

6-12 Breakfast



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
	1 Dish @ 9:30	2 Egg Bake Bagel w/ Cr. Ch or Jelly Pears in juice Choice of Milk Fresh Fruit Tray	3 Cinn Glzd WG Fr. Toast w/syrup Go Big Go-Gurt Fruit Cocktail in juice Choice of Milk Fresh Fruit Tray <i>Brkfst Club</i>	4 Egg & Sausage Muffin Golden Banana Choice of Milk Fresh Fruit Tray	Cal 549 T.Fat 18.01 G S.Fat 6.8 G Chol 156.8 Mg Sodm 629.50 Mg Carb 80.75 G Fiber 7.0 G
7 Cinn Glzd WG Fr. Toast w/syrup Dried Cherries Orange Choice of Milk Fresh Fruit Tray	8 Brkfst Wrap w/ taco sauc Fruited yogurt Golden Banana Choice of Milk Fresh Fruit Tray	9 Banana Berry Muffin Butter Cup HARD BOILED EGG Poppin' Good Grapes Choice of Milk Fresh Fruit Tray <i>Mommies & Muffins</i>	10 Pancakes w/Apples Sausage Patty Peaches in juice Choice of Milk Fresh Fruit Tray <i>Brkfst Club</i>	11 Egg-N-Cheese Bagel Kiwi Raisins, Choice of Milk Fresh Fruit Tray <i>1.00 dismissal</i>	Cal 505 T.Fat 13.26 G S.Fat 5.3 G Chol 145.8 Mg Sodm 518.95 Mg Carb 82.25 G Fiber 6.9 G
14 Oatmeal w/Raisins HARD BOILED EGG Fresh Apple Choice of Milk Fresh Fruit Tray	15 Breakfast Pizza Go Big Go-Gurt Pineapple Tidbits Choice of Milk Fresh Fruit Tray	16 Scrambled Eggs Bagel w/ Cr. Ch or Jelly Fruit Cocktail in juice Choice of Milk Fresh Fruit Tray	17 Breakfast Burrito w/ Salsa Fruited yogurt Golden Banana Choice of Milk Fresh Fruit Tray <i>Brkfst Club</i>	18 Cheese Omelet Toast w/choice of spread Fresh Apple Squeezable Fruit Choice of Milk Fresh Fruit Tray <i>Royalty Pop-Wow 10-2</i>	Cal 543 T.Fat 12.56 G S.Fat 5.3 G Chol 177.0 Mg Sodm 503.15 Mg Carb 89.15 G Fiber 7.7 G

NASS is a nut Safe building

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.

6-12 Breakfast



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
²¹ Pancake/Sausage on a stick w/ syrup Pears in juice Choice of Milk Fresh Fruit Tray	²² Egg Bake Eng. Muffin w/ spreads Strawberry cup Choice of Milk Fresh Fruit Tray	²³ Frosted Cinnamon Roll Sausage Links Orange Choice of Milk Fresh Fruit Tray <i>Daddies + Donuts</i>	²⁴ Cheddar Munchers Bagel w/ Cr. Ch or Jelly Peaches in juice Choice of Milk Fresh Fruit Tray <i>Brkfst Club</i>	²⁵ Cinn Glzd WG Fr. Toast w/syrup HARD BOILED EGG Poppin' Good Grapes Choice of Milk Fresh Fruit Tray <i>Fun Run @ 10:30</i> <i>1:00 dismissal</i>	Cal 487 T.Fat 14.52 G S.Fat 5.8 G Chol 143.1 Mg Sodm 558.93 Mg Carb 72.95 G Fiber 6.5 G Prtn 20.93 G Iron 2.22 Mg Calc 392.31 Mg Vit A 30.88 RE
²⁸ HOLIDAY	²⁹ Bacon Scr.Pizza, w.g. Go Big Go-Gurt Pineapple Juice Choice of Milk Fresh Fruit Tray	³⁰ Belgian Waffle Stix w/ Strawberry Topping Fruited yogurt Fruit Cocktail in juice Choice of Milk Fresh Fruit Tray	³¹ Brkfst Wrap w/ taco sauc Squeezable Fruit Golden Banana Choice of Milk Fresh Fruit Tray <i>Brkfst Club</i>		Cal 474 T.Fat 10.58 G S.Fat 4.6 G Chol 100.0 Mg Sodm 467.98 Mg Carb 78.99 G Fiber 5.7 G Prtn 19.27 G Iron 25.86 Mg Calc 468.98 Mg Vit A 35.94 RE

NASS is a nut Safe building

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



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
	¹ Cheese Pizza Glazed Carrots Corn, Sweet Veg/Fruit Bar Fresh Apple Milk	² Sweet & Sour Chicken Steamin' Broccoli Cuts SQUASH, WINTER Veg/Fruit Bar Poppin' Good Grapes Seasoned Rice Milk	³ Chicken Tenders w/ Choice of Sauces Baked Beans Spinach/Strawberry Salad Veg/Fruit Bar Pineapple Tidbits Milk <i>Lunch @ 11:00</i>	⁴ Homestyle Lasagna Calif. Blend Veg Veg/Fruit Bar Peaches in juice Garlic Toast Milk	Cal 660 T.Fat 17.11 G S.Fat 4.4 G Chol 37.5 Mg Sodm 773.47 Mg Carb 100.96 G Fiber 12.4 G
⁷ Chicken-N-Gravy Mashed Potatoes Snappy Gr. Beans Veg/Fruit Bar Peaches in juice Bread & Jelly Milk	⁸ Hamburger on Bun Lettuce/Tomato Baked Beans Glazed Carrots Veg/Fruit Bar Poppin' Good Grapes Hamburger Condiments Milk	⁹ Beef Stew Crisp Cuke/Tomato Salad Veg/Fruit Bar Sassy Applesauce Baking Powder Biscuit Milk	¹⁰ Cheesy Dunker Sauce Spinach/Strawberry Salad Veg/Fruit Bar Juicy Apricot Halves Cheesy Garlic Toast Milk	¹¹ Fish Nuggets Mixed Vegetables Creamy Coleslaw Veg/Fruit Bar Orange Wild Rice Blend Tartar Sauce Milk <i>1:00 dismissal</i>	Cal 697 T.Fat 20.12 G S.Fat 6.1 G Chol 74.6 Mg Sodm 873.19 Mg Carb 94.90 G Fiber 10.8 G
¹⁴ Beef Stroganoff Italian Blend Veg Steamin' Broccoli Cuts Veg/Fruit Bar Poppin' Good Grapes Garlic w.g. Breadstick Milk	¹⁵ Veg-Beef Barley Soup Gr. Peas Veg/Fruit Bar Mandarin Oranges Bosco Breadstick Saltine Cr., w.g. Milk	¹⁶ Caribbean Chicken on Bun Lettuce/Tomato Dp Groove Crinkle Fries Chilled Veg. Salad Veg/Fruit Bar Tropical Fruit Salad Milk	¹⁷ Walkin' Tacos Veg/Fruit Bar Fruited Jello Fiesta Beans & Rice Sr. Cream/Salsa Milk	¹⁸ Hot dog on Bun <i>All @ H.5</i> Baby Carrots w/dip Ass't Fresh Fruit Sun chips Hot Dog Condiments. Milk <i>Royalty Pow-Wow 10-2</i>	Cal 692 T.Fat 19.94 G S.Fat 5.5 G Chol 52.3 Mg Sodm 953.89 Mg Carb 98.62 G Fiber 9.8 G

NASS is a nut Safe building

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

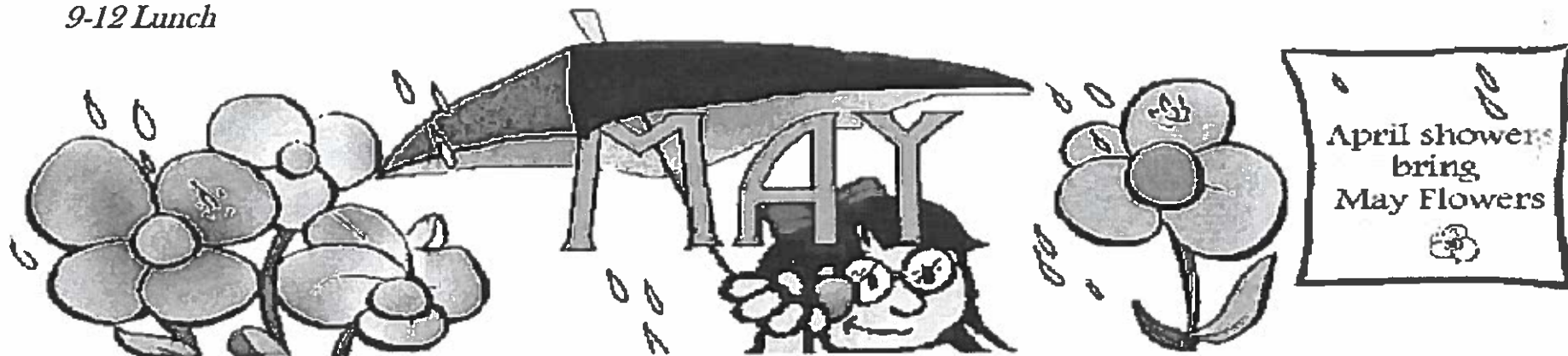


Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
²¹ Spaghetti w/Meatsauce Parmesan Cheese Steamin' Broccoli Cuts Veg/Fruit Bar Fruit Cocktail in juice Garlic Toast Milk	²² Chicken Wrap w/Ranch Drsg Glazed Carrots Sugar Snap Peas Veg/Fruit Bar Pear Teddy Grahams Milk	²³ Chili Snow white Cauliflower Veg/Fruit Bar Kiwi Tortilla Chips Milk	²⁴ Hamburger Gravy Mashed Potatoes Snappy Gr. Beans Veg/Fruit Bar Golden Banana Bread & Butter Milk	²⁵ B.B.Q. Pork on a Bun American Cheese Slice Mixed Vegetables Baked Beans Veg/Fruit Bar Orange Milk <i>Fun Run @ 10:30 1:00 dismissal</i>	Cal 684 T.Fat 19.29 G S.Fat 6.1 G Chol 56.5 Mg Sodm 919.09 Mg Carb 101.95 G Fiber 13.5 G Prtn 30.21 G Iron 4.73 Mg Calc 520.85 Mg Vit A 26.06 RE
²⁶ HOLIDAY	²⁹ Chicken Tenders w/ Choice of Sauces Gr. Peas Crisp Cuke/Tomato Salad Veg/Fruit Bar Fresh Apple Creamy Mac & Cheese Milk	³⁰ French Dip Calif. Blend Veg Baked Beans Veg/Fruit Bar Peaches in juice Milk	³¹ B.B.Q. Sluggers Snappy Gr. Beans Corn, Sweet Veg/Fruit Bar Tropical Fruit Salad Bread & Jelly Milk	Cal 717 T.Fat 18.91 G S.Fat 3.9 G Chol 59.6 Mg Sodm 918.47 Mg Carb 105.85 G Fiber 12.7 G Prtn 33.55 G Iron 4.37 Mg Calc 435.69 Mg Vit A 12.93 RE	

NASS is a nut Safe building

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

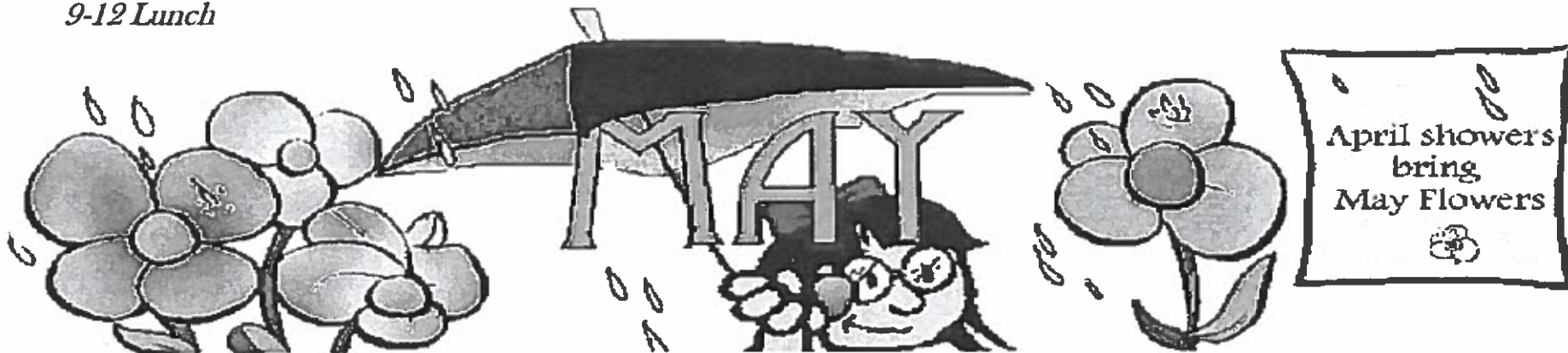


Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
	¹ Cheese Pizza Glazed Carrots Corn, Sweet Veg/Fruit Bar Fresh Apple Milk	² Sweet & Sour Chicken Steamin' Broccoli Cuts SQUASH,WINTER Veg/Fruit Bar Poppin' Good Grapes Seasoned Rice Bread & Jelly Milk	³ Chicken Tenders w/ Choice of Sauces Baked Beans Spinach/Strawberry Salad Veg/Fruit Bar Pineapple Tidbits Teddy Grahams Milk <i>Lunch @ 11:00</i>	⁴ Homestyle Lasagna Calif. Blend Veg Veg/Fruit Bar Peaches in juice Garlic Toast Milk	Cal 766 T.Fat 19.98 G S.Fat 4.8 G Chol 40.9 Mg Sodm 890.38 Mg Carb 118.46 G Fiber 13.6 G
⁷ Chicken-N-Gravy Mashed Potatoes Snappy Gr. Beans Veg/Fruit Bar Peaches in juice Bread & Jelly Milk	⁸ Hamburger on Bun Lettuce/Tomato Baked Beans Glazed Carrots Veg/Fruit Bar Poppin' Good Grapes Hamburger Condiments Milk	⁹ Beef Stew Crisp Cuke/Tomato Salad Veg/Fruit Bar Sassy Applesauce Baking Powder Biscuit Milk	¹⁰ Cheesy Dunker Sauce Spinach/Strawberry Salad Veg/Fruit Bar Juicy Apricot Halves Cheesy Garlic Toast Milk	¹¹ Fish Nuggets Mixed Vegetables Creamy Coleslaw Veg/Fruit Bar Orange Wild Rice Blend Tartar Sauce Milk <i>1:00 dismissal</i>	Cal 753 T.Fat 21.98 G S.Fat 6.4 G Chol 78.6 Mg Sodm 927.61 Mg Carb 102.72 G Fiber 11.6 G
¹⁴ Beef Stroganoff Italian Blend Veg Steamin' Broccoli Cuts Veg/Fruit Bar Poppin' Good Grapes Garlic w.g.Breadstick Milk	¹⁵ Veg-Beef Noodle Soup Gr. Peas Veg/Fruit Bar Mandarin Oranges Bosco Breadstick Saltine Cr., w.g. Milk	¹⁶ Caribbean Chicken on Bun Lettuce/Tomato Dp Groove Crinkle Fries Chilled Veg. Salad Veg/Fruit Bar Tropical Fruit Salad Milk	¹⁷ Cheesy Chicken Burrito w/Sauce Lettuce & Tomato Veg/Fruit Bar Fruited Jello Fiesta Beans & Rice Sr. Cream/Salsa Milk	¹⁸ Hot dog on Bun <i>All @ H.S</i> Baby Carrots w/dip Ass't Fresh Fruit Sun chips Hot Dog Condiments. Milk <i>Royalty Aw-Wow</i>	Cal 774 T.Fat 20.17 G S.Fat 6.2 G Chol 50.1 Mg Sodm 1071.88 Mg Carb 106.65 G Fiber 10.6 G

NASS is a nut Safe building

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



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
²¹ Spaghetti w/Meatsauce Parmesan Cheese Steamin' Broccoli Cuts Veg/Fruit Bar Fruit Cocktail in juice Garlic Toast Milk	²² Chicken Wrap w/Ranch Drsg Glazed Carrots Sugar Snap Peas Veg/Fruit Bar Pear Teddy Grahams Milk	²³ Chili Snow white Cauliflower Veg/Fruit Bar Kiwi Tortilla Chips Bread & Jelly Milk	²⁴ Hamburger Gravy Mashed Potatoes Snappy Gr. Beans Veg/Fruit Bar Golden Banana Bread & Butter Milk	²⁵ B B.Q. Pork on a Bun American Cheese Slice Mixed Vegetables Baked Beans Veg/Fruit Bar Orange Milk <i>Fun Run @ 10:30</i> <i>1:00 dismissal</i>	Cal 817 T.Fat 24.05 G S.Fat 7.7 G Chol 68.0 Mg Sodm 1093.04 Mg Carb 120.08 G Fiber 15.3 G Prtn 34.90 G Iron 5.92 Mg Calc 560.58 Mg Vit A 28.44 RE
²⁸ HOLIDAY	²⁹ Chicken Tenders w/ Choice of Sauces Gr. Peas Crisp Cuke/Tomato Salad Veg/Fruit Bar Fresh Apple Creamy Mac & Cheese Milk	³⁰ French Dip Calif. Blend Veg Baked Beans Veg/Fruit Bar Peaches in juice Milk	³¹ B.B.Q. Sluggers Snappy Gr. Beans Corn, Sweet Veg/Fruit Bar Tropical Fruit Salad Bread & Jelly Milk	Cal 852 T.Fat 24.56 G S.Fat 5.2 G Chol 72.8 Mg Sodm 1084.16 Mg Carb 121.74 G Fiber 14.2 G Prtn 39.58 G Iron 5.31 Mg Calc 497.36 Mg Vit A 15.62 RE	

NASS is a nut Safe building

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.