 w.g. Chicken Wrap <i>1ea</i> w/Ranch Drsg Glazed Carrots <i>1/2c</i> Fresh Apple <i>1ea</i> Milk		31 Niigaan Closed	Cal 686 T.Fat 18.64 G S.Fat 5.6 G Chol 65.4 Mg Sodm 981.98 Mg

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