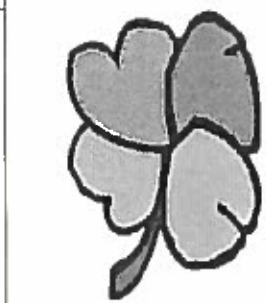
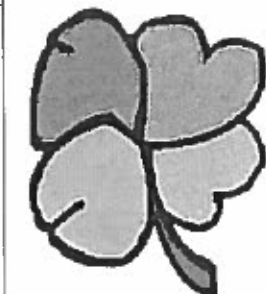


6-12 Breakfast



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<p><i>NASS is a nut Safe building</i></p>			<p>¹ Pretzel Egg Sandwich <i>1ea</i> Craisins <i>1/4c</i> Golden Banana <i>1ea</i> Choice of Milk Fresh Fruit Tray <i>1/2c</i></p> <p><i>Brkfst Club</i></p>	<p>² Pancakes w/Syrup <i>2ea</i> Fruited yogurt <i>4oz</i> Kiwi <i>1/2ea</i> Choice of Milk Fresh Fruit Tray <i>1/2c</i></p> <p><i>Dr. Seuss' B-day!</i></p>	<p>Cal 542 T.Fat 9.86 G S.Fat 3.8 G Chol 76.9 Mg Sodm 454.10 Mg Carb 97.40 G Fiber 8.0 G</p>
<p>⁵ Dish @ 9:30</p>	<p>⁶ Cheese Omelet <i>1ea</i> Toast w/choice of spread <i>1ea</i> Orange Juice <i>4oz</i> Choice of Milk Fresh Fruit Tray <i>1/2c</i></p>	<p>⁷ Oatmeal <i>1ea</i> HARD BOILED EGG <i>1ea</i> Juicy Apricot Halves <i>1/2c</i> Dried Cherries <i>1/4c</i> Choice of Milk Fresh Fruit Tray <i>1/2c</i></p>	<p>⁸ Pancake/Sausage on a stick w/ syrup <i>1ea</i> Go Big Go-Gurt <i>1ea</i> Tropical Fruit Salad <i>1/2c</i> Choice of Milk Fresh Fruit Tray <i>1/2c</i></p> <p><i>Brkfst Club</i></p>	<p>⁹ Breakfast Pizza <i>1ea</i> Fruited yogurt <i>4oz</i> Golden Banana <i>1ea</i> Choice of Milk Fresh Fruit Tray <i>1/2c</i></p>	<p>Cal 524 T.Fat 13.99 G S.Fat 4.9 G Chol 104.5 Mg Sodm 508.91 Mg Carb 81.27 G</p>
<p>¹² Fr. Toast Stix w/ Strawberry Topping <i>3ea</i> Kiwi <i>1/2ea</i> Squeezable Fruit <i>1ea</i> Choice of Milk Fresh Fruit Tray <i>1/2c</i></p>	<p>¹³ Egg Bake <i>1/80</i> Bagel w/ Cr. Ch or Jelly <i>1ea</i> Pears in juice <i>1/2c</i> Choice of Milk Fresh Fruit Tray <i>1/2c</i></p>	<p>¹⁴ Banana Berry Muffin <i>1ea</i> Butter Cup <i>1ea</i> HARD BOILED EGG <i>1ea</i> Poppin' Good Grapes <i>1/2c</i> Choice of Milk Fresh Fruit Tray <i>1/2c</i></p>	<p>¹⁵ Egg & Sausage Muffin <i>1ea</i> Golden Banana <i>1ea</i> Choice of Milk Fresh Fruit Tray <i>1/2c</i></p> <p><i>Brkfst Club</i></p>	<p>¹⁶ Pancakes w/Syrup <i>2ea</i> Go Big Go-Gurt <i>1ea</i> Fruit Cocktail in juice <i>1/2c</i> Choice of Milk Fresh Fruit Tray <i>1/2c</i></p>	<p>Cal 497 T.Fat 13.22 G S.Fat 5.6 G Chol 162.0 Mg Sodm 523.79 Mg Carb 77.29 G</p>

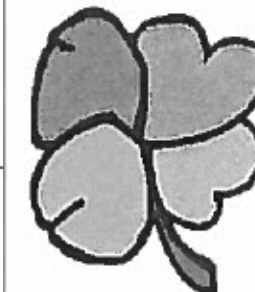
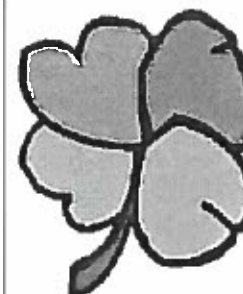
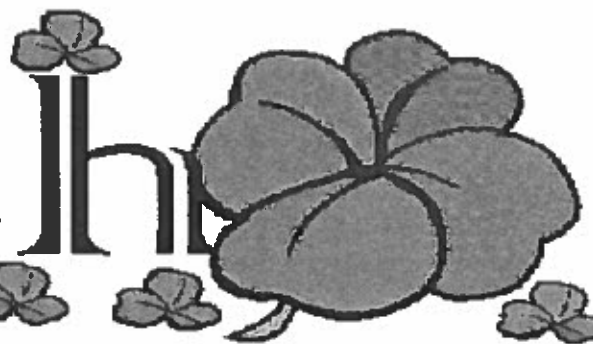
In the operation of child feeding programs, no child will be discriminated against because of race, color, national origin, age or disability. If you believe you have been discriminated against write immediately to Dept. of Agriculture, Wash. DC 20250.

Mommies & Muffins

6-12 Breakfast



March



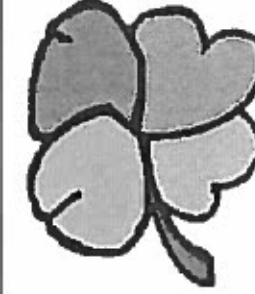
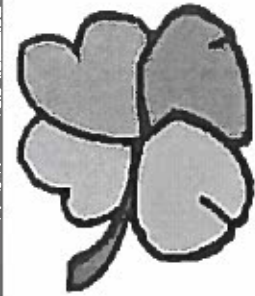
Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
¹⁹ Cinn Glzd WG Fr. Toast w/syrup <i>1ea</i> Dried Cherries <i>1/4c</i> Orange <i>1ea</i> Choice of Milk Fresh Fruit Tray <i>1/2c</i>	²⁰ Brkfst Wrap w/ taco sauce <i>1ea</i> Fruited yogurt <i>4oz</i> Golden Banana <i>1ea</i> Choice of Milk Fresh Fruit Tray <i>1/2c</i>	²¹ NO SCHOOL TODAY <i>Staff In-Service</i>	²² <i>2ea 1/4c</i> Pancakes w/Apples Sausage Patty <i>1ea</i> Peaches in juice <i>1/2c</i> Choice of Milk Fresh Fruit Tray <i>1/2c</i> <i>Brkfst Club</i>	²³ Egg-N-Cheese <i>1ea</i> Bagel Kiwi <i>1 1/2 ea</i> Raisins, <i>1/4c</i> Choice of Milk Fresh Fruit Tray <i>1/2c</i> <i>1:00 dismissal</i> <i>Treaty Rights Day!</i>	Cal 519 T.Fat 12.28 G S.Fat 4.4 G Chol 126.3 Mg Sodm 548.80 Mg Carb 88.54 G Fiber 8.0 G Prtn 21.60 G Iron 2.43 Mg Calc 435.10 Mg
²⁶ Oatmeal w/Raisins <i>1c</i> HARD BOILED EGG <i>1ea</i> Fresh Apple <i>1ea</i> Choice of Milk Fresh Fruit Tray <i>1/2c</i>	²⁷ Breakfast Pizza <i>1ea</i> Go Big Go-Gurt <i>1ea</i> Pineapple Tidbits <i>1/2c</i> Choice of Milk Fresh Fruit Tray <i>1/2c</i>	²⁸ Frosted Cinnamon Roll <i>1ea</i> Sausage Links <i>2ea 1ea</i> Orange Choice of Milk Fresh Fruit Tray <i>1/2c</i> <i>Daddies & Donuts</i>	²⁹ Breakfast Burrito w/ Salsa <i>1ea 1/2c</i> Fruited yogurt <i>4oz</i> Golden Banana <i>1ea</i> Choice of Milk Fresh Fruit Tray <i>1/2c</i> <i>Brkfst Club</i> <i>1:00 dismissal</i> <i>NASS is a nut Safe building</i>	³⁰ NO SCHOOL TODAY <i>Spring Break!</i>	Cal 543 T.Fat 12.03 G S.Fat 4.9 G Chol 83.5 Mg Sodm 523.24 Mg Carb 90.47 G Fiber 7.2 G Prtn 22.64 G Iron 2.55 Mg Calc 416.07 Mg Vit A 38.14

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.

6-8 Lunch



March



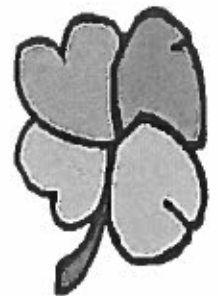
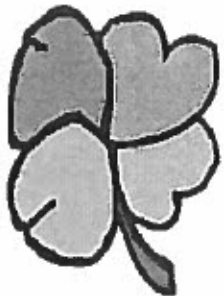
Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<p><i>NASS is a nut Safe building</i></p>			<p>1 Wild Rice Soup $\frac{3}{4}c$ Glazed Carrots $\frac{1}{2}c$ Winter Blend Veg $\frac{1}{4}c$ Veg/Fruit Bar $\frac{1}{2}c$ Pear $1ea$ Bosco Breadstick $1ea$ Saltine Cr., w.g. $1ea$ Milk</p>	<p>2 Soft Shell Taco $1ea$ Cheesy Refried Beans $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Orange $1ea$ Sr. Cream/Salsal $\frac{1}{2}$ Milk</p>	<p>Cal 734 T.Fat 19.24 G S.Fat 5.3 G Chol 56.8 Mg Sodm 1065.97 Mg Carb 108.65 G</p>
<p>4 Tator Tot Hotdish $\frac{3}{4}c$ Snappy Gr. Beans $\frac{1}{2}c$ Pineapple Tidbits $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Bread & Jelly $1ea$ Milk</p>	<p>6 Chicken Chow Mein $\frac{1}{2}c$ Steamin' Broccoli Cuts $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Kiwi $1\frac{1}{2}ea$ Seasoned Rice $\frac{1}{2}c$ Mini Rice Krispy Bar $1ea$ Milk</p>	<p>7 Chicken Spaetle Soup $\frac{3}{4}c$ Winter Blend Veg $\frac{1}{2}c$ SQUASH, WINTER $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Pears in juice $\frac{1}{2}c$ Bosco Breadstick $1ea$ Saltine Cr., w.g. $1pb$ Milk</p>	<p>8 Sub w/all the fixins $1ea$ Chilled Veg. Salad $\frac{1}{2}c$ Baked Beans $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Golden Banana $1ea$ Milk</p>	<p>9 Pork Roast $2oz$ Mashed Potatoes $\frac{1}{2}c$ Beef Gravy $\frac{1}{4}c$ Glazed Carrots $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Poppin' Good $\frac{1}{2}c$ Grapes Dinner Roll w/ Butter $1ea$ Milk</p>	<p>Cal 639 T.Fat 16.28 G S.Fat 4.9 G Chol 52.5 Mg Sodm 847.69 Mg Carb 96.14 G Fiber 10.4 G</p>
<p>12 Sloppy Joe on Bun $\frac{1}{2}c$ Greek Salad $1ea$ Potato Wedges $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Fruit Cocktail in juice $\frac{1}{2}c$ Milk</p>	<p>13 Cheese Pizza $1sl$ Glazed Carrots $\frac{1}{2}c$ Corn, Sweet $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Fresh Apple $1ea$ Milk</p>	<p>14 Chicken Wrap $1ea$ w/Ranch Drsg Steamin' Broccoli Cuts $\frac{1}{2}c$ SQUASH, WINTER $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Poppin' Good $\frac{1}{2}c$ Grapes Milk</p>	<p>15 Chicken Tenders w/ Choice of Sauces $3ea$ Baked Beans $\frac{1}{2}c$ Spinach/Strawberry Salad $1c$ Veg/Fruit Bar $\frac{1}{2}c$ Pineapple Tidbits $\frac{1}{2}c$ Milk</p>	<p>16 Homestyle Lasagna $1pc$ Calif. Blend Veg $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Peaches in juice $\frac{1}{2}c$ Garlic Toast $1ea$ Milk</p>	<p>Cal 674 T.Fat 19.67 G S.Fat 5.0 G Chol 43.5 Mg Sodm 950 Mg Carb 99.44 G Fiber 12.2 G</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.

wild rice blend-
 $\frac{1}{2}c$

6-12 P/T Conference

6-8 Lunch



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
¹⁹ 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 ^{1ca} Milk	²⁰ Hamburger on Bun ^{1ca} Lettuce/Tomato ^{1/4c/2s} Baked Beans ^{1/2c} Glazed Carrots ^{1/2c} Veg/Fruit Bar ^{1/2c} Poppin' Good ^{1/2c} Grapes Hamburger Condiments ^{1ca} Milk	²¹ NO SCHOOL TODAY Staff In-Service	²² Beef Stew ^{1c} Steamin' Broccoli Cuts ^{1/2c} Veg/Fruit Bar ^{1/2c} Sassy Applesauce ^{1/2c} Baking Powder Biscuit ^{1ca} Milk	²³ B.B.Q. Pork on a Bun ^{1ca} American Cheese Slice ^{1 sl. 1/2c} Mixed Vegetables CREAMY COLE ^{1/4c} SLAW Veg/Fruit Bar ^{1/2c} Orange ^{1ca} Milk 1:00 Dismissal Treaty Rights Day	Cal 685 T.Fat 18.59 G S.Fat 6.2 G Chol 72.3 Mg Sodm 885.36 Mg Carb 95.19 G Fiber 11.6 G Prtn 36.53 G Iron 4.86 Mg Calc 475.74 Mg Vit A 17.34
²⁶ Beef Stroganoff ^{1/2c} Italian Blend Veg ^{1/2c} Steamin' Broccoli Cuts ^{1/2c} Veg/Fruit Bar ^{1/2c} Poppin' Good ^{1/2c} Grapes Garlic w.g. Breadstick ^{1ca} Milk	²⁷ Veg-Beef Barley Soup ^{1c} Gr. Peas ^{1/2c} Veg/Fruit Bar ^{1/2c} Mandarin Oranges ^{1/2c} Bosco Breadstick ^{1ca} Saltine Cr., w.g. ^{1pk} Milk	²⁸ Caribbean Chicken on Bun ^{1ca} Lettuce/Tomato ^{1/4c/2s} Dp Groove Crinkle Fries ^{1/2c} Chilled Veg. Salad ^{1/2c} Veg/Fruit Bar ^{1/2c} Tropical Fruit Salad Milk ^{1/2c}	²⁹ Chicken Fajitas ^{1ca} Cheesy Refried Beans ^{1/2c} Veg/Fruit Bar ^{1/2c} Kiwi ^{1/2ca} Fiesta Beans & Rice ^{1/4c} Sr. Cream/Salsa ^{1/2t} Milk Pow-Wow 1:00 Dismissal NASS is a nut Safe building	³⁰ No School Today Spring Break	Cal 679 T.Fat 15.41 G S.Fat 4.7 G Chol 54.2 Mg Sodm 1041.22 Mg Carb 101.58 G Fiber 11.3 G Prtn 36.03 G Iron 4.47 Mg Calc 487.37 Mg

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.

9-12 Lunch



March

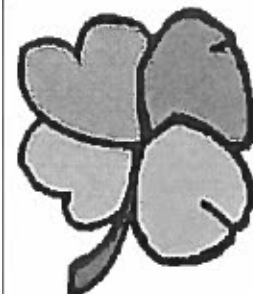
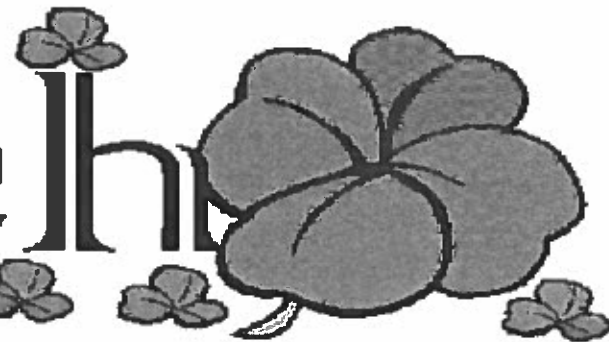
Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<p><i>NASS is a nut Safe building</i></p>			<p>1 Wild Rice Soup 1c Glazed Carrots 1/2c Winter Blend Veg 1/2c Veg/Fruit Bar 1/2c Pear 1ea Bosco Breadstick 1ea Saltine Cr., w.g. 2pt Milk</p>	<p>2 Soft Shell Taco 1ea Cheesy Refried Beans 1/2c Veg/Fruit Bar 1/2c Orange 1ea Fiesta Beans & Rice 1/2c Sr. Cream/Salsa 1ea/2T Milk</p>	<p>Cal 883 T.Fat 22.42 G S.Fat 5.7 G Chol 64.6 Mg Sodm 1237.72 Mg Carb 133.59 G Fiber 16.1 G</p>
<p>5 Tator Tot Hotdish 1c Snappy Gr. Beans 1/2c Pineapple Tidbits 1/2c Veg/Fruit Bar 1/2c Bread & Jelly 2ea Milk</p>	<p>6 Chicken Chow Mein 3/4c Steammin' Broccoli 1/2c Cuts Veg/Fruit Bar 1/2c Kiwi 1 1/2 ea Seasoned Rice 1/2c Bread & Jelly 1ea Mini Rice Krispy Bar 1ea Milk</p>	<p>7 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 1ea Saltine Cr., w.g. 2pt Milk</p>	<p>8 Sub w/all the fixins 1ea Chilled Veg. Salad 1/2c Baked Beans 1/2c Veg/Fruit Bar 1/2c Golden Banana 1ea Milk</p>	<p>9 Pork Roast 3oz 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 2ea Milk</p>	<p>Cal 784 T.Fat 21.28 G S.Fat 6.3 G Chol 67.9 Mg Sodm 1063.17 Mg Carb 114.70 G Fiber 11.8 G</p>
<p>12 Sloppy Joe on Bun 1/2c Greek Salad 1c Potato Wedges 1/2c Veg/Fruit Bar 1/2c Fruit Cocktail in juice 1/2c Milk</p>	<p>13 Cheese Pizza 1.5l Glazed Carrots 1/2c Corn, Sweet 1/2c Veg/Fruit Bar 1/2c Fresh Apple 1ea Milk</p>	<p>14 Chicken Wrap w/Ranch Drsg 1ea Steammin' Broccoli 1/2c Cuts SQUASH, WINTER 1/2c Veg/Fruit Bar 1/2c Poppin' Good Grapes 1/2c Wild Rice Blend 1/2c Milk</p>	<p>15 Chicken Tenders w/ Choice of Sauces 3ea Baked Beans 1/2c Spinach/Strawberry Salad 1c Veg/Fruit Bar 1/2c Pineapple Tidbits 1/2c Teddy Grahams 1pt Milk</p>	<p>16 Homestyle Lasagna 1pc Calif. Blend Veg 1/2c Veg/Fruit Bar 1/2c Peaches in juice 1/2c Garlic Toast 2ea Milk</p>	<p>Cal 754 T.Fat 21.95 G S.Fat 5.7 G Chol 47.7 Mg Sodm 1028 Mg Carb 109.16 G Fiber 12.7 G</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.



9-12 Lunch

March



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
¹⁹ 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	²⁰ Hamburger on Bun ^{1ea} Lettuce/Tomato ^{1/4c/2ea} Baked Beans ^{1/2c} Glazed Carrots ^{1/2c} Veg/Fruit Bar ^{1/2c} Poppin' Good ^{1/2c} Grapes Hamburger ^{1ea} Condiments Milk	²¹ NO SCHOOL TODAY <i>Staff In-Service</i>	²² Beef Stew ^{1/4c} Steamin' Broccoli Cuts ^{1/2c} Veg/Fruit Bar ^{1/2c} Sassy Applesauce ^{1/2c} Baking Powder ^{1ea} Biscuit Milk	²³ B.B.Q. Pork on a Bun ^{1ea} American Cheese Slice ^{1st.} Mixed Vegetables ^{1/2c} Creamy Coleslaw ^{1/2c} Veg/Fruit Bar ^{1/2c} Orange ^{1ea} Milk <i>1:00 dismissal</i> <i>Treaty Rights Day!</i>	Cal 766 T.Fat 21.00 G S.Fat 7.0 G Chol 78.7 Mg Sodm 984.17 Mg Carb 106.89 G Fiber 12.6 G Prtn 39.73 G Iron 5.54 Mg Calc 499.20 Mg
²⁴ 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 ^{2ea} Milk	²⁵ Veg-Beef Barley Soup ^{1c} Gr. Peas ^{1/2c} Veg/Fruit Bar ^{1/2c} Mandarin Oranges ^{1/2c} Bosco Breadstick ^{1ea} Saltine Cr., w.g. ^{2pk} Milk	²⁶ Caribbean Chicken on Bun ^{1ea} Lettuce/Tomato ^{1/4c/2ea} Dp Groove Crinkle Fries ^{1/2c} Chilled Veg. Salad ^{1/2c} Veg/Fruit Bar ^{1/2c} Tropical Fruit Salad Milk ^{1/2c}	²⁷ Chicken Fajitas ^{1ea} Cheesy Refried Beans ^{1/2c} Veg/Fruit Bar ^{1/2c} Kiwi ^{1/2ea} Fiesta Beans & Rice ^{1/2c} Sr. Cream/Salsas ^{1/2t} Milk <i>Pow. Wow.</i> <i>1:00 dismissal</i> NASS is a nut Safe building	²⁸ NO SCHOOL TODAY <i>Spring Break!</i>	Cal 762 T.Fat 17.77 G S.Fat 5.3 G Chol 58.3 Mg Sodm 1143.29 Mg Carb 113.74 G Fiber 12.3 G Prtn 39.29 G Iron 5.26 Mg Calc 499.42 Mg

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.