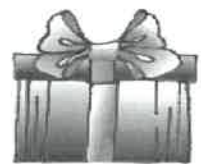


6-12 Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
3 Dish @ 9:30	4 Rice Krispies, w.g. 1ea Bagel, w.g. 1ea Cr. Cheese/Jelly Mandarin Oranges 1/2c Fresh Fruit Tray 1/2c Choice of Milk	5 Brkfst Wrap, w.g. 1ea w/taco sauce Fruited yogurt 1oz Peaches in juice 1/2c Fresh Fruit Tray 1/2c Choice of Milk	6 W.g.Pancakes w/Apples 2ea 1/4c Sausage Links 2ea Golden Banana 1ea Fresh Fruit Tray 1/2c Choice of Milk	7 Oatmeal 1c Toast, w.g. 1ea w/ choice of Spreads Fresh Apple 1ea Fresh Fruit Tray 1/2c Choice of Milk	<b>Cal 536</b> <b>T.Fat 13.80 G</b> <b>S.Fat 5.4 G</b> <b>Chol 68.4 Mg</b> <b>Sodm 557.04 Mg</b>
10 Breakfast Pizza, wg 1sl. Fruited yogurt 1oz Pineapple Tidbits 1/2c Fresh Fruit Tray 1/2c Choice of Milk	11 w.g. Fr. Toast Stix w/ 4ea Strawberry Topping 1/4c Sausage Patty 1ea Peaches in juice 1/2c Fresh Fruit Tray 1/2c Choice of Milk	12 Frosted Cinn Roll, w.g. 1ea String Cheese 1ea Orange 1ea Fresh Fruit Tray 1/2c Choice of Milk	13 Scrambled Eggs 1/2c w.g Eng. Muffin w/ spds 1ea Fruit Cocktail in juice 1/2c Fresh Fruit Tray 1/2c Choice of Milk	14 Corn Chex 1c Backpackers, w.g. 1pkg Golden Banana 1ea Fresh Fruit Tray 1/2c Choice of Milk	<b>Cal 523</b> <b>T.Fat 14.35 G</b> <b>S.Fat 5.1 G</b> <b>Chol 97.9 Mg</b> <b>Sodm 538.68 Mg</b>
17 Apple Cinnamon Cheerios 1ea Apple Bosco Stick 1ea Pears in juice 1/2c Fresh Fruit Tray 1/2c Choice of Milk	18 Pretzel Egg Sandwich, wg 1ea Strawberry cup 1/2c Fresh Fruit Tray 1/2c Choice of Milk	19 Cheese Omelet 1ea Toast, w.g. 1ea w/ choice of Spreads Fresh Apple 1ea Fresh Fruit Tray 1/2c Choice of Milk	20 Oatmeal w/Raisins 1c/1/4c Baked Ham 1oz Juicy Apricot Halves 1/2c Fresh Fruit Tray 1/2c Choice of Milk 1:00 dismissal	21 NO SCHOOL TODAY	<b>Cal 490</b> <b>T.Fat 10.64 G</b> <b>S.Fat 3.7 G</b> <b>Chol 91.9 Mg</b> <b>Sodm 438.94 Mg</b>
24 HOLIDAY	25 HOLIDAY	26 NO SCHOOL TODAY	27 NO SCHOOL TODAY	28 NO SCHOOL TODAY	
31 NO SCHOOL TODAY  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.  

# DECEMBER

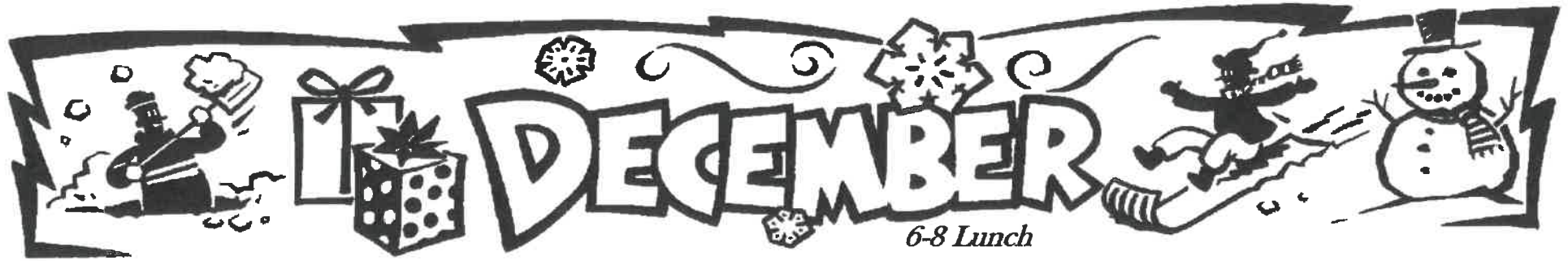
6-8 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
3 Chicken-N-Gravy <i>3/4c</i> Mashed Potatoes <i>1/2c</i> Snappy Gr. Beans <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Peaches in juice <i>1/2c</i> w.g. Bread & Jelly <i>1ea</i> Milk	4 Hamburger on Bun <i>1ea</i> American Cheese Slice <i>1sl.</i> Lettuce/Tomato <i>1/4c/2sl.</i> Baked Beans <i>1/2c</i> Glazed Carrots <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Poppin' Good Grapes <i>1/2c</i> Hamburger Condiments <i>1ea</i> Milk	5 Beef Stew <i>1c</i> Crisp Cuke/Tomato Salad <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Sassy Applesauce <i>1/2c</i> B.P. Biscuit, w.g. <i>1ea</i> Milk	6 Cheesy Dunker Sauce <i>3/4c</i> Spinach/Strawberry Salad <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Juicy Apricot Halves <i>1/2c</i> Cheesy Garlic Tst, w.g. <i>2ea</i> Milk	7 Fish Nuggets, wg <i>5ea</i> Steamin' Broccoli Cuts <i>1/2c</i> Creamy Coleslaw <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Orange <i>1ea</i> Wild Rice Blend <i>1/2c</i> Tartar Sauce <i>2T</i> Milk	<b>Cal 706</b> <b>T.Fat 20.37 G</b> <b>S.Fat 6.3 G</b> <b>Chol 78.9 Mg</b> <b>Sodm 1011.74 Mg</b> <b>Carb 94.84 G</b> <b>Fiber 11.2 G</b> <b>Prtn 38.35 G</b> <b>Iron 4.80 Mg</b> <b>Calc 499.53 Mg</b> <b>Vit A 26.25 RE</b> <b>Vit C 63.90 Mg</b>
10 Beef Stroganoff <i>2/3c</i> Italian Blend Veg <i>1/2c</i> Steamin' Broccoli Cuts <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Poppin' Good Grapes <i>1/2c</i> Garlic Breadstick, w.g. <i>1ea</i> Milk	11 Cheesy, w. g. Chicken <i>1ea</i> Burrito w/Sauce <i>1ea</i> Lettuce & Tomato <i>1/2c/1/4c</i> Veg/Fruit Bar <i>1/2c</i> Tropical Fruit Salad <i>1/2c</i> Fiesta Beans & Rice, wg <i>1/4c</i> Sr. Cream/Salsa <i>1g/2T</i> Milk	12 Veg-Beef Barley Soup <i>1c</i> Gr. Peas <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Mandarin Oranges <i>1/2c</i> Cheesy Bosco Brdstk, w.g. <i>1ea</i> Saltine Cr., w.g. <i>1pk</i> Milk	13 B.B.Q. Pork on w.g. Bun <i>1ea</i> Tangy Coleslaw <i>1/4c</i> Baked Beans <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Orange <i>1ea</i> Milk	14 Corn-dog, w.g. <i>1ea</i> Sweet Potato Bites <i>1/2c</i> Sugar Snap Peas w/ranch <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Pear <i>1ea</i> Ketchup & Mustard <i>2ea</i> Milk	<b>Cal 694</b> <b>T.Fat 16.84 G</b> <b>S.Fat 5.6 G</b> <b>Chol 42.8 Mg</b> <b>Sodm 975.06 Mg</b> <b>Carb 98.12 G</b> <b>Fiber 12.3 G</b> <b>Prtn 30.71 G</b> <b>Iron 4.40 Mg</b> <b>Calc 405.44 Mg</b> <b>Vit A</b> <b>Vit C</b>

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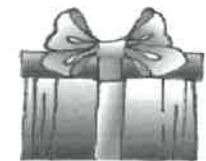
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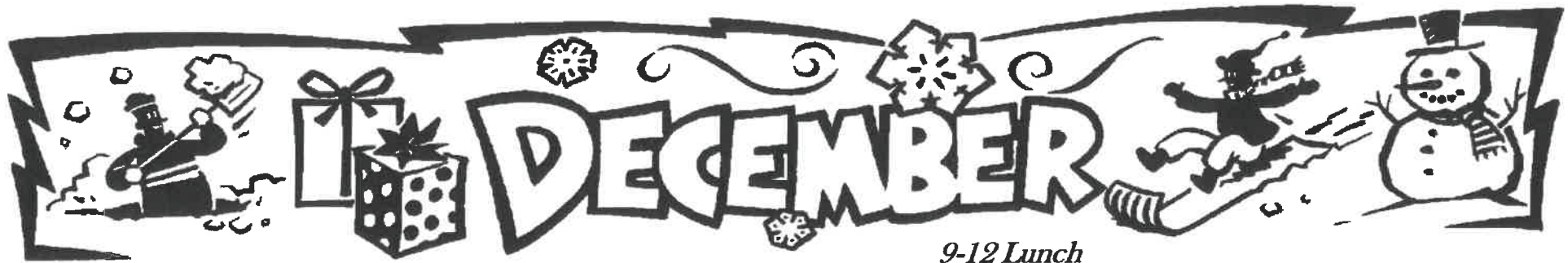




Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
17 Spaghetti w/Meatsauce <i>2/3c</i> Parmesan Cheese <i>1T</i> Steamin' Broccoli Cuts <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Fruit Cocktail in juice <i>1/2c</i> Garlic Toast, w.g. <i>1ca</i> Milk	18 w.g. Chicken Wrap <i>1ea</i> w/Ranch Drsg Glazed Carrots <i>1/2c</i> Sugar Snap Peas w/ranch <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Pear <i>1ea</i> Animal Crackers, w.g. <i>1pkg</i> Milk	19 Chili <i>3/4c</i> Shr Cheddar Cheese <i>1/2oz</i> Snow white Cauliflower <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Orange <i>1ea</i> Tortilla Chips, wg. <i>1pkg</i> Milk	20 Glazed Ham <i>2oz</i> Au Gratin Potatoes <i>1/2c</i> Snappy Gr. Beans <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Ambrosia Salad <i>1/2c</i> Dinner Roll w/ Butter, wg <i>1ea</i> Milk  <i>1:00 dismissal</i>	21 NO SCHOOL TODAY	<b>Cal 715</b> <b>T.Fat 18.59 G</b> <b>S.Fat 6.3 G</b> <b>Chol 54.0 Mg</b> <b>Sodm 1264.34 Mg</b> <b>Carb 108.09 G</b> <b>Fiber 13.7 G</b> <b>Prtn 32.28 G</b> <b>Iron 4.30 Mg</b>
24 HOLIDAY	25 HOLIDAY	26 NO SCHOOL TODAY	27 NO SCHOOL TODAY	28 NO SCHOOL TODAY	
31 NO SCHOOL TODAY  <i>NASS is a nut Safe building</i>					

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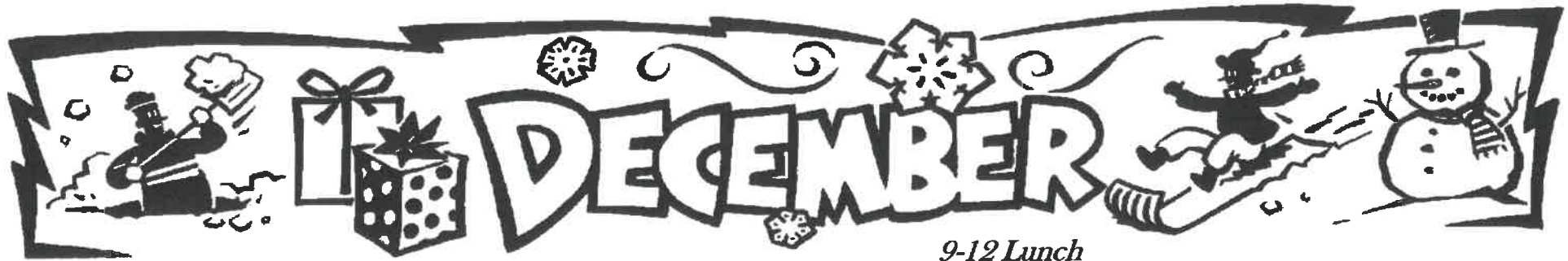
9-12 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
3 Chicken-N-Gravy <i>3/4c</i> Mashed Potatoes <i>1/2c</i> Snappy Gr. Beans <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Peaches in juice <i>1/2c</i> w.g. Bread & Jelly <i>2ea</i> Milk	4 Hamburger on Bun <i>1ea</i> American Cheese Slice <i>1sh</i> Lettuce/Tomato <i>1/4c/2sh</i> Baked Beans <i>1/2c</i> Glazed Carrots <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Poppin' Good Grapes <i>1/2c</i> Hamburger Condiments <i>1ea</i> Milk	5 Beef Stew <i>1/4c 1/2c</i> Crisp Cuke/Tomato Salad Veg/Fruit Bar <i>1/2c</i> Sassy Applesauce <i>1/2c</i> B.P. Biscuit, w.g. <i>1ea</i> Milk	6 Cheesy Dunker Sauce <i>3/4c</i> Spinach/Strawberry Salad <i>1c</i> Veg/Fruit Bar <i>1/2c</i> Juicy Apricot Halves <i>1/2c</i> Cheesy Garlic Tst, wg. <i>2ea</i> Milk	7 Fish Nuggets, wg <i>6ea</i> Steamin' Broccoli Cuts <i>1/2c</i> Creamy Coleslaw <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Orange <i>1ea</i> Wild Rice Blend <i>1/2c</i> Tartar Sauce <i>2T</i> Milk	<b>Cal</b> 761 <b>T.Fat</b> 22.32 G <b>S.Fat</b> 6.6 G <b>Chol</b> 82.9 Mg <b>Sodm</b> 1068.09 Mg <b>Carb</b> 102.43 G <b>Fiber</b> 12.2 G <b>Prtn</b> 40.53 G <b>Iron</b> 5.22 Mg <b>Calc</b> 517.17 Mg <b>Vit A</b> 29.24 RE <b>Vit C</b> 69.73 Mg
10 Beef Stroganoff <i>1/4c</i> Italian Blend Veg <i>1/2c</i> Steamin' Broccoli Cuts <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Poppin' Good Grapes <i>1/2c</i> Garlic Breadstick, w.g. <i>2ea</i> Milk	11 Cheesy, w. g. Chicken <i>1ea</i> Burrito w/Sauce <i>1ea</i> Lettuce & Tomato <i>1/2c/1/4c</i> Veg/Fruit Bar <i>1/2c</i> Tropical Fruit Salad <i>1/2c</i> Fiesta Beans & Rice, wg <i>1ea</i> Sr. Cream/Salsa <i>1ea/2T</i> Milk	12 Veg-Beef Barley Soup <i>1c</i> Gr. Peas <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Mandarin Oranges <i>1/2c</i> Cheesy Bosco Brdstk, w.g. <i>1ea</i> Saltine Cr., w.g. <i>2pk.</i> Milk	13 B.B.Q. Pork on a Bun <i>1ea</i> Tangy Coleslaw <i>1/2c</i> Baked Beans <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Orange <i>1ea</i> Milk	14 Corndog, w.g. <i>1ea</i> Sweet Potato Bites <i>1/2c</i> Sugar Snap Peas w/ranch <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Pear <i>1ea</i> Ketchup & Mustard <i>2ea</i> Milk	<b>Cal</b> 815 <b>T.Fat</b> 21.24 G <b>S.Fat</b> 6.8 G <b>Chol</b> 53.1 Mg <b>Sodm</b> 1121.15 Mg <b>Carb</b> 113.63 G <b>Fiber</b> 13.7 G <b>Prtn</b> 36.05 G <b>Iron</b> 5.50 Mg <b>Calc</b> 517.26 Mg


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9-12 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
17 Spaghetti w/Meatsauce <i>1c</i> Parmesan Cheese <i>1T</i> Steamin' Broccoli Cuts <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Fruit Cocktail in juice <i>1/2c</i> Garlic Toast, w.g. <i>2ea</i> Milk	18 w.g. Chicken Wrap <i>1ea</i> w/Ranch Drsg Glazed Carrots <i>1/2c</i> Sugar Snap Peas w/ranch <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Pear <i>1ea</i> Animal Crackers, w.g. <i>1pkg</i> Milk	19 Chili <i>1c</i> Shr Cheddar Cheese <i>1/2oz</i> Snow white Cauliflower <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Orange <i>1ea</i> Tortilla Chips, wg. <i>1pkg</i> w.g. Bread & Jelly <i>1ea</i> Milk	20 Glazed Ham <i>2oz</i> Au Gratin Potatoes <i>1/2c</i> Snappy Gr. Beans <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Ambrosia Salad <i>1/2c</i> Dinner Roll w/ Butter, wg <i>1ea</i> Milk  <i>1:00 dismissal</i>	21 NO SCHOOL TODAY	<b>Cal 815</b> <b>T.Fat 21.13 G</b> <b>S.Fat 6.9 G</b> <b>Chol 62.0 Mg</b> <b>Sodm 1422.03 Mg</b> <b>Carb 123.14 G</b> <b>Fiber 15.7 G</b> <b>Prtn 37.05 G</b> <b>Iron 5.19 Mg</b>
24 HOLIDAY	25 HOLIDAY	26 NO SCHOOL TODAY	27 NO SCHOOL TODAY	28 NO SCHOOL TODAY	
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