



6-12 Breakfast

# November

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
		<sup>1</sup> Cheese Omelet 1ea Toast w/choice of spread 1ea Fresh Apple 1ea Squeezable Fruit 1ea Choice of Milk Fresh Fruit Tray 1/2c	<sup>2</sup> Cheddar Munchers 4ea Bagel w/ Cr. Ch or Jelly 1ea Peaches in juice 1/2c Choice of Milk Fresh Fruit Tray 1/2c	<sup>3</sup> Cinn Glzd WG Fr. 1ea Toast w/syrup HARD BOILED EGG 1ea Poppin' Good Grapes 1/2c Choice of Milk Fresh Fruit Tray 1/2c  K-12 Pow-Wow 1:00 dismissal	<b>Cal</b> 516 <b>T.Fat</b> 15.38 G <b>S.Fat</b> 6.0 G <b>Chol</b> 186.2 Mg <b>Sodm</b> 580.64 Mg <b>Carb</b> 80.23 G <b>Fiber</b> 7.8 G <b>Prtn</b> 21.12 G <b>Iron</b> 2.48 Mg
<sup>6</sup> Dish @ 9:30	<sup>7</sup> Bacon Scr.Pizza, w.g. 1ea Go Big Go-Gurt 1ea Pineapple Juice 6oz Choice of Milk Fresh Fruit Tray 1/2c	<sup>8</sup> Brkfst Wrap w/ taco sauce 1ea Squeezable Fruit 1ea Golden Banana 1ea Choice of Milk Fresh Fruit Tray 1/2c	<sup>9</sup> Egg-N-Cheese Bagel 1ea Sassy Applesauce 1/2c Choice of Milk Fresh Fruit Tray 1/2c	<sup>10</sup> HOLIDAY	<b>Cal</b> 486 <b>T.Fat</b> 14.35 G <b>S.Fat</b> 5.7 G <b>Chol</b> 112.0 Mg <b>Sodm</b> 589.89 Mg <b>Carb</b> 71.96 G <b>Fiber</b> 6.0 G <b>Prtn</b> 19.66 G <b>Iron</b> 1.93 Mg
<sup>13</sup> 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	<sup>14</sup> Scrambled Eggs 1/2c Bagel w/ Cr. Ch or Jelly 1ea Fruit Cocktail in juice 1/2c Choice of Milk Fresh Fruit Tray 1/2c	<sup>15</sup> Cinn Glzd WG Fr. 1ea Toast w/syrup Sausage Links 2ea Peaches in juice 1/2c Choice of Milk Fresh Fruit Tray 1/2c	<sup>16</sup> Pretzel Egg Sandwich 1ea Craisins 1/4c Golden Banana 1ea Choice of Milk Fresh Fruit Tray 1/2c	<sup>17</sup> NO SCHOOL TODAY  MIEA	<b>Cal</b> 515 <b>T.Fat</b> 13.55 G <b>S.Fat</b> 5.4 G <b>Chol</b> 197.3 Mg <b>Sodm</b> 493.23 Mg <b>Carb</b> 83.08 G <b>Fiber</b> 7.3 G <b>Prtn</b> 22.01 G <b>Iron</b> 2.56 Mg

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<sup>20</sup> Cheese Omelet 1ea Toast w/choice of spread 1ea Orange Juice 6oz Choice of Milk Fresh Fruit Tray 1/2c	<sup>21</sup> 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	<sup>22</sup> Oatmeal 1c HARD BOILED EGG 1ea Juicy Apricot Halves 1/2c Dried Cherries 1/4c Choice of Milk Fresh Fruit Tray 1/2c  1:00 dismissal	<sup>23</sup> HOLIDAY	<sup>24</sup> HOLIDAY	<b>Cal 535</b> <b>T.Fat 12.54 G</b> <b>S.Fat 4.3 G</b> <b>Chol 147.8 Mg</b> <b>Sodm 411.48 Mg</b> <b>Carb 85.18 G</b> <b>Fiber 5.5 G</b> <b>Prtn 21.12 G</b> <b>Iron 2.13 Mg</b> <b>Calc 406.21 Mg</b> <b>Vit A 32.11 RE</b> <b>Vit C 74.37 Mg</b>
<sup>27</sup> Fr. Toast Stix w/ Strawberry Topping 3ea Kiwi 1/2ea Squeezable Fruit 1ea Choice of Milk Fresh Fruit Tray 1/2c	<sup>28</sup> Egg Bake 1ea Bagel w/ Cr. Ch or Jelly 1ea Pears in juice 1/2c Choice of Milk Fresh Fruit Tray 1/2c	<sup>29</sup> Cinn Glzd WG Fr. Toast w/syrup 1ea Go Big Go-Gurt 1ea Fruit Cocktail in juice 1/2c Choice of Milk Fresh Fruit Tray 1/2c	<sup>30</sup> Egg & Sausage Muffin 1ea Golden Banana 1ea Choice of Milk Fresh Fruit Tray 1/2c		

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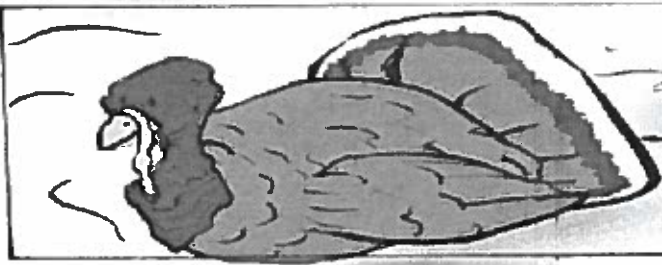


6-8 Lunch

# November

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<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.</p>		<sup>1</sup> Chili <i>3/4c</i> Snow white Cauliflower <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Kiwi <i>1 1/2 ea</i> Tortilla Chips <i>1 pkg</i> Milk	<sup>2</sup> Hamburger Gravy <i>1/2c</i> Mashed Potatoes <i>1/2c</i> Snappy Gr. Beans <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Golden Banana <i>1 ea</i> Bread & Butter <i>2 ea</i> Milk	<sup>3</sup> B.B.Q. Pork on a Bun <i>1/34/1 bun</i> American Cheese Slice <i>1 sl.</i> Mixed Vegetables <i>1/2c</i> Baked Beans <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Orange <i>1 ea</i> Milk  <i>K-12 Pow-Wow - 1:00 dismissal</i>	Cal 678 T.Fat 19.38 G S.Fat 6.7 G Chol 55.2 Mg Sodm 901.51 Mg Carb 100.64 G Fiber 14.0 G Prtn 29.59 G Iron 4.78 Mg
<sup>6</sup> Chicken Tenders w/ <i>3 ea</i> Choice of Sauces <i>1/2c</i> Gr. Peas <i>1/2c</i> Crisp Cuke/Tomato Salad <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Fresh Apple <i>1 ea</i> Creamy Mac & Cheese <i>1/3c</i> Milk	<sup>7</sup> French Dip <i>1/2g/1 bun</i> Calif. Blend Veg <i>1/2c</i> Baked Beans <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Peaches in juice <i>1/2c</i> Milk	<sup>8</sup> B.B.Q. Sluggers <i>2 ea</i> Snappy Gr. Beans <i>1/4c</i> Corn, Sweet <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Tropical Fruit Salad <i>1/2c</i> Bread & Jelly <i>1 ea</i> Milk	<sup>9</sup> Pepperoni Pizza <i>1 ea</i> Glazed Carrots <i>1/2c</i> Sugar Snap Peas <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Pears in juice <i>1/2c</i> Milk	<sup>10</sup> HOLIDAY	Cal 681 T.Fat 17.25 G S.Fat 3.9 G Chol 50.6 Mg Sodm 912.08 Mg Carb 102.94 G Fiber 12.2 G Prtn 31.83 G Iron 4.40 Mg
<sup>13</sup> Choice of hotdog/ chili cheese dog <i>1 ea</i> Dp Groove Crinkle Fries <i>1/2c</i> Sugar Snap Peas <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Poppin' Good Grapes <i>1/2c</i> Hot Dog Condiments <i>2 ea</i> Milk	<sup>14</sup> BaaKa'aakwehn on Bun <i>1 ea</i> Lettuce/Tomato <i>1/4c, 2 sl.</i> Corn, Sweet <i>1/2c</i> Creamy Coleslaw <i>1/4c</i> Veg/Fruit Bar <i>1/2c</i> Pineapple Tidbits <i>1/2c</i> F. F. Mayo <i>1 ea</i> Milk	<sup>15</sup> GROUND BEEF & MACARONI Goulash <i>2/3c</i> Calif. Blend Veg <i>1/2c</i> Spinach/Strawberry Salad <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Fresh Apple <i>1 ea</i> Garlic Toast <i>1 ea</i> Milk	<sup>16</sup> Wild Rice Soup <i>3/4c</i> Glazed Carrots <i>1/2c</i> Winter Blend Veg <i>1/4c</i> Veg/Fruit Bar <i>1/2c</i> Pear <i>1 ea</i> Bosco Breadstick <i>1 ea</i> Saltine Cr., w.g. <i>1 pkg</i> Milk	<sup>17</sup> NO SCHOOL TODAY  <i>MIEA</i>	Cal 692 T.Fat 18.61 G S.Fat 5.3 G Chol 56.6 Mg Sodm 875.52 Mg Carb 101.05 G Fiber 10.6 G Prtn 33.62 G Iron 4.39 Mg

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6-8 Lunch

# November

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<sup>20</sup> Chicken Spaetzle 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. $1pkg$ Milk	<sup>21</sup> 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	<sup>22</sup> Roast Turkey $2oz$ $\frac{1}{2}c$ Mashed Potatoes $\frac{1}{2}c$ Turkey Gravy $\frac{1}{4}c$ CRANBERRY SAUCE $\frac{1}{8}c$ Tropical Fruit Salad $\frac{1}{2}c$ Wild Rice Stuffing $\frac{1}{2}c$ Pumpkin Muffin $1ea$ Milk	<sup>23</sup> HOLIDAY	<sup>24</sup> HOLIDAY	<b>Cal</b> 724 <b>T.Fat</b> 14.05 G <b>S.Fat</b> 4.3 G <b>Chol</b> 59.0 Mg <b>Sodm</b> 1213.37 Mg <b>Carb</b> 117.26 G <b>Fiber</b> 11.0 G <b>Prtn</b> 34.33 G <b>Iron</b> 4.85 Mg <b>Calc</b> 503.46 Mg <b>Vit A</b> 19.21 RE <b>Vit C</b> 46.41 Mg
<sup>27</sup> Sloppy Joe on Bun $\frac{1}{3c}$ $1blun$ Greek Salad $\frac{1}{2}c$ Potato Wedges $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Fruit Cocktail in juice $\frac{1}{2}c$ Milk	<sup>28</sup> Cheese Pizza $1ea$ Glazed Carrots $\frac{1}{2}c$ Corn, Sweet $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Fresh Apple $1ea$ Milk	<sup>29</sup> Sweet & Sour Chicken $\frac{1}{2}c$ Steamin' Broccoli Cuts $\frac{1}{2}c$ SQUASH, WINTER $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Poppin' Good Grapes $\frac{1}{2}c$ Seasoned Rice $\frac{1}{2}c$ Milk	<sup>30</sup> Chicken Tenders w/ $3ea$ Choice of Sauces Baked Beans $\frac{1}{2}c$ Spinach/Strawberry Salad $1c$ Veg/Fruit Bar $\frac{1}{2}c$ Pineapple Tidbits $\frac{1}{2}c$ Milk  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.	<b>Cal</b> 707 <b>T.Fat</b> 19.39 G <b>S.Fat</b> 3.8 G <b>Chol</b> 36.1 Mg <b>Sodm</b> 879.57 Mg <b>Carb</b> 108.95 G <b>Fiber</b> 12.2 G <b>Prtn</b> 28.74 G <b>Iron</b> 4.56 Mg <b>Calc</b> 500.59 Mg <b>Vit A</b> 19.04 RE <b>Vit C</b> 62.61 Mg	

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9-12 Lunch

# November

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<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.</p>		<sup>1</sup> Chili <i>3/4c</i> Snow white Cauliflower <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Kiwi <i>1 1/2 ea</i> Tortilla Chips <i>1 pk</i> Bread & Jelly <i>1 ea</i> Milk	<sup>2</sup> Hamburger Gravy <i>1/2c</i> Mashed Potatoes <i>1/2c</i> Snappy Gr. Beans <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Golden Banana <i>1 ea</i> Bread & Butter <i>2 ea</i> Milk	<sup>3</sup> B.B.Q. Pork on a Bun <i>1/2/1 bun</i> American Cheese Slice <i>1 sl</i> Mixed Vegetables <i>1/2c</i> Baked Beans <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Orange <i>1 ea</i> Milk <i>K-12 Pow-Wow</i> <i>1:00 dismissal</i>	<b>Cal</b> 821 <b>T.Fat</b> 24.31 G <b>S.Fat</b> 8.5 G <b>Chol</b> 66.1 Mg <b>Sodm</b> 1111.51 Mg <b>Carb</b> 120.99 G <b>Fiber</b> 15.9 G <b>Prtn</b> 34.00 G <b>Iron</b> 5.98 Mg
<sup>6</sup> Chicken Tenders w/ Choice of Sauces <i>3 ea 1/2c</i> Gr. Peas <i>1/2c</i> Crisp Cuke/Tomato Salad <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Fresh Apple <i>1 ea</i> Creamy Mac & Cheese <i>2/3c</i> Milk	<sup>7</sup> French Dip <i>2 ea / 1 bun</i> Calif. Blend Veg <i>1/2c</i> Baked Beans <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Peaches in juice <i>1/2c</i> Milk	<sup>8</sup> B.B.Q. Sluggers <i>2 ea</i> Snappy Gr. Beans <i>1/2c</i> Corn, Sweet <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Tropical Fruit Salad <i>1/2c</i> Bread & Jelly <i>2 ea</i> Milk	<sup>9</sup> Pepperoni Pizza <i>1 ea</i> Glazed Carrots <i>1/2c</i> Sugar Snap Peas <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Pears in juice <i>1/2c</i> Milk	<sup>10</sup> HOLIDAY	<b>Cal</b> 797 <b>T.Fat</b> 21.86 G <b>S.Fat</b> 4.9 G <b>Chol</b> 60.5 Mg <b>Sodm</b> 1073.85 Mg <b>Carb</b> 117.61 G <b>Fiber</b> 13.6 G <b>Prtn</b> 37.10 G <b>Iron</b> 5.51 Mg
<sup>13</sup> Choice of hotdog/ chili cheese dog <i>1 ea</i> Dp Groove Crinkle Fries <i>1/2c</i> Sugar Snap Peas <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Poppin' Good Grapes <i>1/2c</i> Mini Rice Krispy Bar <i>1 ea</i> Hot Dog Condiments <i>2 ea</i> Milk	<sup>14</sup> BaaKa'aakwehn on Bun <i>1 ea</i> Lettuce/Tomato <i>1/4c / 2 sl</i> Corn, Sweet <i>1/2c</i> Creamy Coleslaw <i>1/4c</i> Veg/Fruit Bar <i>1/2c</i> Pineapple Tidbits <i>1/2c</i> F. F. Mayo <i>1 ea</i> Milk	<sup>15</sup> GROUND BEEF & MACARONI <i>3/4c</i> Goulash <i>1/2c</i> Calif. Blend Veg <i>1/2c</i> Spinach/Strawberry Salad <i>1c</i> Veg/Fruit Bar <i>1/2c</i> Fresh Apple <i>1 ea</i> Garlic Toast <i>2 ea</i> Milk	<sup>16</sup> Wild Rice Soup <i>1c</i> Glazed Carrots <i>1/2c</i> Winter Blend Veg <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Pear <i>1 ea</i> Bosco Breadstick <i>1 ea</i> Saline Cr., w.g. <i>2 pk</i> Milk	<sup>17</sup> NO SCHOOL TODAY <i>MIEA</i>	<b>Cal</b> 780 <b>T.Fat</b> 22.19 G <b>S.Fat</b> 5.8 G <b>Chol</b> 60.8 Mg <b>Sodm</b> 968.93 Mg <b>Carb</b> 112.28 G <b>Fiber</b> 11.3 G <b>Prtn</b> 36.48 G <b>Iron</b> 5.14 Mg

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9-12 Lunch

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<sup>20</sup> 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 1ca Saltine Cr., w.g. 2pk Milk	<sup>21</sup> Sub w/all the fixins 1ca Chilled Veg. Salad 1/2c Baked Beans 1/2c Veg/Fruit Bar 1/2c Golden Banana 1ca Milk	<sup>22</sup> Roast Turkey 3oz 1/2c Mashed Potatoes 1/2c Turkey Gravy 1/2c CRANBERRY SAUCE 1/2c Tropical Fruit Salad 1/2c Wild Rice Stuffing 1/2c Pumpkin Muffin 1ca Milk  1:00 dismissal	<sup>23</sup> HOLIDAY	<sup>24</sup> HOLIDAY	<b>Cal 770</b> <b>T.Fat 15.08 G</b> <b>S.Fat 4.5 G</b> <b>Chol 71.3 Mg</b> <b>Sodm 1349.01 Mg</b> <b>Carb 122.00 G</b> <b>Fiber 10.8 G</b> <b>Prtn 38.16 G</b> <b>Iron 5.35 Mg</b> <b>Calc 512.43 Mg</b> <b>Vit A 18.65 RE</b> <b>Vit C 46.63 Mg</b>
<sup>27</sup> Sloppy Joe on Bun 1/2c/1bu Greek Salad 1/2c Potato Wedges 1/2c Veg/Fruit Bar 1/2c Fruit Cocktail in juice 1/2c Milk	<sup>28</sup> Cheese Pizza 1sl Glazed Carrots 1/2c Corn, Sweet 1/2c Veg/Fruit Bar 1/2c Fresh Apple 1ca Milk	<sup>29</sup> Sweet & Sour Chicken 3/4c Steamin' Broccoli Cuts 1/2c SQUASH, WINTER 1/2c Veg/Fruit Bar 1/2c Poppin' Good Grapes 1/2c Seasoned Rice 1/2c Bread & Jelly 1ca Milk	<sup>30</sup> Chicken Tenders w/ Choice of Sauces 3ca Baked Beans 1/2c Spinach/Strawberry Salad 1c Veg/Fruit Bar 1/2c Pineapple Tidbits 1/2c Teddy Grahams 1pkg Milk		<b>Cal 807</b> <b>T.Fat 22.36 G</b> <b>S.Fat 4.4 G</b> <b>Chol 44.6 Mg</b> <b>Sodm 1001.12 Mg</b> <b>Carb 123.21 G</b> <b>Fiber 12.8 G</b> <b>Prtn 32.07 G</b> <b>Iron 5.36 Mg</b> <b>Calc 552.33 Mg</b> <b>Vit A 21.45 RE</b> <b>Vit C 68.97 Mg</b>

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