

6-12 Breakfast



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
		¹ Breakfast Burrito 1ea w/ Salsa 1/8c Golden Banana 1ea Fresh Fruit Tray 1/2c Choice of Milk	² W.G. Belgian Waffle Stx 2ea w/Strawberry Topping 1/4c String Cheese 1ea Fruit Cocktail in juice 1/2c Fresh Fruit Tray 1/2c Choice of Milk <i>Breakfast Club</i>	³ Carmel Roll, w. g. 1ea Go Big Go-Gurt 1ea Pear 1ea Fresh Fruit Tray 1/2c Choice of Milk	Cal 484 T.Fat 11.64 G S.Fat 5.3 G Chol 38.4 Mg Sodm 522.95 Mg Carb 80.71 G Fiber 7.6 G
⁶ Dish @ 9:30	⁷ Rice Krispies, w.g. 1c Bagel, w.g. 1ea Cr. Cheese/Jelly 1pk Mandarin Oranges 1/2c Fresh Fruit Tray 1/2c Choice of Milk	⁸ Brkfst Wrap, w.g. 1ea w/taco sauce 1ea Fruited yogurt 4oz Peaches in juice 1/2c Fresh Fruit Tray 1/2c Choice of Milk	⁹ W.g.Pancakes w/Apples 2ea Sausage Links 2ea Golden Banana 1ea Fresh Fruit Tray 1/2c Choice of Milk <i>Breakfast Club</i>	¹⁰ Oatmeal 1c Toast, w.g. w/ choice of Spreads 1ea Fresh Apple 1ea Fresh Fruit Tray 1/2c Choice of Milk <i>Noon Holiday</i>	Cal 536 T.Fat 13.80 G S.Fat 5.4 G Chol 68.4 Mg Sodm 557.04 Mg Carb 85.82 G Fiber 7.5 G
¹³ Breakfast Pizza, wg 1sl Fruited yogurt 4oz Pineapple Tidbits 1/2c Fresh Fruit Tray 1/2c Choice of Milk	¹⁴ w.g. Fr. Toast Stix w/ 3ea Strawberry Topping 1/4c Sausage Patty 1ea Peaches in juice 1/2c Fresh Fruit Tray 1/2c Choice of Milk	¹⁵ Corn Chex 1c Backpackers, w.g. 1pkg Golden Banana 1ea Fresh Fruit Tray 1/2c Choice of Milk	¹⁶ Scrambled Eggs 1/2c w.g Eng. Muffin w/ spds 1ea Fruit Cocktail in juice 1/2c Fresh Fruit Tray 1/2c Choice of Milk <i>Breakfast Club</i>	¹⁷ Frosted Cinn Roll, w.g. 1ea String Cheese 1ea Orange 1ea Fresh Fruit Tray 1/2c Choice of Milk <i>Royalty-Pow-Wow 10-2</i>	Cal 523 T.Fat 14.35 G S.Fat 5.1 G Chol 97.9 Mg Sodm 538.68 Mg Carb 81.55 G Fiber 6.3 G

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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
²⁰ Apple Cinnamon Cheerios Apple Bosco Stick Pears in juice Fresh Fruit Tray Choice of Milk <i>1ea</i> <i>1/2c</i> <i>1/2c</i>	²¹ Pretzel Egg Sandwich, wg Strawberry cup Fresh Fruit Tray Choice of Milk <i>1ea</i>	²² Cheese Omelet Toast, w.g w/ choice of Spreads Fresh Apple Fresh Fruit Tray Choice of Milk	²³ Oatmeal w/Raisins Baked Ham Juicy Apricot Halves Fresh Fruit Tray Choice of Milk <i>Breakfast Club</i>	²⁴ W.G Waffles w/Blueberrie Go Big Go-Gurt Mandarin Oranges Fresh Fruit Tray Choice of Milk <i>Noon Holiday</i>	Cal 495 T.Fat 10.93 G S.Fat 3.6 G Chol 77.7 Mg Sodm 484.27 Mg Carb 84.56 G Fiber 7.6 G Prtn 20.05 G Iron 3.51 Mg Calc 427.60 Mg Vit A 38.88 RE
²⁷ HOLIDAY	²⁸ W.G. Cinn. French Toast w/Strawberry Topping Sausage Links Fruit Cocktail in juice Fresh Fruit Tray Choice of Milk	²⁹ Cinn Toast Crunch, w.g. Cinnamon Toast, w.g. Pears in juice Fresh Fruit Tray Choice of Milk	³⁰ Blueberry Muffin, wg Butter Cup String Cheese Tropical Fruit Salad Fresh Fruit Tray Choice of Milk <i>Breakfast Club</i>	³¹ Kix, w.g. HARD BOILED EGG Golden Banana Fresh Fruit Tray Choice of Milk	Cal 476 T.Fat 13.60 G S.Fat 5.6 G Chol 103.7 Mg Sodm 510.79 Mg Carb 76.37 G Fiber 6.3 G Prtn 18.12 G Iron 4.95 Mg Calc 446.87 Mg Vit A 29.98 RE

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6-8 Lunch



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
		¹ Chicken Chow Mein 1c Vegetable Egg Roll, w.g. 1ea Steamin' Broccoli Cuts 1/2c Veg/Fruit Bar 1/2c Poppin' Good Grapes 1/2c Seasoned Rice, w.g. 1/2c Milk	² w.g. Chicken Tenders w/ 3ea Choice of Sauces 1pk Baked Beans 1/2c 1c Spinach/Strawberry Salad Veg/Fruit Bar 1/2c Pineapple Tidbits 1/2c Milk	³ Homestyle Lasagna, w.g. 1pk Calif. Blend Veg 1/2c Veg/Fruit Bar 1/2c Peaches in juice 1/2c Garlic Toast, w.g. 1ea Milk	Cal 712 T.Fat 19.03 G S.Fat 4.9 G Chol 61.6 Mg Sodm 1176.07 Mg Carb 98.87 G Fiber 13.3 G
⁶ 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 1ea Milk	⁷ Pancake/ Fish Fry	⁸ 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	⁹ Cheesy Dunker Sauce 3/4c Spinach/Strawberry Salad 1/2c Veg/Fruit Bar 1/2c Juicy Apricot Halves 1/2c Cheesy Garlic Tst, w.g. 2ea Milk	¹⁰ Fish Nuggets, w.g. 5ea Steamin' Broccoli Cuts 1/2c Creamy Coleslaw 1/2c Veg/Fruit Bar 1/2c Orange 1ea Wild Rice Blend 1/2c Tartar Sauce 2T Milk Noon Holiday	Cal 665 T.Fat 19.13 G S.Fat 5.7 G Chol 69.6 Mg Sodm 968.71 Mg Carb 91.39 G Fiber 10.0 G
¹³ Beef Stroganoff 2/3c Italian Blend Veg 1/2c Steamin' Broccoli Cuts 1/2c Veg/Fruit Bar 1/2c Poppin' Good Grapes 1/2c Garlic Breadstick, w.g. 1ea Milk	¹⁴ Corndog, w.g. 1ea Sweet Potato Bites 1/2c 1/2c Sugar Snap Peas w/ranch Veg/Fruit Bar 1/2c Pear 1ea Ketchup & Mustard 2ea Milk 5 th grade visit	¹⁵ Veg-Beef Barley Soup, 1c Gr. Peas 1/2c Veg/Fruit Bar 1/2c Mandarin Oranges 1/2c Cheesy Bosco Brdstk, w.g. 1ea Saltine Cr., w.g. 1pk Milk	¹⁶ B.B.Q. Pork on w.g. Bun 1/2c Tangy Coleslaw 1/4c Baked Beans 1/2c Veg/Fruit Bar 1/2c Orange 1ea Milk	¹⁷ Royalty Pow-Wow	Cal 674 T.Fat 16.95 G S.Fat 5.0 G Chol 50.2 Mg Sodm 916.97 Mg Carb 101.97 G Fiber 13.6 G

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6-8 Lunch



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
²⁰ Spaghetti w/Meatsauce $\frac{7}{8}c$ Parmesan Cheese 1T Steamin' Broccoli Cuts $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Fruit Cocktail in juice $\frac{1}{2}c$ Garlic Toast, w.g. 1ea Milk	²¹ w.g. Chicken Wrap 1ea w/Ranch Drsg $\frac{1}{2}c$ Glazed Carrots $\frac{1}{2}c$ Sugar Snap Peas w/ranch $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Pear 1ea Animal Crackers, w.g. 1pkg Milk	²² Chili $\frac{3}{4}c$ Shr Cheddar Cheese 2T Snow white Cauliflower $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Orange 1ea Tortilla Chips, w.g. 1pkg Milk	²³ Hamburger Gravy $\frac{1}{2}c$ Mashed Potatoes $\frac{1}{2}c$ Snappy Gr. Beans $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Golden Banana 1ea w.g. Bread & Butter 1ea Milk	²⁴ Caribbean Chicken on Bun $\frac{1}{2}c$ Lettuce/Tomato $\frac{1}{4}c$ / $\frac{1}{2}sl$ Dp Groove Crinkle Fries $\frac{1}{2}c$ Chilled Veg. Salad $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Tropical Fruit Salad $\frac{1}{2}c$ Milk <i>Noon Holiday</i>	Cal 687 T.Fat 18.04 G S.Fat 5.4 G Chol 69.4 Mg Sodm 999.38 Mg Carb 99.84 G Fiber 12.2 G Prtn 34.93 G Iron 4.16 Mg Calc 527.81 Mg Vit A 26.39 RE
²⁷ HOLIDAY	²⁸ French Dip on w.g. bun $\frac{1}{2}c$ Calif. Blend Veg $\frac{1}{2}c$ Baked Beans $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Peaches in juice $\frac{1}{2}c$ Milk	²⁹ B.B.Q. Sluggers $\frac{2}{3}c$ Snappy Gr. Beans $\frac{1}{4}c$ Corn, Sweet $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Tropical Fruit Salad $\frac{1}{2}c$ w.g. Bread & Jelly 1ea Milk	³⁰ Wild Rice Hotdish $\frac{2}{3}c$ Steamin' Broccoli Cuts $\frac{1}{2}c$ SWEET POTATO, BAKED $\frac{1}{4}c$ Veg/Fruit Bar $\frac{1}{2}c$ Mandarin Oranges $\frac{1}{2}c$ Fried Bread w/ Honey 1ea or butter Milk	³¹ Pepperoni Pizza, wg $\frac{1}{5}l$ Glazed Carrots $\frac{1}{2}c$ Sugar Snap Peas w/ranch $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Pears in juice $\frac{1}{2}c$ Milk	Cal 683 T.Fat 14.86 G S.Fat 4.6 G Chol 65.6 Mg Sodm 942.60 Mg Carb 105.59 G Fiber 11.5 G Prtn 34.72 G Iron 4.81 Mg Calc 547.08 Mg Vit A 20.88 RE

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9-12 Lunch



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
		¹ Chicken Chow Mein 1c Vegetable Egg Roll, w.g. 1/2c Steamin' Broccoli Cuts 1/2c Veg/Fruit Bar 1/2c Poppin' Good Grapes 1/2c Seasoned Rice, w.g. 1/2c Milk	² w.g. Chicken Tenders w/ 1/2c Choice of Sauces 1pk Baked Beans 1/2c Spinach/Strawberry Salad 1c Veg/Fruit Bar 1/2c Pineapple Tidbits 1/2c Animal Crackers, w.g. 1pkg Milk	³ Homestyle Lasagna, w.g. 1pc Calif. Blend Veg 1/2c Veg/Fruit Bar 1/2c Peaches in juice 1/2c Garlic Toast, w.g. 2ca Milk	Cal 804 T.Fat 22.60 G S.Fat 5.9 G Chol 64.2 Mg Sodm 1309.60 Mg Carb 111.31 G Fiber 14.5 G
⁶ 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 2ca Milk	⁷ Pancake / Fish Fry	⁸ Beef Stew 1/4c 1/2c Crisp Cuke/Tomato Salad 1/2c Veg/Fruit Bar 1/2c Sassy Applesauce 1/2c B.P. Biscuit, w.g. 1ca Milk	⁹ Cheesy Dunker Sauce 3/4c Spinach/Strawberry Salad 1c Veg/Fruit Bar 1/2c Juicy Apricot Halves 1/2c Cheesy Garlic Tst, w.g. 2ca Milk	¹⁰ Fish Nuggets, w.g. 6ca Steamin' Broccoli Cuts 1/2c Creamy Coleslaw 1/2c Veg/Fruit Bar 1/2c Orange 1ca Wild Rice Blend 1/2c Tartar Sauce 2T Milk Noon Holiday	Cal 733 T.Fat 21.55 G S.Fat 6.1 G Chol 74.6 Mg Sodm 1039.16 Mg Carb 100.88 G Fiber 11.2 G
¹³ Beef Stroganoff 1/4c Italian Blend Veg 1/2c Steamin' Broccoli Cuts 1/2c Veg/Fruit Bar 1/2c Poppin' Good Grapes 1/2c Garlic Breadstick, w.g. 2ca Milk	¹⁴ Corndog, w.g. 1ca Sweet Potato Bites 1/2c Sugar Snap Peas w/ranch 1/2c Veg/Fruit Bar 1/2c Pear 1ca Ketchup & Mustard 2ca Milk 5 th grade visit	¹⁵ Veg-Beef Barley Soup 1c Gr. Peas 1/2c Veg/Fruit Bar 1/2c Mandarin Oranges 1/2c Cheesy Bosco Brdstk, w.g. 1ca Saltine Cr., w.g. 2pkg Milk	¹⁶ B.B.Q. Pork on a Bun 1ca Tangy Coleslaw 1/2c Baked Beans 1/2c Veg/Fruit Bar 1/2c Orange 1ca Milk	¹⁷ Royalty Pow-Wow	Cal 804 T.Fat 22.26 G S.Fat 6.5 G Chol 63.0 Mg Sodm 1080.17 Mg Carb 117.22 G Fiber 14.7 G

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²⁰ Spaghetti w/Meatsauce ^{1c} Parmesan Cheese ^{1T} Steamin' Broccoli Cuts ^{1/2c} Veg/Fruit Bar ^{1/2c} Fruit Cocktail in juice ^{1/2c} Garlic Toast, w.g. ^{2ea} Milk	²¹ w.g. Chicken Wrap ^{1ea} w/Ranch Drsg Glazed Carrots ^{1/2c} Sugar Snap Peas w/ranch ^{1/2c} Veg/Fruit Bar ^{1/2c} Pear ^{1ea} Animal Crackers, w.g. ^{1pkg} Milk	²² Chili ^{1c} Shr Cheddar Cheese ^{2T} Snow white Cauliflower ^{1/2c} Veg/Fruit Bar ^{1/2c} Orange ^{1ea} Tortilla Chips, wg. ^{1pkg} w.g. Bread & Jelly ^{1ea} Milk	²³ Hamburger Gray ^{1/2c} Mashed Potatoes ^{1/2c} Snappy Gr. Beans ^{1/2c} Veg/Fruit Bar ^{1/2c} Golden Banana ^{1ea} w.g. Bread & Butter ^{2ea} Milk	²⁴ 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 ^{1/2c} Milk <i>Noon Holiday</i>	Cal 790 T.Fat 21.30 G S.Fat 6.6 G Chol 78.6 Mg Sodm 1165.63 Mg Carb 114.49 G Fiber 14.2 G Prtn 39.37 G Iron 4.87 Mg Calc 550.34 Mg Vit A 30.42 RE
²⁷ HOLIDAY	²⁸ French Dip on w.g. bun ^{1ea} Calif. Blend Veg ^{1/2c} Baked Beans ^{1/2c} Veg/Fruit Bar ^{1/2c} Peaches in juice ^{1/2c} Milk	²⁹ B.B.Q. Sluggers ^{2ea} Snappy Gr. Beans ^{1/2c} Corn, Sweet ^{1/2c} Veg/Fruit Bar ^{1/2c} Tropical Fruit Salad ^{1/2c} w.g. Bread & Jelly ^{2ea} Milk	³⁰ Wild Rice Hotdish ^{1c} Steamin' Broccoli Cuts ^{1/2c} SWEET POTATO, BAKED ^{1/2c} Veg/Fruit Bar ^{1/2c} Mandarin Oranges ^{1/2c} Fried Bread w/ Honey or butter ^{1ea} Milk	³¹ Pepperoni Pizza, wg ^{1sl.} Glazed Carrots ^{1/2c} Sugar Snap Peas w/ranch ^{1/2c} Veg/Fruit Bar ^{1/2c} Pears in juice ^{1/2c} Milk	Cal 751 T.Fat 16.27 G S.Fat 5.0 G Chol 71.7 Mg Sodm 1039.16 Mg Carb 116.49 G Fiber 12.8 G Prtn 38.06 G Iron 5.15 Mg Calc 576.79 Mg Vit A 24.29 RE

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