

6-12 Breakfast



# March



Monday      Tuesday      Wednesday      Thursday      Friday      Nutrients

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.

<sup>1</sup> Golden Grahams. w.g. 1c  
 Toast, w.g. 1c  
 w/ choice of Spreads 1st. 1ea  
 Pears in juice 1/2c  
 Fresh Fruit Tray 1/2c  
 Choice of Milk

**Cal 515**  
**T.Fat 10.44 G**  
**S.Fat 2.5 G**  
**Chol 10.6 Mg**  
**Sodm 650.71 Mg**  
**Carb 90.97 G**  
**Fiber 7.1 G**

<sup>4</sup> Dish @ 9:30

<sup>5</sup> Bacon Scr. Pizza, w.g. 1ea  
 Fruited yogurt 2oz 1/2c  
 Strawberry cup 1/2c  
 Fresh Fruit Tray 1/2c  
 Choice of Milk

<sup>6</sup> Cheddar Munchers 4ea  
 Toast, w.g. 1ea  
 w/ choice of Spreads 1/2c  
 Tropical Fruit Salad  
 Fresh Fruit Tray 1/2c  
 Choice of Milk

<sup>7</sup> Scrambled Eggs 1/2c  
 Bagel, w.g. 1ea  
 Cr. Cheese/jelly  
 Peaches in juice 1/2c  
 Fresh Fruit Tray 1/2c  
 Choice of Milk  
 Brkfst Club

<sup>8</sup> Cinn Glzd WG Fr. Toast w/syrup 1ea  
 Sausage Patty 1ea 1/2c  
 Juicy Apricot Halves  
 Fresh Fruit Tray 1/2c  
 Choice of Milk

**Cal 535**  
**T.Fat 17.40 G**  
**S.Fat 6.9 G**  
**Chol 138.0 Mg**  
**Sodm 592.87 Mg**  
**Carb 78.32 G**

<sup>11</sup> Corn Chex 1c  
 Apple Bosco Stick 1ea  
 Golden Banana 1ea  
 Fresh Fruit Tray 1/2c  
 Choice of Milk

<sup>12</sup> Breakfast Burrito 1ea  
 w/ Salsa 2T  
 Juicy Apricot Halves 1/2c  
 Fresh Fruit Tray 1/2c  
 Choice of Milk

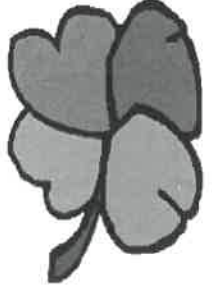
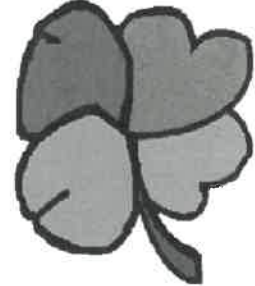
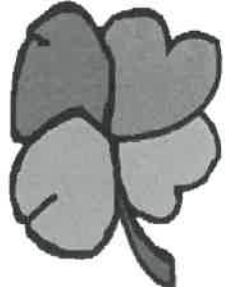
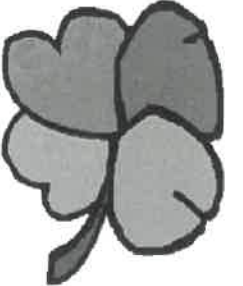
<sup>13</sup> Egg Bake 1pc  
 w.g Eng. Muffin w/ spds 1ea  
 Pears in juice 1/2c  
 Fresh Fruit Tray 1/2c  
 Choice of Milk

<sup>14</sup> W.G. Belgian Waffle Stx 2ea  
 w/Strawberry 1/4c  
 Topping  
 String Cheese 1ea  
 Fruit Cocktail in juice 1/2c  
 Fresh Fruit Tray 1/2c  
 Choice of Milk  
 Brkfst Club

<sup>15</sup> Carmel Roll, w. g. 1ea  
 Go Big Go-Gurt 1ea  
 Pear 1ea  
 Fresh Fruit Tray 1/2c  
 Choice of Milk

**Cal 503**  
**T.Fat 11.80 G**  
**S.Fat 4.8 G**  
**Chol 81.4 Mg**  
**Sodm 542.21 Mg**  
**Carb 84.23 G**  
**Fiber 7.6 G**

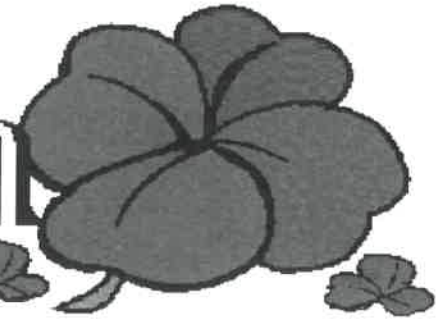
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6-12 Breakfast



# March



Monday

Tuesday

Wednesday

Thursday

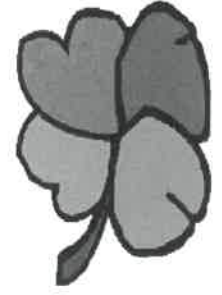
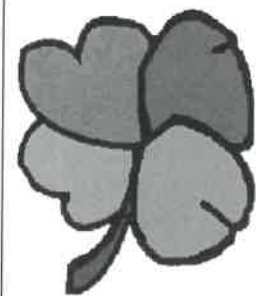
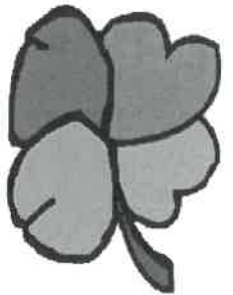
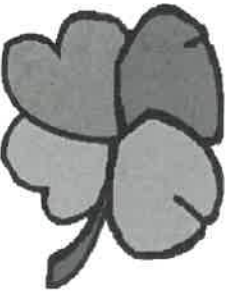
Friday

Nutrients

<sup>18</sup> Banana Berry <i>1ea</i> Muffin, wg Butter Cup <i>1ea</i> HARD BOILED <i>1ea</i> EGG Strawberry cup <i>1/2c</i> Fresh Fruit Tray <i>1/2c</i> Choice of Milk	<sup>19</sup> Rice Krispies, w.g. <i>1c</i> Bagel, w.g. <i>1ea</i> Cr. Cheese/jelly <i>1ea</i> Mandarin Oranges <i>1/2c</i> Fresh Fruit Tray <i>1/2c</i> Choice of Milk	<sup>20</sup> Brkfst Wrap, w.g. <i>1ea</i> w/taco sauce <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  <i>6-12 P/T Conferences 4-7</i>	<sup>21</sup> W.g.Pancakes <i>2ea</i> w/Apples <i>1/4c</i> Sausage Links <i>2ea</i> Golden Banana <i>1ea</i> Fresh Fruit Tray <i>1/2c</i> Choice of Milk  <i>Brkfst Club</i>	<sup>22</sup> 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	<b>Cal</b> 514 <b>T.Fat</b> 12.62 G <b>S.Fat</b> 5.4 G <b>Chol</b> 103.1 <b>Mg</b> <b>Sodm</b> 493.86 <b>Mg</b> <b>Carb</b> 82.45 G <b>Fiber</b> 6.8 G <b>Prtn</b> 20.32 G <b>Iron</b> 3.36 Mg <b>Calc</b> 378.62 <b>Mg</b>
<sup>25</sup> 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	<sup>26</sup> w.g. Fr. Toast Stix <i>4ea</i> w/ 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	<sup>27</sup> 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	<sup>28</sup> 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  <i>Brkfst Club</i>	<sup>29</sup> Corn Chex <i>1c</i> Backpackers, w.g. <i>1ea</i> Golden Banana <i>1ea</i> Fresh Fruit Tray <i>1/2c</i> Choice of Milk	<b>Cal</b> 523 <b>T.Fat</b> 14.35 G <b>S.Fat</b> 5.1 G <b>Chol</b> 97.9 Mg <b>Sodm</b> 538.68 <b>Mg</b> <b>Carb</b> 81.55 G <b>Fiber</b> 6.3 G <b>Prtn</b> 21.40 G <b>Iron</b> 4.02 Mg <b>Calc</b> 462.46 <b>Mg</b> <b>Vit A</b> 34.34

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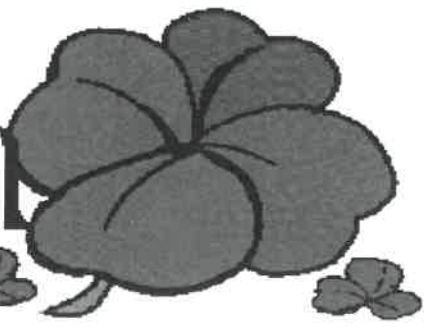
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6-8 Lunch



# March



Monday

Tuesday

Wednesday

Thursday

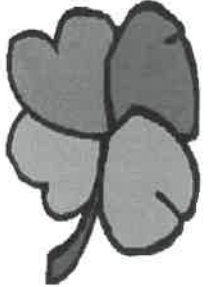
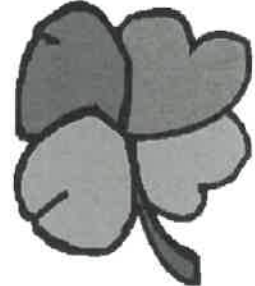
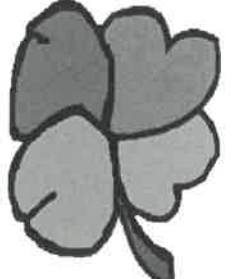
Friday

Nutrients

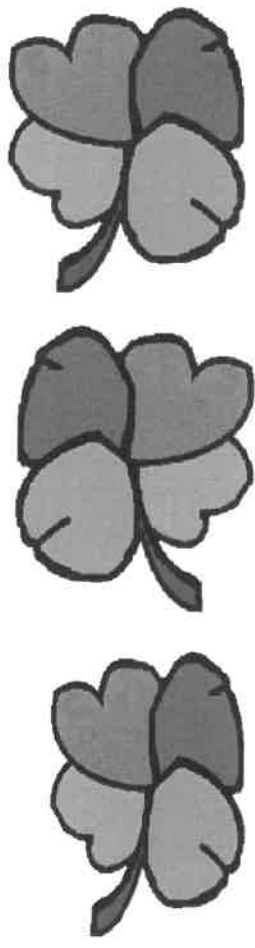
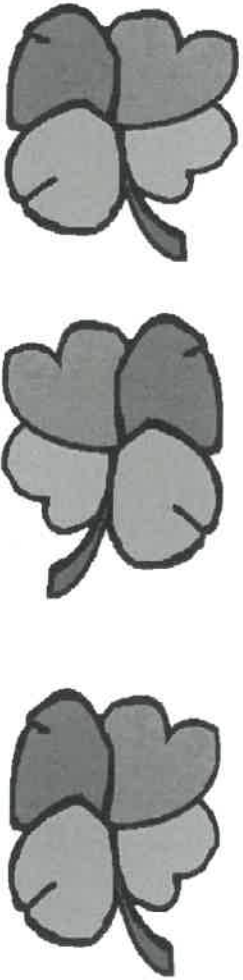
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				<sup>1</sup> Beef & Mac 2/3c Goulash Calif. Blend Veg 1/2c Spinach/Strawberry Salad 1/2c Veg/Fruit Bar 1/2c Fresh Apple 1ea Garlic Toast, w.g. 1ea Milk	<b>Cal</b> 689 <b>T.Fat</b> 19.32 G <b>S.Fat</b> 5.1 G <b>Chol</b> 56.5 Mg <b>Sodm</b> 931.79 <b>Mg</b> <b>Carb</b> 102.28 <b>G</b>
<sup>4</sup> Tator Tot Hotdish 3/4c Snappy Gr. Beans 1/2c Veg/Fruit Bar 1/2c Pineapple Tidbits 1/2c w.g. Bread & Jelly 1ea Milk	<sup>5</sup> 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	<sup>6</sup> 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 1ea Saltine Cr., w.g. 1pk Milk	<sup>7</sup> 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	<sup>8</sup> Meatloaf 3/4" Mashed Potatoes 1/2c Beef Gravy 1/4c SQUASH, WINTER 1/4c Veg/Fruit Bar 1/2c Poppin' Good 1/2c Grapes W.G. Dinner Roll 1ea Milk	<b>Cal</b> 697 <b>T.Fat</b> 17.35 G <b>S.Fat</b> 5.3 G <b>Chol</b> 67.0 Mg <b>Sodm</b> 961.99 <b>Mg</b> <b>Carb</b> 102.59 <b>G</b>
<sup>11</sup> 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	<sup>12</sup> Cheese Pizza, wg 1.5l Glazed Carrots 1/2c Corn, Sweet 1/2c Veg/Fruit Bar 1/2c Fresh Apple 1ea Milk	<sup>13</sup> Chicken Chow Mein 1c Vegetable Egg Roll, wg 1ea Steamin' Broccoli 1/2c Cuts 1/2c Veg/Fruit Bar 1/2c Poppin' Good 1/2c Grapes 1/2c Seasoned Rice, wg 1/2c Milk	<sup>14</sup> w.g. Chicken Tenders w/ Choice of Sauces 1ea Baked Beans 1/2c Spinach/Strawberry Salad 1c Veg/Fruit Bar 1/2c Pineapple Tidbits 1/2c Milk	<sup>15</sup> Homestyle Lasagna, w.g. 1pc Calif. Blend Veg 1/2c Veg/Fruit Bar 1/2c Peaches in juice 1/2c Garlic Toast, w.g. 1ea Milk	<b>Cal</b> 711 <b>T.Fat</b> 20.21 G <b>S.Fat</b> 5.1 G <b>Chol</b> 55.9 Mg <b>Sodm</b> 1144.50 <b>Mg</b> <b>Carb</b> 101.23 <b>G</b>

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6-8 Lunch



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
18 Chicken-N-Gravy <sup>3/4c</sup> Mashed Potatoes <sup>1/2c</sup> Snappy Gr. Beans <sup>1/2c</sup> Veg/Fruit Bar <sup>1/2c</sup> Peaches in juice <sup>1/2c</sup> w.g. Bread & Jelly <sup>1ea</sup> Milk	19 Hamburger on Bun <sup>1ea</sup> American Cheese Slice <sup>1sl.</sup> Lettuce/Tomato <sup>1/4c/2s</sup> Baked Beans <sup>1/2c</sup> Glazed Carrots <sup>1/2c</sup> Veg/Fruit Bar <sup>1/2c</sup> Poppin' Good <sup>1/2c</sup> Grapes Hamburger <sup>1ea</sup> Condiments Milk	20 Beef Stew <sup>1c</sup> Crisp Cuke/Tomato Salad <sup>1/2c</sup> Veg/Fruit Bar <sup>1/2c</sup> Sassy Applesauce <sup>1c</sup> B.P. Biscuit, w.g. <sup>1ea</sup> Milk  6-12 P/T Conferences	21 Cheesy Dunker Sauce <sup>3/4c</sup> Spinach/Strawberry Salad <sup>1/2c</sup> Veg/Fruit Bar <sup>1/2c</sup> Juicy Apricot Halves Cheesy Garlic Tst, w.g. <sup>2ea</sup> Milk	22 Fish Nuggets, wg Steamin' Broccoli Cuts <sup>1/2c</sup> Creamy Coleslaw <sup>1/2c</sup> Veg/Fruit Bar <sup>1/2c</sup> Orange <sup>1ea</sup> Wild Rice Blend <sup>1/2c</sup> Tartar Sauce <sup>2T</sup> Milk	<b>Cal</b> 706 <b>T.Fat</b> 20.37 G <b>S.Fat</b> 6.3 G <b>Chol</b> 78.9 Mg <b>Sodm</b> 1011.74 <b>Mg</b> <b>Carb</b> 94.84 G <b>Fiber</b> 11.2 G <b>Prtn</b> 38.35 G <b>Iron</b> 4.80 Mg <b>Calc</b> 499.53 <b>Mg</b> <b>Vit A</b> 26.25
25 Beef Stroganoff <sup>7/3c</sup> Italian Blend Veg <sup>1/2c</sup> Steamin' Broccoli Cuts <sup>1/2c</sup> Veg/Fruit Bar <sup>1/2c</sup> Poppin' Good <sup>1/2c</sup> Grapes Garlic Breadstick, w.g. <sup>1ea</sup> Milk	26 Veg-Beef Barley Soup <sup>1c</sup> Gr. Peas <sup>1/2c</sup> Veg/Fruit Bar <sup>1/2c</sup> Mandarin Oranges <sup>1/2c</sup> Cheesy Bosco <sup>1ea</sup> Brdstk, w.g. Saltine Cr., w.g. <sup>1pk</sup> Milk	27 Corndog, w.g. <sup>1ea</sup> Sweet Potato Bites <sup>1/2c</sup> Sugar Snap Peas <sup>1/2c</sup> w/ranch Veg/Fruit Bar <sup>1/2c</sup> Pear <sup>1ea</sup> Ketchup & Mustard <sup>2ea</sup> Milk	28 B.B.Q. Pork on w.g.Bun <sup>1ea</sup> Tangy Coleslaw <sup>1/4c</sup> Baked Beans <sup>1/2c</sup> Veg/Fruit Bar <sup>1/2c</sup> Orange <sup>1ea</sup> Milk	29 Cheesy, w. g. <sup>1ea</sup> Chicken Burrito w/Sauce Lettuce & Tomato <sup>1/2c/1ea</sup> Veg/Fruit Bar <sup>1/2c</sup> Tropical Fruit Salad <sup>1/2c</sup> Fiesta Beans & Rice, wg <sup>1/4c</sup> Sr. Cream/Salsa <sup>1/2T</sup> Milk	<b>Cal</b> 694 <b>T.Fat</b> 16.84 G <b>S.Fat</b> 5.6 G <b>Chol</b> 42.8 Mg <b>Sodm</b> 975.06 <b>Mg</b> <b>Carb</b> 98.12 G <b>Fiber</b> 12.3 G <b>Prtn</b> 30.71 G <b>Iron</b> 4.40 Mg <b>Calc</b> 495.44 <b>Mg</b> <b>Vit A</b> 20.38

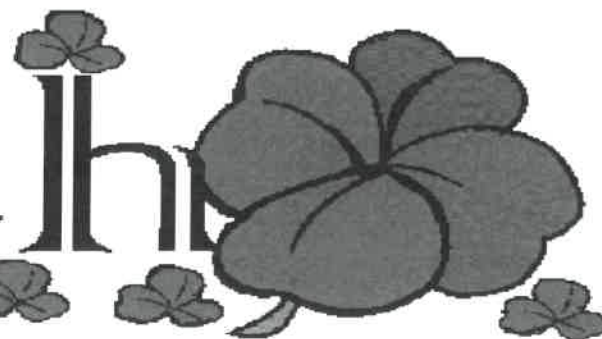
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9-12 Lunch



# March



Monday

Tuesday

Wednesday

Thursday

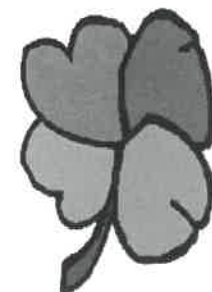
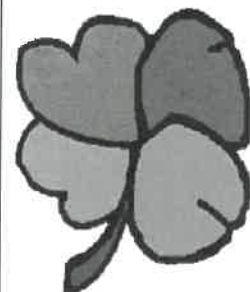
Friday

Nutrients

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				<sup>1</sup> Beef & Mac 3/4c Goulash Calif. Blend Veg 1/2c Spinach/Strawberry Salad 1c Veg/Fruit Bar 1/2c Fresh Apple 1ea Garlic Toast, w.g. 2ea Milk	<b>Cal</b> 866 <b>T.Fat</b> 28.41 G <b>S.Fat</b> 6.8 G <b>Chol</b> 62.4 Mg <b>Sodm</b> 1163.50 <b>Mg</b> <b>Carb</b> 122.77 <b>G</b>
<sup>4</sup> Tator Tot Hotdish 1c Snappy Gr. Beans 1/2c Veg/Fruit Bar 1/2c Pineapple Tidbits 1/2c w.g. Bread & Jelly 2ea Milk	<sup>5</sup> 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, w.g. 1ea Milk	<sup>6</sup> Chicken Spaetzle Soup 1c 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	<sup>7</sup> Sub w/all the fixins, w.g. 1ea 1/2c Chilled Veg. Salad 1/2c Baked Beans 1/2c Veg/Fruit Bar 1/2c Golden Banana 1ea Mustard and Mayo 1ea Milk	<sup>8</sup> Meatloaf 3/4c Mashed Potatoes 1/2c Beef Gravy 1/4c SQUASH, WINTER 1/2c Veg/Fruit Bar 1/2c Poppin' Good 1/2c Grapes W.G. Dinner Roll 1ea Milk	<b>Cal</b> 758 <b>T.Fat</b> 18.91 G <b>S.Fat</b> 5.5 G <b>Chol</b> 72.9 Mg <b>Sodm</b> 1065.82 <b>Mg</b> <b>Carb</b> 111.93 <b>G</b>
<sup>11</sup> Sloppy Jo on w.g. Bun 1ea 1/2c Greek Salad 1/2c Potato Wedges 1/2c Veg/Fruit Bar 1/2c Fruit Cocktail in juice 1/2c Milk	<sup>12</sup> Cheese Pizza, w.g. 1st 1/2c Glazed Carrots 1/2c Corn, Sweet 1/2c Veg/Fruit Bar 1/2c Fresh Apple 1ea Milk	<sup>13</sup> Chicken Chow Mein 1c Vegetable Egg Roll, w.g. 1ea Steamin' Broccoli Cuts 1/2c Veg/Fruit Bar 1/2c Poppin' Good 1/2c 1/2c Grapes Seasoned Rice, w.g. 1/2c Milk	<sup>14</sup> w.g. Chicken Tenders w/ Choice of Sauces 1ea 1/2c Baked Beans 1/2c Spinach/Strawberry Salad 1c Veg/Fruit Bar 1/2c Pineapple Tidbits 1/2c Animal Crackers, w.g. 1pk Milk	<sup>15</sup> Homestyle 1pc Lasagna, w.g. Calif. Blend Veg 1/2c Veg/Fruit Bar 1/2c Peaches in juice 1/2c Garlic Toast, w.g. 2ea Milk	<b>Cal</b> 814 <b>T.Fat</b> 24.37 G <b>S.Fat</b> 6.4 G <b>Chol</b> 69.7 Mg <b>Sodm</b> 1340.05 <b>Mg</b> <b>Carb</b> 112.39 <b>G</b>

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9-12 Lunch



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
18 Chicken-N-Gravy <sup>3/4c</sup> Mashed Potatoes <sup>1/2c</sup> Snappy Gr. Beans <sup>1/2c</sup> Veg/Fruit Bar <sup>1/2c</sup> Peaches in juice <sup>1/2c</sup> w.g. Bread & Jelly <sup>2ea</sup> Milk	19 Hamburger on Bun <sup>1ea</sup> American Cheese <sup>1.51</sup> Slice Lettuce/Tomato <sup>1/4c/2s</sup> Baked Beans <sup>1/2c</sup> Glazed Carrots <sup>1/2c</sup> Veg/Fruit Bar <sup>1/2c</sup> Poppin' Good <sup>1/2c</sup> Grapes <sup>1/2c</sup> Hamburger <sup>1ea</sup> Condiments Milk	20 Beef Stew <sup>1/4c</sup> Crisp Cuke/Tomato Salad Veg/Fruit Bar Sassy Applesauce B.P. Biscuit, w.g. Milk  6-12 P/T Conferences	21 Cheesy Dunker Sauce <sup>3/4c</sup> Spinach/Strawberry Salad <sup>1c</sup> Veg/Fruit Bar <sup>1/2c 1/2c</sup> Juicy Apricot Halves Cheesy Garlic Tst, w.g. <sup>2ea</sup> Milk	22 Fish Nuggets, w.g. Steamin' Broccoli Cuts <sup>1/2c</sup> Creamy Coleslaw <sup>1/2c</sup> Veg/Fruit Bar <sup>1/2c</sup> Orange <sup>1ea</sup> Wild Rice Blend <sup>1/2c</sup> Tartar Sauce <sup>2T</sup> Milk	<b>Cal 761</b> <b>T.Fat 22.32 G</b> <b>S.Fat 6.6 G</b> <b>Chol 82.9 Mg</b> <b>Sodm 1068.09</b> <b>Mg</b> <b>Carb 102.43</b> <b>G</b> <b>Fiber 12.2 G</b> <b>Prtn 40.53 G</b> <b>Iron 5.22 Mg</b> <b>Calc 517.17</b> <b>Mg</b>
25 Beef Stroganoff <sup>1/4c</sup> Italian Blend Veg <sup>1/2c</sup> Steamin' Broccoli Cuts <sup>1/2c</sup> Veg/Fruit Bar <sup>1/2c</sup> Poppin' Good <sup>1/2c</sup> Grapes Garlic Breadstick, w.g. <sup>2ea</sup> Milk	26 Veg-Beef Barley Soup <sup>1c</sup> Gr. Peas <sup>1/2c</sup> Veg/Fruit Bar <sup>1/2c 1/2c</sup> Mandarin Oranges Cheesy Bosco <sup>1ea</sup> Brdstk, w.g. <sup>2pk</sup> Saltine Cr., w.g. Milk	27 Corndog, w.g. <sup>1ea</sup> Sweet Potato Bites <sup>1/2c</sup> Sugar Snap Peas <sup>1/2c</sup> w/ranch Veg/Fruit Bar <sup>1/2c</sup> Pear <sup>1ea</sup> Ketchup & Mustard <sup>2ea</sup> Milk	28 B.B.Q. Pork on a Bun <sup>1ea</sup> Tangy Coleslaw <sup>1/2c</sup> Baked Beans <sup>1/2c</sup> Veg/Fruit Bar <sup>1/2c</sup> Orange <sup>1ea</sup> Milk	29 Cheesy, w. g. Chicken <sup>1ea</sup> Burrito w/Sauce Lettuce & Tomato <sup>1/2c/1/2c</sup> Veg/Fruit Bar <sup>1/2c</sup> Tropical Fruit Salad <sup>1/2c</sup> Fiesta Beans & Rice, w.g. <sup>1/2c</sup> Sr. Cream/Salsa <sup>1/4T</sup> Milk	<b>Cal 815</b> <b>T.Fat 21.24 G</b> <b>S.Fat 6.8 G</b> <b>Chol 53.1 Mg</b> <b>Sodm 1121.15</b> <b>Mg</b> <b>Carb 113.63</b> <b>G</b> <b>Fiber 13.7 G</b> <b>Prtn 36.05 G</b> <b>Iron 5.50 Mg</b> <b>Calc 517.26</b> <b>Mg</b>

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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.

