

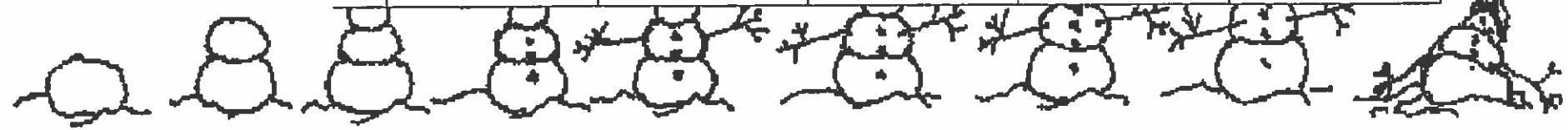
January

6-12 Breakfast



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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<p>1 HOLIDAY</p> <p><i>NASS is a nut Safe building</i></p>	<p>2 NO SCHOOL TODAY</p>	<p>3 Dish @ 9:30</p>	<p>4 Bacon Scr. Pizza, w.g. ^{1ea} Go Big Go-Gurt ^{1ea} Pineapple Juice ^{6oz} Choice of Milk Fresh Fruit Tray ^{1/2c}</p> <p><i>Brkfst Buddies</i></p>	<p>5 Brkfst Wrap w/ taco sauce ^{1ea} Squeezable Fruit ^{1ea} Golden Banana ^{1ea} Choice of Milk Fresh Fruit Tray ^{1/2c}</p>	<p>Cal 500 T.Fat 15.43 G S.Fat 6.3 G Chol 106.6 Mg Sodm 579.76 Mg Carb 73.84 G Fiber 5.7 G</p>
<p>6 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}</p>	<p>9 NO SCHOOL TODAY</p> <p><i>State of the Bard!</i></p>	<p>10 Scrambled Eggs ^{1/2c} Blueberry Muffin ^{1ea} Fruit Cocktail in juice ^{1/2c} Choice of Milk Fresh Fruit Tray ^{1/2c}</p> <p><i>Mommies & Muffins</i></p>	<p>11 Pretzel Egg Sandwich ^{1ea} Craisins ^{1/4c} Golden Banana ^{1ea} Choice of Milk Fresh Fruit Tray ^{1/2c}</p> <p><i>Brkfst Buddies</i></p>	<p>12 Pancakes w/Syrup ^{2ea} Fruited yogurt ^{4oz} Kiwi ^{1/2ea} Choice of Milk Fresh Fruit Tray ^{1/2c}</p> <p><i>Cultural Activity Day</i></p>	<p>Cal 514 T.Fat 10.86 G S.Fat 4.4 G Chol 165.7 Mg Sodm 450.91 Mg Carb 88.14 G Fiber 7.2 G</p>
<p>15 HOLIDAY</p>	<p>16 Cheese Omelet ^{1ea} Toast w/choice of spread ^{1ea} Orange Juice ^{6oz} Choice of Milk Fresh Fruit Tray ^{1/2c}</p>	<p>17 Oatmeal ^{1c} HARD BOILED EGG ^{1ea} Juicy Apricot Halves ^{1/2c} Dried Cherries ^{1/4c} Choice of Milk Fresh Fruit Tray ^{1/2c}</p>	<p>18 Pancake/Sausage on a stick w/ syrup ^{1ea} Go Big Go-Gurt ^{1ea} Tropical Fruit Salad ^{1/2c} Choice of Milk Fresh Fruit Tray ^{1/2c}</p> <p><i>Brkfst Buddies</i></p>	<p>19 Cheddar Munchers ^{1ea} Toast w/choice of spread ^{1ea} Orange ^{1ea} Choice of Milk Fresh Fruit Tray ^{1/2c}</p>	<p>Cal 511 T.Fat 12.52 G S.Fat 4.6 G Chol 116.3 Mg Sodm 467.95 Mg Carb 80.81 G Fiber 6.3 G</p>



January

6-12 Breakfast

Monday

Tuesday

Wednesday

Thursday

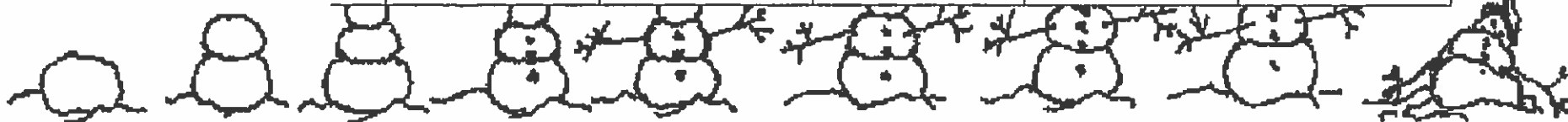
Friday

Nutrients

<p>22 Fr. Toast Stix w/ Strawberry Topping 3ea Kiwi 1/2ea Squeezable Fruit 1ea Choice of Milk Fresh Fruit Tray 1/2c</p>	<p>23 Egg Bake 1ea Bagel w/ Cr. Ch or Jelly 1ea Pears in juice 1/2c Choice of Milk Fresh Fruit Tray 1/2c</p>	<p>24 Jumbo Cake Donut 1ea String Cheese 1ea Fresh Apple 1ea Choice of Milk Fresh Fruit Tray 1/2c Daddies & Donuts</p>	<p>25 Egg & Sausage Muffin 1ea Golden Banana 1ea Choice of Milk Fresh Fruit Tray 1/2c Brkfst Buddies</p>	<p>26 Waffles w/Blueberries 2ea Go Big Go-Gurt 1ea Fruit Cocktail in juice 1/2c Choice of Milk Fresh Fruit Tray 1/2c Pow-Wow 1:00 dismissal</p>	<p>Cal 545 T.Fat 15.93 G S.Fat 5.7 G Chol 125.3 Mg Sodm 634.74 Mg Carb 84.82 G Fiber 7.7 G Prtn 21.43 G Iron 2.49 Mg Calc 444.76 Mg</p>
<p>29 Banana Berry Muffin 1ea Butter Cup 1ea HARD BOILED EGG 1ea Poppin' Good Grapes 1ea Choice of Milk Fresh Fruit Tray 1/2c</p>	<p>30 Cinn Glzd WG Fr. 1ea Toast w/syrup Dried Cherries 1/4c Orange 1ea Choice of Milk Fresh Fruit Tray 1/2c</p>	<p>31 Pancakes w/Apples 2ea Sausage Patty 1ea Peaches in juice 1/2c Choice of Milk Fresh Fruit Tray 1/2c</p>	<p>NASS is a nut Safe building</p>		<p>Cal 483 T.Fat 13.34 G S.Fat 5.3 G Chol 131.9 Mg Sodm 484.71 Mg Carb 77.69 G Fiber 6.3 G Prtn 18.89 G Iron 2.12 Mg Calc 358.04 Mg</p>



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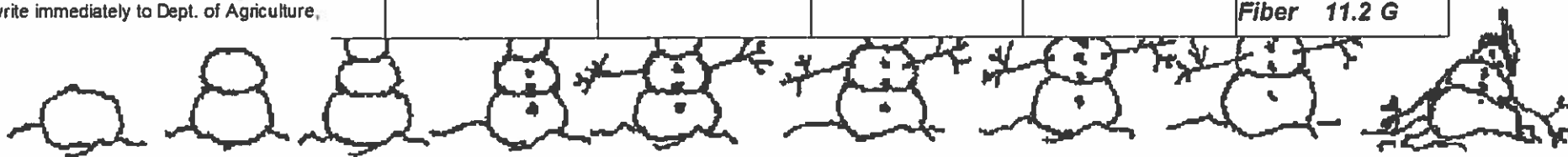
January

6-8 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<p>1 HOLIDAY</p> <p><i>NASS is a nut Safe building</i></p>	<p>2 NO SCHOOL TODAY</p>	<p>3 Chicken Tenders w/ Choice of Sauces 3 ea Gr. Peas 1/2c Crisp Cuke/Tomato Salad 1/2c Veg/Fruit Bar 1/2c Fresh Apple 1 ea Creamy Mac & Cheese 1/3c Milk</p>	<p>4 Pepperoni Pizza 1 sl. Glazed Carrots 1/2c Sugar Snap Peas 1/2c Veg/Fruit Bar 1/2c Pears in juice 1/2c Milk</p>	<p>5 Wild Rice Hotdish 2/3c Steamin' Broccoli Cuts 1/2c SWEET POTATO, BAKED 1/4c Veg/Fruit Bar 1/2c Mandarin Oranges 1/2c Fried Bread w/ Honey or butter 1 ea Milk</p>	<p>Cal 713 T.Fat 22.05 G S.Fat 5.6 G Chol 45.2 Mg Sodm 984.57 Mg Carb 102.96 G Fiber 11.5 G</p>
<p>8 Choice of hotdog/ chili cheese dog 1 ea 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</p>	<p>9 NO SCHOOL TODAY</p> <p><i>State of the Band!</i></p>	<p>10 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</p>	<p>11 GROUND BEEF & MACARONI 2/3c Calif. Blend Veg 1/2c Spinach/Strawberry Salad 1/2c Veg/Fruit Bar 1/2c Fresh Apple 1 ea Garlic Toast 1 ea Milk</p>	<p>12 Wild Rice Soup 3/4c Glazed Carrots 1/2c Winter Blend Veg 1/4c Veg/Fruit Bar 1/2c Pear 1 ea Bosco Breadstick 1 ea Saltine Cr., w.g. 1 ea Milk <i>Cultural Activity Day</i></p>	<p>Cal 753 T.Fat 21.21 G S.Fat 6.1 G Chol 68.2 Mg Sodm 990.94 Mg Carb 106.47 G Fiber 11.1 G</p>
<p>15 HOLIDAY</p>	<p>16 Tator Tot Hotdish 3/4c Snappy Gr. Beans 1/2c Pineapple Tidbits 1/2c Veg/Fruit Bar 1/2c Bread & Jelly 1 ea Milk</p>	<p>17 Chicken Spaetzle Soup 3/4c Winter Blend Veg 1/2c SQUASH, WINTER 1/2c Veg/Fruit Bar 1/2c Pears in juice 1/2c Bosco Breadstick 1 ea Saltine Cr., w.g. 1 ea Milk</p>	<p>18 Sub w/all the fixins 1 ea Chilled Veg. Salad 1/2c Baked Beans 1/2c Veg/Fruit Bar 1/2c Golden Banana 1 ea Milk</p>	<p>19 MEAT LOAF 1 sl. Mashed Potatoes 1/2c Beef Gravy 1/4c Glazed Carrots 1/2c Veg/Fruit Bar 1/2c Poppin' Good Grapes 1/2c Dinner Roll w/ Butter 1 ea Milk</p>	<p>Cal 723 T.Fat 20.33 G S.Fat 6.8 G Chol 80.2 Mg Sodm 930.20 Mg Carb 101.11 G Fiber 11.2 G</p>



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January

06-8 Lunch

Monday

Tuesday

Wednesday

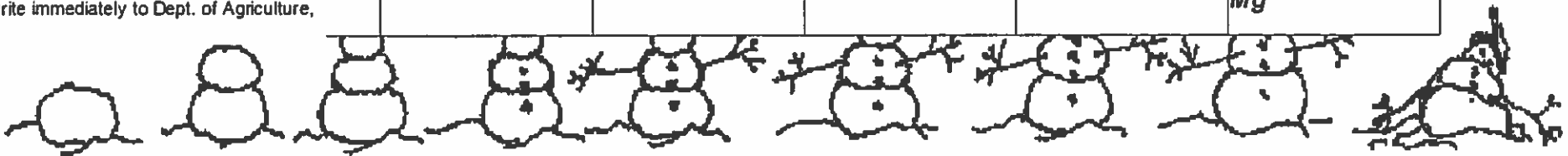
Thursday

Friday

Nutrients

<p>²² Sloppy Joe on Bun ^{1 bun} 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 ^{1 sl.} Glazed Carrots ^{1/2c} Corn, Sweet ^{1/2c} Veg/Fruit Bar ^{1/2c} Fresh Apple ^{1 ea} Milk</p>	<p>²⁴ Sweet & Sour ^{1/2c} Chicken Steamin' Broccoli ^{1/2c} Cuts SQUASH, WINTER ^{1/2c} Veg/Fruit Bar ^{1/2c} Poppin' Good Grapes ^{1/2c} Seasoned Rice ^{1/2c} Milk</p>	<p>²⁵ Chicken Tenders w/ Choice of Sauces ^{3 ea} Baked Beans ^{1/2c} Spinach/Strawberry Salad ^{1/2c} Veg/Fruit Bar ^{1/2c} Pineapple Tidbits ^{1/2c} Milk</p>	<p>²⁶ Homestyle Lasagna ^{1 pc} Calif. Blend Veg ^{1/2c} Veg/Fruit Bar ^{1/2c} Peaches in juice ^{1/2c} Garlic Toast ^{1 ea} Milk</p> <p><i>POW-WOW</i> <i>1:00 dismissal!</i></p>	<p>Cal 689 T.Fat 19.30 G S.Fat 4.5 G Chol 40.2 Mg Sodm 853.88 Mg Carb 103.94 G Fiber 11.9 G Prtn 29.52 G Iron 4.41 Mg Calc 515.84 Mg</p>
<p>²⁹ Chicken-N-Gravy ^{3/4c} Mashed Potatoes ^{1/2c} Snappy Gr. Beans ^{1/2c} Veg/Fruit Bar ^{1/2c} Peaches in juice ^{1/2c} Bread & Jelly ^{1 ea} Milk</p>	<p>³⁰ Hamburger on Bun ^{1 ea} Lettuce/Tomato ^{1/4c/2 sl.} 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>³¹ Beef Stew ^{1c} Crisp Cuke/Tomato Salad ^{1/2c} Veg/Fruit Bar ^{1/2c} Sassy Applesauce ^{1/2c} Baking Powder ^{1 ea} Biscuit Milk</p>	<p><i>NASS is a nut Safe building</i></p>		<p>Cal 681 T.Fat 17.24 G S.Fat 5.7 G Chol 76.3 Mg Sodm 849.72 Mg Carb 93.49 G Fiber 10.9 G Prtn 37.88 G Iron 4.88 Mg Calc 425.01 Mg</p>

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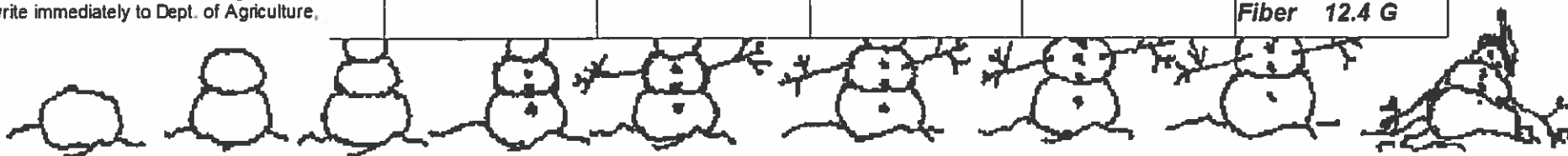
January

9-12 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<p>1 HOLIDAY</p> <p><i>NASS is a nut Safe building</i></p>	<p>2 NO SCHOOL TODAY</p>	<p>3 Chicken Tenders w/ Choice of Sauces 3 ea Gr. Peas 1/2c Crisp Cuke/Tomato Salad 1/2c Veg/Fruit Bar 1/2c Fresh Apple 1 ea Creamy Mac & Cheese 2/2c Milk</p>	<p>4 Pepperoni Pizza 1 sl. Glazed Carrots 1/2c Sugar Snap Peas 1/2c Veg/Fruit Bar 1/2c Pears in juice 1/2c Milk</p>	<p>5 Wild Rice Hotdish 1c Steamin' Broccoli 1/2c Cuts SWEET POTATO, 1/2c BAKED Veg/Fruit Bar 1/2c Mandarin Oranges 1/2c Fried Bread w/ Honey or butter 1 ea Milk</p>	<p>Cal 827 T.Fat 27.90 G S.Fat 6.9 G Chol 57.1 Mg Sodm 1136.15 Mg Carb 115.20 G Fiber 12.7 G</p>
<p>6 Choice of hotdog/ chili cheese dog 1 ea 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 1 ea Hot Dog Condiments 2 ea Milk</p>	<p>9 NO SCHOOL TODAY</p> <p><i>State of the Band!</i></p>	<p>10 BaaKa'aakwehn on 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>11 GROUND BEEF & MACARONI 3/4c Calif. Blend Veg 1/2c Spinach/Strawberry Salad 1c Veg/Fruit Bar 1/2c Fresh Apple 1 ea Garlic Toast 2 ea Milk</p>	<p>12 Wild Rice Soup 1c Glazed Carrots 1/2c Winter Blend Veg 1/2c Veg/Fruit Bar 1/2c Pear 1 ea Bosco Breadstick 1 ea Saltine Cr., w.g. 2pk Milk <i>Cultural Activity Day</i></p>	<p>Cal 849 T.Fat 25.12 G S.Fat 6.8 G Chol 73.9 Mg Sodm 1099.72 Mg Carb 118.37 G Fiber 11.9 G</p>
<p>15 HOLIDAY</p>	<p>16 Tator Tot Hotdish 1c Snappy Gr. Beans 1/2c Pineapple Tidbits 1/2c Veg/Fruit Bar 1/2c Bread & Jelly 2 ea Milk</p>	<p>17 Chicken Spaetzle Soup 1c Winter Blend Veg 1/2c SQUASH, WINTER 1/2c Veg/Fruit Bar 1/2c Pears in juice 1/2c Bosco Breadstick 1 ea Saltine Cr., w.g. 2pk Milk</p>	<p>18 Sub w/all the fixins 1 ea Chilled Veg. Salad 1/2c Baked Beans 1/2c Veg/Fruit Bar 1/2c Golden Banana 1 ea Milk</p>	<p>19 MEAT LOAF 1 sl. Mashed Potatoes 1/2c Beef Gravy 1/4c Glazed Carrots 1/2c Veg/Fruit Bar 1/2c Poppin' Good Grapes 1/2c Dinner Roll w/ Butter 2 ea Milk</p>	<p>Cal 835 T.Fat 24.15 G S.Fat 8.2 G Chol 91.0 Mg Sodm 1109.50 Mg Carb 116.69 G Fiber 12.4 G</p>



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9-12 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
22 Sloppy Joe on Bun ^{1ea} Greek Salad ^{1/2c} Potato Wedges ^{1/2c} Veg/Fruit Bar ^{1/2c} ^{1/2c} Fruit Cocktail in juice Milk	23 Cheese Pizza ^{1sl.} Glazed Carrots ^{1/2c} Corn, Sweet ^{1/2c} Veg/Fruit Bar ^{1/2c} Fresh Apple ^{1ea} Milk	24 Sweet & Sour ^{3/4c} Chicken Steamin' Broccoli ^{1/2c} Cuts SQUASH, WINTER ^{1/2c} Veg/Fruit Bar ^{1/2c} ^{1/2c} Poppin' Good Grapes ^{1/2c} Seasoned Rice ^{1/2c} Bread & Jelly ^{1ea} Milk	25 Chicken Tenders w/ ^{3ea} Choice of Sauces Baked Beans ^{1/2c} Spinach/Strawberry Salad ^{1c} Veg/Fruit Bar ^{1/2c} Pineapple Tidbits ^{1/2c} Teddy Grahams ^{1pkg} Milk	26 Homestyle Lasagna ^{1pc} Calif. Blend Veg ^{1/2c} Veg/Fruit Bar ^{1/2c} Peaches in juice ^{1/2c} Garlic Toast ^{2ea} Milk Pow-Wow 1:00 dismissal	Cal 785 T.Fat 22.37 G S.Fat 5.2 G Chol 47.0 Mg Sodm 979.11 Mg Carb 117.54 G Fiber 12.7 G Prtn 32.58 G Iron 5.19 Mg Calc 557.24 Mg
29 Chicken-N-Gravy ^{3/4c} Mashed Potatoes ^{1/2c} Snappy Gr. Beans ^{1/2c} Veg/Fruit Bar ^{1/2c} Peaches in juice ^{1/2c} Bread & Jelly ^{2ea} Milk	30 Hamburger on Bun ^{1ea} 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	31 Beef Stew ^{1/4c} Crisp Cuke/Tomato Salad ^{1/2c} Veg/Fruit Bar ^{1/2c} Sassy Applesauce ^{1/2c} Baking Powder Biscuit ^{1ea} Milk			Cal 739 T.Fat 18.30 G S.Fat 6.0 G Chol 79.2 Mg Sodm 918.56 Mg Carb 103.21 G Fiber 11.8 G Prtn 39.96 G Iron 5.42 Mg Calc 447.66 Mg

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