

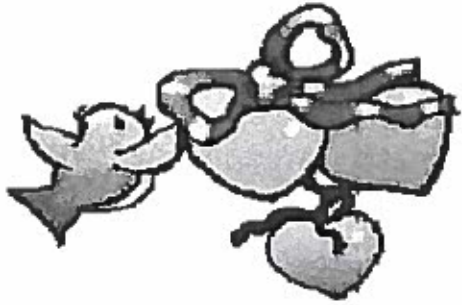
February

6-12 Breakfast



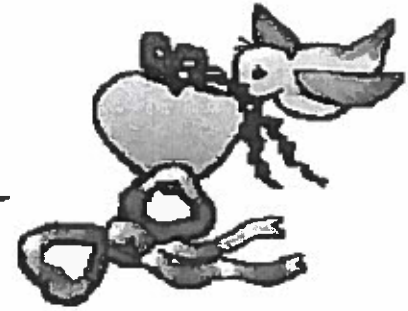
Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
			¹ Brkfst Wrap w/ taco sauce ^{1ea} Fruited yogurt ^{4oz} Golden Banana ^{1ea} Choice of Milk Fresh Fruit Tray ^{1/2c} Breakfast Club	² Egg-N-Cheese Bagel ^{1ea} Kiwi ^{1 1/2ea} Raisins, ^{1/4c} Choice of Milk Fresh Fruit Tray ^{1/2c}	Cal 539 T.Fat 13.20 G S.Fat 5.3 G Chol 166.9 Mg Sodm 579.68 Mg Carb 89.53 G Fiber 7.9 G Prtn 23.28 G
⁵ Dish @ 9:30	⁶ Breakfast Pizza ^{1ea} Go Big Go-Gurt ^{1ea} Pineapple Tidbits ^{1/2c} Choice of Milk Fresh Fruit Tray ^{1/2c}	⁷ Scrambled Eggs ^{1/2c} Bagel w/ Cr. Ch or Jelly ^{1ea} Fruit Cocktail in juice ^{1/2c} Choice of Milk Fresh Fruit Tray ^{1/2c}	⁸ Breakfast Burrito ^{1ea/1/2c} w/ Salsa Fruited yogurt ^{4oz} Golden Banana ^{1ea} Choice of Milk Fresh Fruit Tray ^{1/2c} Breakfast Club	⁹ Frosted Cinnamon Roll ^{1ea} Sausage Links ^{2ea} Orange ^{1ea} Choice of Milk Fresh Fruit Tray ^{1/2c}	Cal 529 T.Fat 15.20 G S.Fat 6.4 G Chol 116.3 Mg Sodm 617.26 Mg Carb 80.07 G Fiber 6.3 G Prtn 22.29 G
¹² Pancake/Sausage on a stick w/ syrup ^{1ea} Pears in juice ^{1/2c} Choice of Milk Fresh Fruit Tray ^{1/2c}	¹³ Egg Bake ^{1pc} Eng. Muffin w/ spreads ^{1ea} Strawberry cup ^{1/2c} Choice of Milk Fresh Fruit Tray ^{1/2c}	¹⁴ Cheese Omelet ^{1ea} Bran-Pinch muffin ^{1ea} Fresh Apple ^{1ea} Squeezable Fruit ^{1ea} Choice of Milk Fresh Fruit Tray ^{1/2c} Mummies & Muffins	¹⁵ Cheddar Munchers ^{4ea} Bagel w/ Cr. Ch or Jelly ^{1ea} Peaches in juice ^{1/2c} Choice of Milk Fresh Fruit Tray ^{1/2c} Breakfast Club	¹⁶ Cinn Glzd WG Fr. ^{1ea} Toast w/syrup HARD BOILED EGG ^{1ea} Poppin' Good Grapes ^{1/2c} Choice of Milk Fresh Fruit Tray ^{1/2c} 1:00 dismissal	Cal 492 T.Fat 14.58 G S.Fat 5.5 G Chol 175.2 Mg Sodm 561.11 Mg Carb 74.64 G Fiber 7.0 G Prtn 20.58 G

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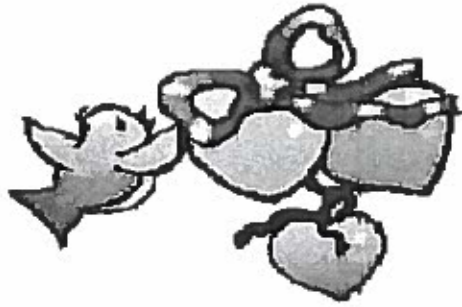
February

6-12 Breakfast



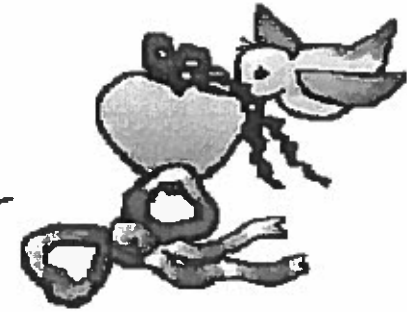
Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
19 HOLIDAY	20 Bacon Scr.Pizza, w.g. 1ea Go Big Go-Gurt 1ea Pineapple Juice 6oz Choice of Milk Fresh Fruit Tray 1/2c	21 Belgian Waffle Stix w/ 2ea Strawberry Topping 1/4c Fruited yogurt 4oz Fruit Cocktail in juice 1/2c Choice of Milk Fresh Fruit Tray 1/2c	22 Brkfst Wrap w/ taco sauce 1ea Squeezable Fruit 1ea Golden Banana 1ea Choice of Milk Fresh Fruit Tray 1/2c Breakfast Club	23 Egg-N-Cheese Bagel 1ea Sassy Applesauce 1/2c Choice of Milk Fresh Fruit Tray 1/2c 1:00 dismissal	Cal 468 T.Fat 10.98 G S.Fat 4.6 G Chol 107.1 Mg Sodm 488.36 Mg Carb 75.80 G Fiber 6.0 G Prtn 19.62 G Iron 20.00 Mg Calc 463.22 Mg Vit A 31.35 RE Vit C 52.48 Mg
26 Fr. Toast Stix w/ 3ea Strawberry Topping 1/4c Pears in juice 1/2c Squeezable Fruit 1ea Choice of Milk Fresh Fruit Tray 1/2c	27 Scrambled Eggs 1/2c Bagel w/ Cr. Ch or Jelly 1ea Fruit Cocktail in juice 1/2c Choice of Milk Fresh Fruit Tray 1/2c	28 Carmel Roll 1ea Sausage Patty 1ea Orange 1ea Choice of Milk Fresh Fruit Tray 1/2c Daddies & Donuts			

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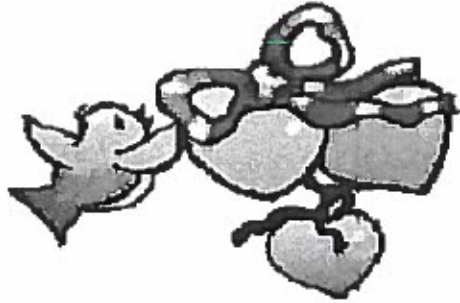
February

6-8 Lunch



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
			¹ Cheesy Dunker Sauce ^{3/4c} Spinach/Strawberry Salad ^{1/2c} Veg/Fruit Bar ^{1/2c} Juicy Apricot Halves ^{1/2c} Cheesy Garlic Toast ^{2ea} Milk	² Fish Nuggets ^{5ea} Mixed Vegetables ^{1/2c} Creamy Coleslaw ^{1/2c} Veg/Fruit Bar ^{1/2c} Orange ^{1ea} Wild Rice Blend ^{1/2c} Tartar Sauce ^{2T} Milk	Cal 722 T.Fat 24.45 G S.Fat 6.6 G Chol 72.2 Mg Sodm 908.20 Mg Carb 97.18 G Fiber 10.6 G Prtn 32.32 G
⁵ Beef Stroganoff ^{7/3c} Italian Blend Veg ^{1/2c} Steamin' Broccoli Cuts ^{1/2c} Veg/Fruit Bar ^{1/2c} Poppin' Good Grapes ^{1/2c} Garlic w.g. Breadstick ^{1ea} Milk	⁶ Corndog ^{1ea} Baked Beans ^{1/2c} Calif. Blend Veg ^{1/2c} Veg/Fruit Bar ^{1/2c} Pear ^{1ea} Ketchup & Mustard ^{2ea} Milk	⁷ Veg-Beef Noodle Soup ^{3/4c} Gr. Peas ^{1/2c} Veg/Fruit Bar ^{1/2c} Mandarin Oranges ^{1/2c} Bosco Breadstick ^{1ea} Saltine Cr., w.g. ^{1pk} Milk	⁸ Caribbean Chicken on Bun ^{1ea} Lettuce/Tomato ^{1/4c/2st.} Dp Groove Crinkle Fries ^{1/2c} Chilled Veg. Salad ^{1/2c} Veg/Fruit Bar ^{1/2c} Tropical Fruit Salad ^{1/2c} Milk	⁹ Cheesy Chicken Burrito w/Sauce ^{1ea} Lettuce & Tomato ^{1/2c/1/4c} Veg/Fruit Bar ^{1/2c} Fruited Jello ^{1/2c} Fiesta Beans & Rice ^{1/4c} Sr. Cream/Salsa ^{1oz/2T} Milk	Cal 695 T.Fat 14.76 G S.Fat 4.8 G Chol 46.1 Mg Sodm 978.79 Mg Carb 101.42 G Fiber 12.0 G Prtn 32.63 G
¹² Spaghetti w/Meatsauce ^{7/3c} Parmesan Cheese ^{1T} Steamin' Broccoli Cuts ^{1/2c} Veg/Fruit Bar ^{1/2c} Fruit Cocktail in juice ^{1/2c} Garlic Toast ^{1ea} Milk	¹³ Chicken Wrap w/Ranch Drsg ^{1ea} Glazed Carrots ^{1/2c} Sugar Snap Peas ^{1/2c} Veg/Fruit Bar ^{1/2c} Pear ^{1ea} Teddy Grahams ^{1pkg} Milk	¹⁴ Chili ^{3/4c} Snow white Cauliflower ^{1/2c} Veg/Fruit Bar ^{1/2c} Kiwi ^{1 1/2ea} Tortilla Chips ^{1oz} Milk	¹⁵ Hamburger Gravy ^{1/2c} Mashed Potatoes ^{1/2c} Snappy Gr. Beans ^{1/2c} Veg/Fruit Bar ^{1/2c} Golden Banana ^{1ea} Bread & Butter ^{1ea} Milk	¹⁶ B.B.Q. Pork on a Bun ^{1ea} American Cheese Slice ^{1st.} Mixed Vegetables ^{1/2c} Baked Beans ^{1/2c} Veg/Fruit Bar ^{1/2c} Orange ^{1ea} Milk	Cal 685 T.Fat 19.29 G S.Fat 6.1 G Chol 56.5 Mg Sodm 919.01 Mg Carb 102.02 G Fiber 13.5 G Prtn 30.21 G

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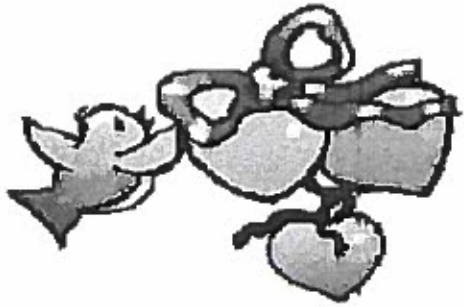
February

6-8 Lunch



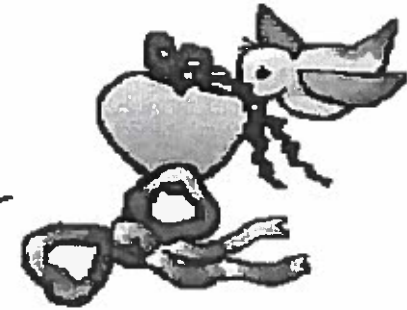
Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
19 HOLIDAY	20 Chicken Tenders w/ 3 ea Choice of Sauces 1/2c Gr. Peas 1/2c Crisp Cuke/Tomato Salad 1/2c Veg/Fruit Bar 1 ea Fresh Apple 1/3c Creamy Mac & Cheese Milk	21 1/2c 1 ea French Dip 1 ea Calif. Blend Veg 1/2c Baked Beans 1/2c Veg/Fruit Bar 1/2c Peaches in juice 1/2c Milk	22 B.B.Q. Sluggers 2 ea Snappy Gr. Beans 1/2c Corn, Sweet 1/2c Veg/Fruit Bar 1/2c Tropical Fruit Salad 1/2c Bread & Jelly 1 ea Milk	23 Pepperoni Pizza 1 sl. Glazed Carrots 1/2c Sugar Snap Peas 1/2c Veg/Fruit Bar 1/2c Pears in juice 1/2c Milk	Cal 681 T.Fat 17.25 G S.Fat 3.9 G Chol 50.6 Mg Sodm 912.08 Mg Carb 102.94 G Fiber 12.2 G Prtn 31.83 G Iron 4.40 Mg Calc 491.64 Mg Vit A 16.02 RE Vit C 47.04 Mg
26 Choice of hotdog/ 1 ea chili cheese dog Dp Groove Crinkle Fries 1/2c Sugar Snap Peas 1/2c Veg/Fruit Bar 1/2c Poppin' Good Grapes 1/2c Hot Dog Condiments 2 ea Milk	27 BaaKa'aakwehn on Bun 1 ea Lettuce/Tomato 1/4c/2 sl. Corn, Sweet 1/2c Creamy Coleslaw 1/4c Veg/Fruit Bar 1/2c Pineapple Tidbits 1/2c F. F. Mayo 1 ea Milk	28 GROUND BEEF & 1/3c MACARONI Calif. Blend veg 1/2c Spinach/Strawberry Salad 1/2c Veg/Fruit Bar 1/2c Fresh Apple 1 ea Garlic Toast 1 ea Milk			Cal 740 T.Fat 21.44 G S.Fat 6.7 G Chol 71.8 Mg Sodm 1035.73 Mg Carb 101.14 G Fiber 10.3 G Prtn 38.23 G Iron 5.55 Mg Calc 448.32 Mg Vit A 13.31 RE Vit C 61.85 Mg

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February

9-12 Lunch



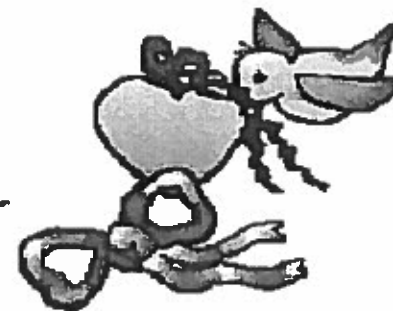
Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
			1 Cheesy Dunker Sauce ^{3/4c} Spinach/Strawberry Salad ^{1c} Veg/Fruit Bar ^{1/2c} Juicy Apricot Halves ^{1/2c} Cheesy Garlic Toast ^{2 ea} Milk	2 Fish Nuggets ^{6 ea} Mixed Vegetables ^{1/2c} Creamy Coleslaw ^{1/2c} Veg/Fruit Bar ^{1/2c} Orange ^{1 ea} Wild Rice Blend ^{1/2c} Tartar Sauce ^{2 T} Milk	Cal 775 T.Fat 27.51 G S.Fat 6.9 G Chol 77.6 Mg Sodm 940.99 Mg Carb 102.16 G Fiber 11.3 G Prtn 34.23 G
5 Beef Stroganoff ^{1c} Italian Blend Veg ^{1/2c} Steamin' Broccoli Cuts ^{1/2c} Veg/Fruit Bar ^{1/2c} Poppin' Good Grapes ^{1/2c} Garlic w.g. Breadstick ^{2 ea} Milk	6 Comdog ^{1 ea} Baked Beans ^{1/2c} Calif. Blend Veg ^{1/2c} Veg/Fruit Bar ^{1/2c} Pear ^{1 ea} Ketchup & Mustard ^{2 ea} Milk	7 Veg-Beef Noodle Soup ^{1c} Gr. Peas ^{1/2c} Veg/Fruit Bar ^{1/2c} Mandarin Oranges ^{1/2c} Bosco Breadstick ^{1 ea} Saltine Cr., w.g. ^{2 pk} Milk	8 Caribbean Chicken on Bun ^{1 ea} Lettuce/Tomato ^{1/4c/2 sl.} Dp Groove Crinkle Fries ^{1/2c} Chilled Veg. Salad ^{1/2c} Veg/Fruit Bar ^{1/2c} Tropical Fruit Salad ^{1/2c} Milk	9 Cheesy Chicken Burrito w/Sauce ^{1 ea} Lettuce & Tomato ^{1/2c/1/4c} Veg/Fruit Bar ^{1/2c} Fruited Jello ^{1/2c} Fiesta Beans & Rice ^{1/2c} Sr. Cream/Salsa ^{1 eq/2 T} Milk	Cal 772 T.Fat 17.01 G S.Fat 5.3 G Chol 51.9 Mg Sodm 1076.98 Mg Carb 112.38 G Fiber 13.0 G Prtn 35.84 G
12 Spaghetti w/Meatsauce ^{1c} Parmesan Cheese ^{1 T} Steamin' Broccoli Cuts ^{1/2c} Veg/Fruit Bar ^{1/2c} Fruit Cocktail in juice ^{1/2c} Garlic Toast ^{2 ea} Milk	13 Chicken Wrap ^{1 ea} w/Ranch Drsg ^{1/2c} Glazed Carrots ^{1/2c} Sugar Snap Peas ^{1/2c} Veg/Fruit Bar ^{1/2c} Pear ^{1 ea} Teddy Grahams ^{1 pkg} Milk	14 Chili ^{3/4c} Snow white Cauliflower ^{1/2c} Veg/Fruit Bar ^{1/2c} Kiwi ^{1 1/2 ea} Tortilla Chips ^{1 oz} Bread & Jelly ^{1 ea} Milk	15 Hamburger Gravy ^{1/2c} Mashed Potatoes ^{1/2c} Snappy Gr. Beans ^{1/2c} Veg/Fruit Bar ^{1/2c} Golden Banana ^{1 ea} Bread & Butter ^{2 ea} Milk	16 B.B.Q. Pork on a Bun ^{1 ea} American Cheese Slice ^{1 ea} Mixed Vegetables ^{1/2c} Baked Beans ^{1/2c} Veg/Fruit Bar ^{1/2c} Orange ^{1 ea} Milk	Cal 818 T.Fat 24.06 G S.Fat 7.7 G Chol 68.0 Mg Sodm 1092.96 Mg Carb 120.15 G Fiber 15.3 G Prtn 34.90 G

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9-12 Lunch



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
¹⁹ HOLIDAY	²⁰ Chicken Tenders w/ 3ea Choice of Sauces 1/2c Gr. Peas 1/2c Crisp Cuke/Tomato Salad 1/2c Veg/Fruit Bar 1ea Fresh Apple 1ea Creamy Mac & Cheese 2/3c Milk	²¹ French Dip 2oz/1 bun Calif. Blend Veg 1/2c Baked Beans 1/2c Veg/Fruit Bar 1/2c Peaches in juice 1/2c Milk	²² B.B.Q. Sluggers 2ea Snappy Gr. Beans 1/2c Corn, Sweet 1/2c Veg/Fruit Bar 1/2c Tropical Fruit Salad 1/2c Bread & Jelly 2ea Milk	²³ Pepperoni Pizza 1sl. Glazed Carrots 1/2c Sugar Snap Peas 1/2c Veg/Fruit Bar 1/2c Pears in juice 1/2c Milk	Cal 782 T.Fat 21.49 G S.Fat 4.9 G Chol 60.5 Mg Sodm 1036.35 Mg Carb 114.86 G Fiber 13.3 G Prtn 36.35 G Iron 5.11 Mg Calc 537.90 Mg Vit A 18.04 RE Vit C 48.48 Mg
²⁶ Choice of hotdog/ 1ea chili cheese dog Dp Groove Crinkle Fries 1/2c Sugar Snap Peas 1/2c Veg/Fruit Bar 1/2c Poppin' Good Grapes 1/2c Mini Rice Krispy Bar 1ea Hot Dog Condiments 2ea Milk	²⁷ BaaKa'aakwehn on Bun 1ea Lettuce/Tomato 1/4c/2sl. Corn, Sweet 1/2c Creamy Coleslaw 1/4c Veg/Fruit Bar 1/2c Pineapple Tidbits 1/2c F. F. Mayo 1ea Milk	²⁸ GROUND BEEF & 3/4c MACARONI 1/2c Calif. Blend Veg 1/2c Spinach/Strawberry Salad 1c Veg/Fruit Bar 1/2c Fresh Apple 1ea Garlic Toast 2ea Milk			Cal 825 T.Fat 25.19 G S.Fat 7.5 G Chol 75.6 Mg Sodm 1129.75 Mg Carb 111.55 G Fiber 11.1 G Prtn 40.63 G Iron 6.40 Mg Calc 462.74 Mg Vit A 15.50 RE Vit C 68.39 Mg

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