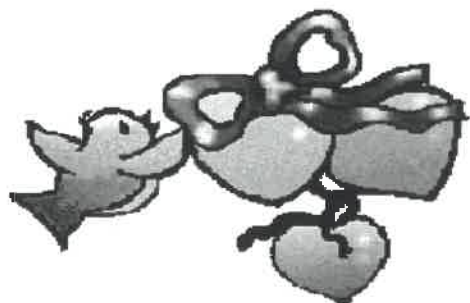
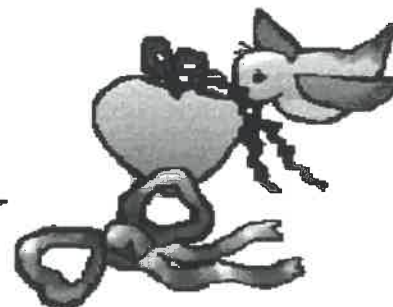


6-12 Breakfast

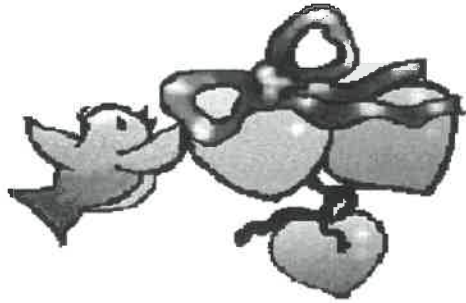


# February

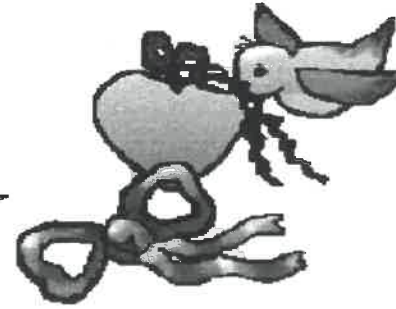


Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients	
<p>In the operation of child feeding programs, no child will be discriminated against because of race, color, national origin, age or disability. If you believe you have been discriminated against write immediately to Dept. of Agriculture, Wash. DC 20250.</p>					<p>Oatmeal <i>1c</i>                      Toast, w.g. <i>1ea</i>                      w/ choice of Spreads                      Fresh Apple <i>1ea</i>                      Fresh Fruit Tray <i>1/2c</i>                      Choice of Milk                      POW - WOW - 1:00 dismissal</p>	<p><b>Cal</b> 622  <b>T.Fat</b> 12.47 G  <b>S.Fat</b> 3.1 G  <b>Chol</b> 10.6 Mg  <b>Sodm</b> 321.17 Mg</p>
<p>4 Dish @ 9:30</p>	<p>5 Breakfast Pizza, wg <i>1ea</i>                      Fruited yogurt <i>4oz</i>                      Pineapple Tidbits <i>1/2c</i>                      Fresh Fruit Tray <i>1/2c</i>                      Choice of Milk</p>	<p>6 w.g. Fr. Toast Stix w/ <i>1ea</i>                      Strawberry Topping <i>1/4c</i>                      Sausage Patty <i>1ea</i>                      Peaches in juice <i>1/2c</i>                      Fresh Fruit Tray <i>1/2c</i>                      Choice of Milk</p>	<p>7 Frosted Cinn Roll, w.g. <i>1ea</i>                      String Cheese <i>1ea</i>                      Orange <i>1ea</i>                      Fresh Fruit Tray <i>1/2c</i>                      Choice of Milk                      Brkfst Club</p>	<p>8 Scrambled Eggs <i>1/2c</i>                      w.g Eng. Muffin w/ spds <i>1ea</i>                      Fruit Cocktail in juice <i>1/2c</i>                      Fresh Fruit Tray <i>1/2c</i>                      Choice of Milk</p>	<p><b>Cal</b> 541  <b>T.Fat</b> 17.13 G  <b>S.Fat</b> 6.3 G  <b>Chol</b> 105.9 Mg  <b>Sodm</b> 593.51 Mg</p>	
<p>11 Apple Cinnamon Cheerios <i>1ea</i>                      Apple Bosco Stick <i>1ea</i>                      Pears in juice <i>1/2c</i>                      Fresh Fruit Tray <i>1/2c</i>                      Choice of Milk</p>	<p>12 Pretzel Egg Sandwich, wg <i>1ea</i>                      Strawberry cup <i>1/2c</i>                      Fresh Fruit Tray <i>1/2c</i>                      Choice of Milk</p>	<p>13 Cheese Omelet <i>1ea</i>                      Toast, w.g.                      w/ choice of Spreads <i>1ea</i>                      Fresh Apple <i>1ea</i>                      Fresh Fruit Tray <i>1/2c</i>                      Choice of Milk</p>	<p>14 W.G Waffles w/ Strawberries <i>2ea</i>                      Go Big Go-Gurt <i>1ea</i>                      Mandarin Oranges <i>1/2c</i>                      Fresh Fruit Tray <i>1/2c</i>                      Choice of Milk                      Brkfst Club</p>	<p>15 Oatmeal w/Raisins <i>1c/1/4c</i>                      Baked Ham <i>1oz</i>                      Juicy Apricot Halves <i>1/2c</i>                      Fresh Fruit Tray <i>1/2c</i>                      Choice of Milk                      1:00 dismissal</p>	<p><b>Cal</b> 495  <b>T.Fat</b> 10.93 G  <b>S.Fat</b> 3.6 G  <b>Chol</b> 77.7 Mg  <b>Sodm</b> 484.27 Mg</p>	
<p>18 HOLIDAY</p>	<p>19 Breakfast Burrito w/ Salsa <i>1ea</i>                      Fruited yogurt <i>4oz</i>                      Peaches in juice <i>1/2c</i>                      Fresh Fruit Tray <i>1/2c</i>                      Choice of Milk</p>	<p>20 Cinn Toast Crunch, w.g. <i>1c</i>                      Cinnamon Toast, w.g. <i>1sh</i>                      Pears in juice <i>1/2c</i>                      Fresh Fruit Tray <i>1/2c</i>                      Choice of Milk</p>	<p>21 Blueberry Muffin, wg <i>1ea</i>                      Butter Cup <i>1ea</i>                      String Cheese <i>1ea</i>                      Tropical Fruit Salad <i>1/2c</i>                      Fresh Fruit Tray <i>1/2c</i>                      Choice of Milk                      Brkfst Club</p>	<p>22 Kix, w.g. <i>1c</i>                      HARD BOILED EGG <i>1ea</i>                      Golden Banana <i>1ea</i>                      Fresh Fruit Tray <i>1/2c</i>                      Choice of Milk                      1:00 dismissal</p>	<p><b>Cal</b> 478  <b>T.Fat</b> 12.08 G  <b>S.Fat</b> 5.6 G  <b>Chol</b> 80.0 Mg  <b>Sodm</b> 542.90 Mg</p>	
<p>25 Cran-Peach Muffin, wg <i>1ea</i>                      Butter Cup <i>1ea</i>                      Tropical Fruit Salad <i>1/2c</i>                      Fresh Fruit Tray <i>1/2c</i>                      Choice of Milk</p>	<p>26 Pancake/Sausage on a stick w/ syrup, wg. <i>1ea</i>                      Peaches in juice <i>1/2c</i>                      Fresh Fruit Tray <i>1/2c</i>                      Choice of Milk</p>	<p>27 Cheerios, w.g. <i>1c</i>                      Bagel, w.g. <i>1ea</i>                      Cr. Cheese/Jelly <i>1ea</i>                      Fruit Cocktail in juice <i>1/2c</i>                      Fresh Fruit Tray <i>1/2c</i>                      Choice of Milk</p>	<p>28 NO SCHOOL TODAY</p> <p style="text-align: center;"><b>NASS is a nut Safe building</b></p>		<p><b>Cal</b> 458  <b>T.Fat</b> 11.61 G  <b>S.Fat</b> 5.4 G  <b>Chol</b> 34.6 Mg  <b>Sodm</b> 451.53 Mg</p>	

6-8 Lunch

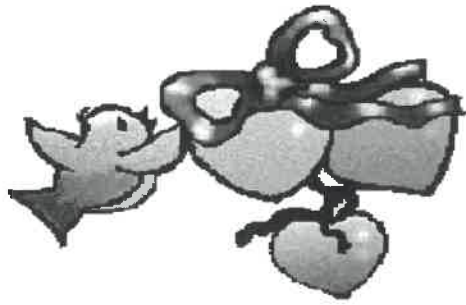


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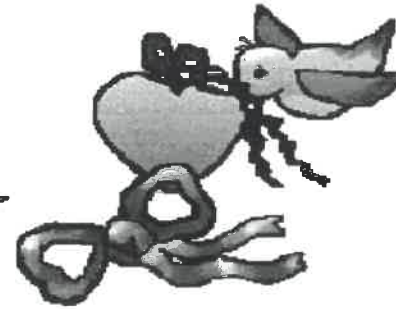


Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients	
<p>In the operation of child feeding programs, no child will be discriminated against because of race, color, national origin, age or disability. If you believe you have been discriminated against write immediately to Dept. of Agriculture, Wash. DC 20250.</p>					<p>1 Fish Nuggets, wg <i>5 ea</i> Steamin' Broccoli Cuts <i>1/2c</i> Creamy Coleslaw <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Orange <i>1 ea</i> Wild Rice Blend <i>1/2c</i> Tartar Sauce <i>2T</i> Milk</p> <p><i>Pow-Wow. 1:00 dismissal</i></p>	<p><b>Cal 673</b> <b>T.Fat 17.93 G</b> <b>S.Fat 3.2 G</b> <b>Chol 65.8 Mg</b> <b>Sodm 858.86 Mg</b> <b>Carb 101.11 G</b> <b>Fiber 12.2 G</b> <b>Prtn 31.00 G</b> <b>Iron 3.19 Mg</b></p>
<p>4 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>1 ea</i> Milk</p>	<p>5 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>1 ea</i> Saltine Cr., w.g. <i>1pk</i> Milk</p>	<p>6 Corndog, w.g. <i>1 ea</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>1 ea</i> Ketchup &amp; Mustard <i>2 ea</i> Milk</p>	<p>7 B.B.Q. Pork on w.g. Bun <i>1 ea</i> Tangy Coleslaw <i>1/4c</i> Baked Beans <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Orange <i>1 ea</i> Milk</p>	<p>8 Cheesy, w. g. Chicken <i>1 ea</i> Burrito w/Sauce <i>1 ea</i> Lettuce &amp; Tomato <i>1/2c/1/4c</i> Veg/Fruit Bar <i>1/2c</i> Tropical Fruit Salad <i>1/2c</i> Fiesta Beans &amp; Rice, wg <i>1/4c</i> Sr. Cream/Salsa <i>1 ea/2T</i> Milk</p>	<p><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></p>	
<p>11 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>1 ea</i> Milk</p>	<p>12 w.g. Chicken Wrap <i>1 ea</i> w/Ranch Drsg <i>1 ea</i> Glazed Carrots <i>1/2c</i> Sugar Snap Peas w/ranch <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Pear <i>1 ea</i> Animal Crackers, w.g. <i>1pk</i> Milk</p>	<p>13 Chili <i>3/4c</i> Shr Cheddar Cheese <i>2T</i> Snow white Cauliflower <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Orange <i>1 ea</i> Tortilla Chips, wg. <i>1pkg</i> Milk</p>	<p>14 w.g. Chicken Tenders w/ Choice of Sauces <i>1pk</i> Baked Beans <i>1/2c</i> Spinach/Strawberry Salad <i>1 ea</i> Veg/Fruit Bar <i>1/2c</i> Pineapple Tidbits <i>1/2c</i> Milk</p> <p><i>NASS is a nut Safe building</i></p>	<p>15 Caribbean Chicken on Bun <i>1 ea</i> Lettuce/Tomato <i>1/4c/2st.</i> Dp Groove Crinkle Fries <i>1/2c</i> Chilled Veg. Salad <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Tropical Fruit Salad <i>1/2c</i> Milk</p> <p><i>1:00 dismissal</i></p>	<p><b>Cal 720</b> <b>T.Fat 19.04 G</b> <b>S.Fat 4.7 G</b> <b>Chol 60.8 Mg</b> <b>Sodm 1086.54 Mg</b> <b>Carb 105.14 G</b> <b>Fiber 13.7 G</b> <b>Prtn 35.54 G</b> <b>Iron 4.94 Mg</b></p>	

6-8 Lunch



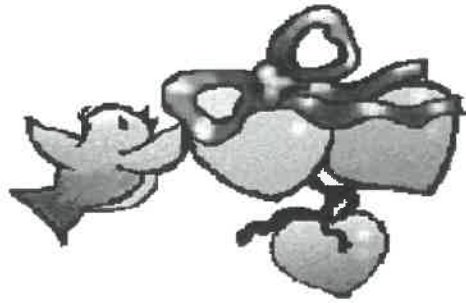
# February



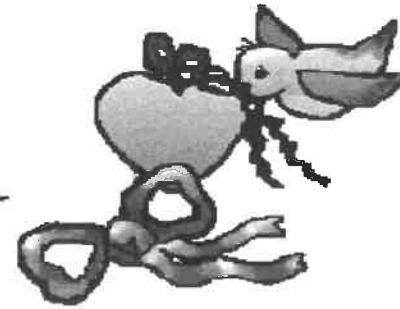
Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
18 HOLIDAY	19 Pepperoni Pizza, wg <i>1st</i> Glazed Carrots <i>1/2c</i> Sugar Snap Peas w/ranch <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Pears in juice <i>1/2c</i> Milk	20 French Dip on w.g. bun <i>1ea</i> Calif. Blend Veg <i>1/2c</i> Baked Beans <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Peaches in juice <i>1/2c</i> Milk	21 B.B.Q. Sluggers <i>2ea</i> Snappy Gr. Beans <i>1/4c</i> Corn, Sweet <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Tropical Fruit Salad <i>1/2c</i> w.g. Bread & Jelly <i>1ea</i> Milk	22 Wild Rice Hotdish <i>2/3c</i> Steamin' Broccoli Cuts <i>1/2c</i> SWEET POTATO, BAKED <i>1/4c</i> Veg/Fruit Bar <i>1/2c</i> Mandarin Oranges <i>1/2c</i> Fried Bread w/ Honey <i>1ea</i> or butter Milk  <i>1:00 dismissal</i>	<b>Cal 683</b> <b>T.Fat 14.86 G</b> <b>S.Fat 4.6 G</b> <b>Chol 65.6 Mg</b> <b>Sodm 942.60 Mg</b> <b>Carb 105.59 G</b> <b>Fiber 11.5 G</b> <b>Prtn 34.72 G</b> <b>Iron 4.81 Mg</b> <b>Calc 547.08 Mg</b> <b>Vit A 20.88 RE</b> <b>Vit C 71.50 Mg</b>
25 Hotdog/chili cheese dog on w.g. bun <i>1ea</i> Dp Groove Crinkle Fries <i>1/2c</i> Sugar Snap Peas w/ranch <i>1/4c</i> Veg/Fruit Bar <i>1/2c</i> Poppin' Good Grapes <i>1/2c</i> Hot Dog Condiments <i>2ea</i> Milk	26 BaaKa'aakwehn on w.g. bun <i>1ea</i> Lettuce/Tomato <i>1/4c/2sl.</i> Corn, Sweet <i>1/2c</i> Creamy Coleslaw <i>1/4c</i> Veg/Fruit Bar <i>1/2c</i> Pineapple Tidbits <i>1/2c</i> F. F. Mayo <i>1pk</i> Milk	27 Walkin' Tacos <i>1ea</i> Cheesy Refried Beans <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Orange <i>1ea</i> Sr. Cream/Salsa <i>1ea/2T</i> Milk	28 NO SCHOOL TODAY  <i>NASS is a nut Safe building</i>	1:00 dismissal	<b>Cal 700</b> <b>T.Fat 20.37 G</b> <b>S.Fat 5.6 G</b> <b>Chol 66.7 Mg</b> <b>Sodm 1162.02 Mg</b> <b>Carb 95.06 G</b> <b>Fiber 10.2 G</b> <b>Prtn 36.32 G</b> <b>Iron 3.83 Mg</b> <b>Calc 527.60 Mg</b> <b>Vit A 19.75 RE</b> <b>Vit C 58.35 Mg</b>

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9-12 Lunch

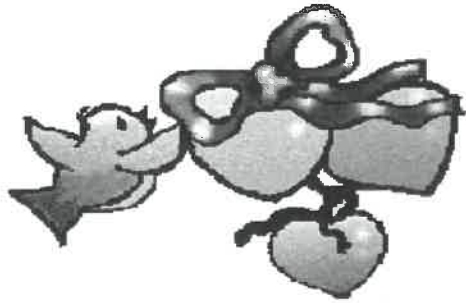


# February



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>					<p><sup>1</sup> Fish Nuggets, wg <i>6 ea</i> Steamin' Broccoli Cuts <i>1/2c</i> Creamy Coleslaw <i>1/2c</i> Veg/Fruit Bar <i>1 ea</i> Orange <i>1 ea</i> Wild Rice Blend <i>1/2c</i> Tartar Sauce <i>2T</i> Milk</p> <p><i>POW-WOW 1:00 dismissal</i></p>	<p><b>Cal</b> 720 <b>T.Fat</b> 19.85 G <b>S.Fat</b> 3.5 G <b>Chol</b> 76.5 Mg <b>Sodm</b> 909.92 Mg <b>Carb</b> 105.36 G <b>Fiber</b> 12.6 G <b>Prtn</b> 33.98 G <b>Iron</b> 3.42 Mg</p>
<p><sup>4</sup> 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>2 ea</i> Milk</p>	<p><sup>5</sup> 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 1 ea</i> Cheesy Bosco Brdstk, w.g. <i>1 ea</i> Saltine Cr., w.g. <i>2 pk</i> Milk</p>	<p><sup>6</sup> Corndog, w.g. <i>1 ea</i> Sweet Potato Bites <i>1/2c 1/2c</i> Sugar Snap Peas w/ranch <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Pear <i>1 ea</i> Ketchup &amp; Mustard <i>2 ea</i> Milk</p>	<p><sup>7</sup> B.B.Q. Pork on a Bun <i>1 ea</i> Tangy Coleslaw <i>1/2c</i> Baked Beans <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Orange <i>1 ea</i> Milk</p>	<p><sup>8</sup> Cheesy, w. g. Chicken Burrito w/Sauce <i>1 ea</i> Lettuce &amp; Tomato <i>1/2c 1/4c</i> Veg/Fruit Bar <i>1/2c</i> Tropical Fruit Salad <i>1/2c</i> Fiesta Beans &amp; Rice, wg <i>1/2c</i> Sr. Cream/Salsa <i>1 ea 2T</i> Milk</p>	<p><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</p>	
<p><sup>11</sup> 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>2 ea</i> Milk</p>	<p><sup>12</sup> w.g. Chicken Wrap <i>1 ea</i> w/Ranch Drsg <i>1/2c</i> Glazed Carrots <i>1/2c 1/2c</i> Sugar Snap Peas w/ranch <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Pear <i>1 ea</i> Animal Crackers, w.g. <i>1 pk</i> Milk</p>	<p><sup>13</sup> Chili <i>1c</i> Shr Cheddar Cheese <i>2T</i> Snow white Cauliflower <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Orange <i>1 ea</i> Tortilla Chips, wg. <i>1 pk</i> w.g. Bread &amp; Jelly <i>1 sl.</i> Milk</p>	<p><sup>14</sup> w.g. Chicken Tenders w/Choice of Sauces <i>1 ea 1 pk</i> Baked Beans <i>1/2c 1c</i> Spinach/Strawberry Salad <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Pineapple Tidbits <i>1/2c</i> Milk</p> <p><i>NASS is a nut Safe building</i></p>	<p><sup>15</sup> Caribbean Chicken on Bun <i>1 ea</i> Lettuce/Tomato <i>1/4c 2 sl.</i> Dp Groove Crinkle Fries <i>1/2c</i> Chilled Veg. Salad <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Tropical Fruit Salad <i>1/2c</i> Milk</p> <p><i>1:00 dismissal</i></p>	<p><b>Cal</b> 840 <b>T.Fat</b> 22.52 G <b>S.Fat</b> 5.6 G <b>Chol</b> 68.8 Mg <b>Sodm</b> 1264.80 Mg <b>Carb</b> 122.45 G <b>Fiber</b> 15.8 G <b>Prtn</b> 40.70 G <b>Iron</b> 5.98 Mg</p>	

9-12 Lunch



# February



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
18 HOLIDAY	19 Pepperoni Pizza, wg <i>1 sl.</i> Glazed Carrots <i>1/2c 1/2c</i> Sugar Snap Peas w/ranch Veg/Fruit Bar <i>1/2c</i> Pears in juice <i>1/2c</i> Milk	20 French Dip on w.g. bun <i>1 ea</i> Calif. Blend Veg <i>1/2c</i> Baked Beans <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Peaches in juice <i>1/2c</i> Milk	21 B.B.Q. Sluggers <i>2 ea</i> Snappy Gr. Beans <i>1/2c</i> Corn, Sweet <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Tropical Fruit Salad <i>1/2c</i> w.g. Bread & Jelly <i>2 ea</i> Milk	22 Wild Rice Hotdish <i>1c</i> Steamin' Broccoli Cuts <i>1/2c</i> SWEET POTATO, BAKED <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Mandarin Oranges <i>1/2c</i> Fried Bread w/ Honey <i>1 ea</i> or butter Milk  <i>1:00 dismissal</i>	<b>Cal 751</b> <b>T.Fat 16.27 G</b> <b>S.Fat 5.0 G</b> <b>Chol 71.7 Mg</b> <b>Sodm 1039.16 Mg</b> <b>Carb 116.49 G</b> <b>Fiber 12.8 G</b> <b>Prtn 38.06 G</b> <b>Iron 5.15 Mg</b> <b>Calc 576.79 Mg</b> <b>Vit A 24.29 RE</b> <b>Vit C 74.44 Mg</b>
25 Hotdog/chili cheese dog on w.g. bun <i>1 ea</i> Dp Groove Crinkle Fries <i>1/2c</i> Sugar Snap Peas w/ranch <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Poppin' Good Grapes <i>1/2c</i> Mini Rice Krispy Bar, wg <i>1 ea</i> Hot Dog Condiments. <i>2 ea</i> Milk	26 BaaKa'aakwehn on w.g. bun <i>1 ea</i> Lettuce/Tomato <i>1/4c/2sl.</i> Corn, Sweet <i>1/2c</i> Creamy Coleslaw <i>1/4c</i> Veg/Fruit Bar <i>1/2c</i> Pineapple Tidbits <i>1/2c</i> F. F. Mayo <i>1 ea</i> Milk	27 Walkin' Tacos <i>1 ea</i> Cheesy Refried Beans <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Orange <i>1 ea</i> Fiesta Beans & Rice. wg <i>1/2c</i> Sr. Cream/Salsa <i>1 ea/2 sl.</i> Milk	28 NO SCHOOL TODAY  <i>NASS is a nut Safe building</i>	<b>Cal 793</b> <b>T.Fat 22.01 G</b> <b>S.Fat 5.9 G</b> <b>Chol 68.8 Mg</b> <b>Sodm 1307.05 Mg</b> <b>Carb 111.75 G</b> <b>Fiber 12.1 G</b> <b>Prtn 39.06 G</b> <b>Iron 4.89 Mg</b> <b>Calc 562.28 Mg</b> <b>Vit A 21.63 RE</b> <b>Vit C 68.78 Mg</b>	

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