

January

6-12 Breakfast

Monday

Tuesday

Wednesday

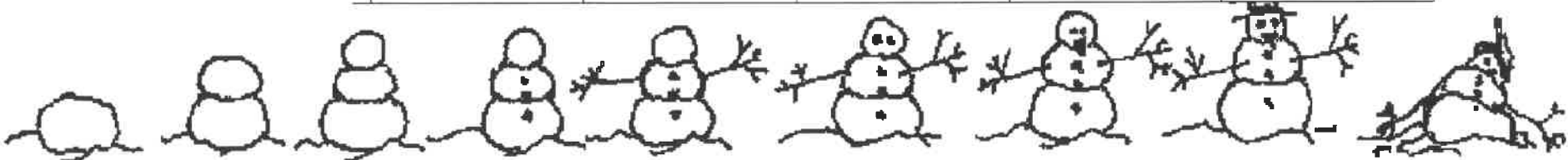
Thursday

Friday

Nutrients

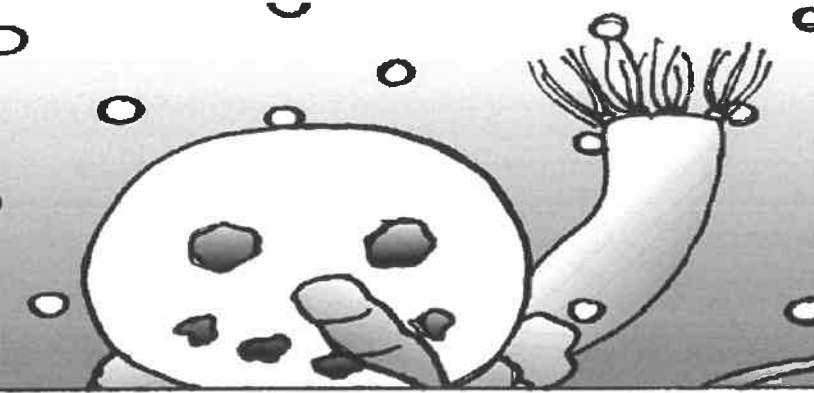
<p>In the operation of child feeding programs, no child will be discriminated against because of race, color, national origin, age or disability. If you believe you have been discriminated against write immediately to Dept. of Agriculture, Wash. DC 20250.</p>	<p>¹ HOLIDAY</p>	<p>² NO SCHOOL TODAY</p>	<p>³ Breakfast Burrito w/ Salsa 1ea/1/8c Fruited yogurt 4oz Peaches in juice 1/2c Fresh Fruit Tray 1/2c Choice of Milk Brkfst Club</p>	<p>⁴ Blueberry Muffin, w.g 1ea Butter Cup 1ea String Cheese 1ea Tropical Fruit Salad 1/2c Fresh Fruit Tray 1/2c Choice of Milk</p>	<p>Cal 543 T.Fat 16.28 G S.Fat 8.5 G Chol 56.1 Mg Sodm 674.72 Mg Carb 81.03 G Fiber 5.0 G</p>
<p>⁷ Dish @ 9:30</p>	<p>⁸ NO SCHOOL TODAY State of the Band</p>	<p>⁹ Pancake/Sausage on a stick w/ syrup, w.g. 1ea Peaches in juice 1/2c Fresh Fruit Tray 1/2c Choice of Milk</p>	<p>¹⁰ Egg & Sausage Croissant, w.g. 1ea Golden Banana 1ea Fresh Fruit Tray 1/2c Choice of Milk Brkfst Club</p>	<p>¹¹ Golden Grahams. 1c w.g. Toast, w.g 1sl. w/ choice of Spreads Pears in juice 1/2c Fresh Fruit Tray 1/2c Choice of Milk</p>	<p>Cal 497 T.Fat 16.10 G S.Fat 5.6 G Chol 60.6 Mg Sodm 608.51 Mg Carb 71.56 G Fiber 6.0 G</p>
<p>¹⁴ Bacon Scr. Pizza, w.g. 1sl. Fruited yogurt 4oz Strawberry cup 1/2c Fresh Fruit Tray 1/2c Choice of Milk</p>	<p>¹⁵ Scrambled Eggs 1/2c Bagel, w.g. 1ea Cr. Cheese/jelly Peaches in juice 1/2c Fresh Fruit Tray 1/2c Choice of Milk</p>	<p>¹⁶ Cheddar Munchers 4ea Toast, w.g 1sl. w/ choice of Spreads Tropical Fruit Salad 1/2c Fresh Fruit Tray 1/2c Choice of Milk</p>	<p>¹⁷ Cinn Glzd WG Fr. Toast w/syrup 1ea Sausage Patty 1ea Juicy Apricot Halves 1/2c Fresh Fruit Tray 1/2c Choice of Milk Brkfst Club</p>	<p>¹⁸ Cinn Toast Crunch, w.g. 1c Backpackers, w.g 1pk Orange 1ea Fresh Fruit Tray 1/2c Choice of Milk 1:00 dismissal</p>	<p>Cal 523 T.Fat 15.24 G S.Fat 5.8 G Chol 130.0 Mg Sodm 541.26 Mg Carb 81.63 G Fiber 6.6 G</p>

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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
²¹ HOLIDAY	²² Corn Chex 1c Apple Bosco Stick 1ea Golden Banana 1ea Fresh Fruit Tray 1/2c Choice of Milk	²³ Egg Bake 1pc w.g Eng. Muffin w/ spds 1ea Pears in juice 1/2c Fresh Fruit Tray 1/2c Choice of Milk	²⁴ W.G. Belgian Waffle Stx 2ea 1/4c w/Strawberry Topping String Cheese 1ea 1/2c Fruit Cocktail in juice Fresh Fruit Tray 1/2c Choice of Milk Brkfst Club	²⁵ Carmel Roll, w. g. 1ea Go Big Go-Gurt 1ea Pear 1ea Fresh Fruit Tray 1/2c Choice of Milk	Cal 524 T.Fat 11.97 G S.Fat 4.6 G Chol 89.1 Mg Sodm 517.64 Mg Carb 89.61 G Fiber 7.7 G Prtn 19.87 G Iron 22.52 Mg Calc 483.75 Mg
²⁸ Banana Berry Muffin, wg 1ea Butter Cup 1ea HARD BOILED EGG 1ea Strawberry cup 1/2c Fresh Fruit Tray 1/2c Choice of Milk	²⁹ Rice Krispies, w.g. 1c Bagel, w.g. 1ea Cr. Cheese/Jelly 1ea Mandarin Oranges 1/2c Fresh Fruit Tray 1/2c Choice of Milk	³⁰ Brkfst Wrap, w.g. 1ea w/taco sauce Fruited yogurt 4oz Peaches in juice 1/2c Fresh Fruit Tray 1/2c Choice of Milk	³¹ W.g.Pancakes 2ea 1/4c w/Apples Sausage Links 2ea Golden Banana 1ea Fresh Fruit Tray 1/2c Choice of Milk Brkfst Club	²⁵ Carmel Roll, w. g. 1ea Go Big Go-Gurt 1ea Pear 1ea Fresh Fruit Tray 1/2c Choice of Milk	Cal 486 T.Fat 12.66 G S.Fat 6.0 G Chol 126.3 Mg Sodm 537.04 Mg Carb 75.45 G Fiber 5.4 G Prtn 19.99 G Iron 3.57 Mg Calc 384.85 Mg

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6-8 Lunch

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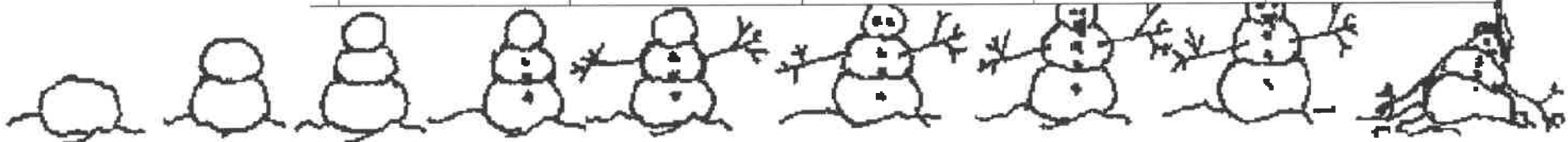
Friday

Nutrients

<p>1 HOLIDAY</p> <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</p>	<p>2 NO SCHOOL TODAY</p>	<p>3 w.g. Chicken Tenders w/ 3 ea Choice of Sauces 1 ea Creamy Mac & Cheese, w.g. 1/3c Gr. Peas 1/2c Crisp Cuke/Tomato Salad 1/2c Veg/Fruit Bar 1/2c Fresh Apple 1 ea Milk</p>	<p>4 Pepperoni Pizza, wg 1st. Glazed Carrots 1/2c Sugar Snap Peas 1/2c w/ranch Veg/Fruit Bar 1/2c Pears in juice 1/2c Milk</p>	<p>5 Cal 722 T.Fat 22.30 G S.Fat 5.2 G Chol 37.6 Mg Sodm 1193.96 Mg Carb 105.12 G Fiber 12.9 G Prtn 31.69 G</p>
<p>7 Hotdog/chili cheese dog on w.g. bun 1 ea Dp Groove Crinkle Fries 1/2c Sugar Snap Peas w/ranch 1/4c Veg/Fruit Bar 1/2c Poppin' Good Grapes 1/2c Hot Dog Condiments 2 ea Milk</p>	<p>8 NO SCHOOL TODAY</p>	<p>9 BaaKa'aakwehn on w.g. bun 1 ea 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 1 ea Milk</p>	<p>10 Wild Rice Soup 3/4c Glazed Carrots 1/2c Winter Blend Veg 1/4c Veg/Fruit Bar 1/2c Pear 1 ea Cheesy Bosco Brdstk, w.g. 1 ea Saltine Cr., w.g. 1 pkg Milk</p>	<p>11 Crispy Taco Salad 1 ea Cheesy Refried Beans 1/2c Veg/Fruit Bar 1/2c Orange 1 ea Sr. Cream/Salsa 1/2/2T Milk</p> <p>Cal 699 T.Fat 19.22 G S.Fat 5.4 G Chol 69.4 Mg Sodm 1031.28 Mg Carb 97.64 G Fiber 10.6 G Prtn 37.14 G</p>
<p>4 Tator Tot Hotdish 3/4c Snappy Gr. Beans 1/2c Veg/Fruit Bar 1/2c Pineapple Tidbits 1/2c w.g. Bread & Jelly 1 ea Milk</p>	<p>15 Chicken A La King 1c Steamin' Broccoli Cuts 1/2c Veg/Fruit Bar 1/2c Kiwi 2 ea B.P. Biscuit, w.g. 1 ea Mini Rice Krispy Bar, wg 1 ea Milk</p>	<p>16 Chicken Spaetzle Soup 3/4c Winter Blend Veg 1/2c Glazed Carrots 1/2c Veg/Fruit Bar 1/2c Pears in juice 1/2c Cheesy Bosco Brdstk, w.g. 1 ea Saltine Cr., w.g. 1 pkg Milk</p>	<p>17 Sub w/all the fixins, wg 1 ea Chilled Veg. Salad 1/2c Baked Beans 1/2c Veg/Fruit Bar 1/2c Golden Banana 1 ea Mustard and Mayo 1 ea Milk</p>	<p>18 Meatloaf 1 pc Mashed Potatoes 1/2c Beef Gravy 1/4c SQUASH, WINTER 1/4c Veg/Fruit Bar 1/2c Poppin' Good Grapes 1/2c W.G. Dinner Roll 1 ea Milk</p> <p>Cal 697 T.Fat 17.35 G S.Fat 5.3 G Chol 67.0 Mg Sodm 961.99 Mg Carb 102.59 G Fiber 11.6 G Prtn 35.26 G</p>



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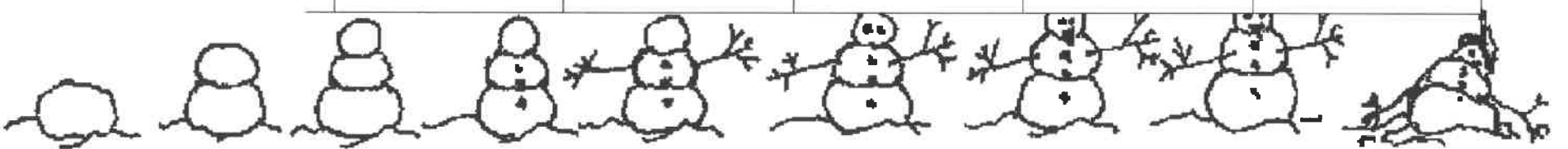
Nutrients

<p>21 HOLIDAY</p>	<p>22 ^{1/2c} Sloppy Jo on w.g. Bun ^{1ea} Greek Salad ^{1/2c} Potato Wedges ^{1/2c} Veg/Fruit Bar ^{1/2c} Fruit Cocktail in juice ^{1/2c} Milk</p>	<p>23 Cheese Pizza, wg ^{1sl.} Glazed Carrots ^{1/2c} Corn, Sweet ^{1/2c} Veg/Fruit Bar ^{1/2c} Fresh Apple ^{1ea} Milk</p>	<p>24 w.g. Chicken Tenders ^{3ea} w/ ^{3ea} Choice of Sauces ^{1pk} Baked Beans ^{1/2c} Spinach/Strawberry Salad ^{1c} Veg/Fruit Bar ^{1/2c} Pineapple Tidbits ^{1/2c} Milk</p>	<p>25 Homestyle Lasagna ^{1pk} w.g. ^{1pk} Calif. Blend Veg ^{1/2c} Veg/Fruit Bar ^{1/2c} Peaches in juice ^{1/2c} Garlic Toast, w.g. ^{1ea} Milk</p>	<p>Cal 699 T.Fat 21.19 G S.Fat 5.5 G Chol 45.7 Mg Sodm 1091.62 Mg Carb 100.17 G Fiber 12.2 G Prtn 31.63 G Iron 4.88 Mg Calc 547.00 Mg Vit A 22.11 RE Vit C 51.89 Mg</p>
<p>28 Chicken-N-Gravy ^{3/4c} Washed Potatoes ^{1/2c} Snappy Gr. Beans ^{1/2c} Veg/Fruit Bar ^{1/2c} Peaches in juice ^{1/2c} w.g. Bread & Jelly ^{1ea} Milk</p>	<p>29 Hamburger on Bun ^{1ea} American Cheese Slice ^{1sl.} Lettuce/Tomato ^{1/4c/2sl.} Baked Beans ^{1/2c} Glazed Carrots ^{1/2c} Veg/Fruit Bar ^{1/2c} Poppin' Good Grapes ^{1/2c} Hamburger Condiments ^{1ea} Milk</p>	<p>30 Beef Stew ^{1c} Crisp Cuke/Tomato Salad ^{1/2c} Veg/Fruit Bar ^{1/2c} Sassy Applesauce ^{1/2c} B.P. Biscuit, w.g. ^{1ea} Milk</p>	<p>31 Cheesy Dunker Sauce ^{3/4c} Spinach/Strawberry Salad ^{1/2c} Veg/Fruit Bar ^{1/2c} Juicy Apricot Halves ^{1/2c} Cheesy Garlic Tst, wg. ^{2ea} Milk</p>		<p>Cal 714 T.Fat 20.98 G S.Fat 7.1 G Chol 82.2 Mg Sodm 1049.96 Mg Carb 93.27 G Fiber 10.9 G Prtn 40.19 G Iron 5.20 Mg Calc 507.31 Mg Vit A 26.09 RE Vit C 40.67 Mg</p>



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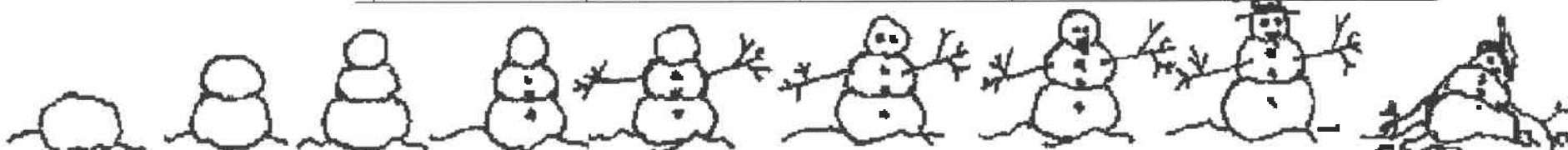
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<p>In the operation of child feeding programs, no child will be discriminated against because of race, color, national origin, age or disability. If you believe you have been discriminated against write immediately to Dept. of Agriculture, Wash. DC 20250.</p>	<p>HOLIDAY</p>	<p>NO SCHOOL TODAY</p>	<p>3 w.g. Chicken Tenders w/ 7ea Choice of Sauces 1p^{1/2} Creamy Mac & 2/3c Cheese, w.g 1/2c Gr. Peas Crisp Cuke/Tomato Salad 1/2c Veg/Fruit Bar 1/2c Fresh Apple 1ea milk</p>	<p>4 Pepperoni Pizza, wg Glazed Carrots 1/2c Sugar Snap Peas 1/2c w/ranch Veg/Fruit Bar 1/2c Pears in juice 1/2c Milk</p>	<p>Cal 853 T.Fat 29.94 G S.Fat 6.7 G Chol 46.8 Mg Sodm 1416.18 Mg Carb 117.41 G Fiber 14.1 G</p>
<p>7 Hotdog/chili cheese dog on w.g. bun 1ea Dp Groove Crinkly Fries 1/2c Sugar Snap Peas 1/2c w/ranch Veg/Fruit Bar 1/2c Poppin' Good Grapes 1/2c Mini Rice Krispy Bar, 1ea milk</p>	<p>8 NO SCHOOL TODAY</p>	<p>9 BaaKa'aakwehn on w.g. bun 1ea Lettuce/Tomato 1/4c/2ea Corn, Sweet 1/2c Creamy Coleslaw 1/4c Veg/Fruit Bar 1/2c Pineapple Tidbits 1/2c F. F. Mayo 1ea Milk</p>	<p>10 Wild Rice Soup 1c Glazed Carrots 1/2c Winter Blend Veg 1/2c Veg/Fruit Bar 1/2c Pear 1ea Cheesy Bosco Brdstk, w.g 1ea Saltine Cr., w.g. 2pk Milk</p>	<p>11 Crispy Taco Salad 1ea Cheesy Refried Beans 1/2c Veg/Fruit Bar 1/2c Orange 1ea Fiesta Beans & Rice. wg 1/2c Sr. Cream/Salsa 1g/2T Milk</p>	<p>Cal 802 T.Fat 21.55 G S.Fat 5.7 G Chol 73.9 Mg Sodm 1178.23 Mg Carb 114.24 G Fiber 12.1 G</p>
<p>14 Tator Tot Hotdish 1c Snappy Gr. Beans 1/2c Veg/Fruit Bar 1/2c Pineapple Tidbits 1/2c w.g. Bread & Jelly 2ea Milk</p>	<p>15 Chicken A La King 1c Steamin' Broccoli Cuts 1/2c Veg/Fruit Bar 1/2c Kiwi 2ea B.P. Biscuit, w.g. 1ea Mini Rice Krispy Bar, wg 1ea Milk</p>	<p>16 Chicken Spaetzle 1c Soup Winter Blend Veg 1/2c Glazed Carrots 1/2c Veg/Fruit Bar 1/2c Pears in juice 1/2c Cheesy Bosco Brdstk, w.g 1ea Saltine Cr., w.g 2pk Milk</p>	<p>17 Sub w/all the fixins, wg 1ea Chilled Veg. Salad 1/2c Baked Beans 1/2c Veg/Fruit Bar 1/2c Golden Banana 1ea Mustard and Mayo 1ea Milk</p>	<p>18 Meatloaf 1pc Mashed Potatoes 1/2c Beef Gravy 1/4c SQUASH, WINTER 1/2c Veg/Fruit Bar 1/2c Poppin' Good Grapes 1/2c W.G. Dinner Roll 1ea Milk</p>	<p>Cal 758 T.Fat 18.91 G S.Fat 5.5 G Chol 72.9 Mg Sodm 1065.82 Mg Carb 111.93 G Fiber 12.4 G</p>



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<p>28 Chicken-N-Gravy 3/4c Mashed Potatoes 1/2c Snappy Gr. Beans 1/2c Veg/Fruit Bar 1/2c Peaches in juice 1/2c w.g. Bread & Jelly 2ea Milk</p>	<p>29 Hamburger on Bun 1 ea American Cheese 1st Slice Lettuce/Tomato 1/4c/2ea Baked Beans 1/2c Glazed Carrots 1/2c Veg/Fruit Bar 1/2c Poppin' Good Grapes 1/2c Hamburger Condiments 1 ea Milk</p>	<p>30 Beef Stew 1/4c Crisp Cuke/Tomato Salad 1/2c Veg/Fruit Bar 1/2c Sassy Applesauce 1/2c B.P. Biscuit, w.g. 1 ea Milk</p>	<p>31 Cheesy Dunker 3/4c Sauce Spinach/Strawberry Salad 1c Veg/Fruit Bar 1/2c Juicy Apricot Halves 1/2c Cheesy Garlic Tst, 2ea wg. Milk</p>		<p>Cal 771 T.Fat 22.93 G S.Fat 7.4 G Chol 84.5 Mg Sodm 1107.63 Mg Carb 101.70 G Fiber 12.1 G Prtn 42.16 G Iron 5.66 Mg Calc 528.29 Mg</p>

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