



6-12 Breakfast

NASS is a nut Safe building

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>			<p>1 Oatmeal w/Raisins 1c/ 1/4c Baked Ham 1oz Juicy Apricot Halves 1/2c Fresh Fruit Tray 1/2c Choice of Milk Brkfst Club</p>	<p>2 W.G Waffles w/Blueberries 2ea Go Big Go-Gurt 1ea Mandarin Oranges 1/2c Fresh Fruit Tray 1/2c Choice of Milk 1:00 dismissal Pow-Wow 1/2 day holiday</p>	<p>Cal 506 T.Fat 8.76 G S.Fat 2.6 G Chol 22.0 Mg Sodm 544.40 Mg</p>
<p>5 Dish</p>	<p>6 Breakfast Burrito 1ea w/ Salsa 2T Fruited yogurt 4oz Peaches in juice 1/2c Fresh Fruit Tray 1/2c Choice of Milk</p>	<p>7 Cinn Toast Crunch, w.g. 1c Cinnamon Toast, w.g. 1sl. Pears in juice 1/2c Fresh Fruit Tray 1/2c Choice of Milk</p>	<p>8 NO SCHOOL TODAY</p>	<p>9 Blueberry Muffin, wg 1ea Butter Cup 1ea String Cheese 1ea Tropical Fruit Salad 1/2c Fresh Fruit Tray 1/2c Choice of Milk</p>	<p>Cal 526 T.Fat 15.70 G S.Fat 6.9 G Chol 43.3 Mg Sodm 648.39 Mg</p>
<p>12 HOLIDAY</p>	<p>13 Pancake/Sausage on a stick w/ syrup, wg. 1ea Peaches in juice 1/2c Fresh Fruit Tray 1/2c Choice of Milk</p>	<p>14 Egg & Sausage Croissant, w.g. 1ea Golden Banana 1ea Fresh Fruit Tray 1/2c Choice of Milk</p>	<p>15 Cheerios, w.g. 1c Bagel, w.g. 1ea Cr. Cheese/Jelly 1pc Fruit Cocktail in juice 1/2c Fresh Fruit Tray 1/2c Choice of Milk Brkfst Club</p>	<p>16 NO SCHOOL TODAY</p>	<p>Cal 477 T.Fat 13.87 G S.Fat 5.5 G Chol 70.3 Mg Sodm 519.34 Mg</p>
<p>19 Bacon Scr.Pizza, w.g. 1sl. Fruited yogurt 4oz Strawberry cup 1/2c Fresh Fruit Tray 1/2c Choice of Milk</p>	<p>20 Cinn Toast Crunch, w.g. 1c Backpackers, w.g. 1ea Orange 1pc Fresh Fruit Tray 1/2c Choice of Milk</p>	<p>21 Golden Grahams. w.g. 1c Toast, w.g. 1sl. w/ choice of Spreads 1ea Pears in juice 1/2c Fresh Fruit Tray 1/2c Choice of Milk 1:00 dismissal 1/2 day holiday</p>	<p>22 HOLIDAY</p>	<p>23 HOLIDAY</p>	<p>Cal 506 T.Fat 11.60 G S.Fat 3.6 G Chol 30.6 Mg Sodm 538.92 Mg</p>
<p>26 Corn Chex 1c Apple Bosco Stick 1ea Golden Banana 1ea Fresh Fruit Tray 1/2c Choice of Milk</p>	<p>27 Egg Bake 1pc w.g Eng. Muffin w/ spds 1ea Pears in juice 1/2c Fresh Fruit Tray 1/2c Choice of Milk</p>	<p>28 Breakfast Burrito 1ea w/ Salsa 2T Juicy Apricot Halves 1/2c Fresh Fruit Tray 1/2c Choice of Milk</p>	<p>29 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 Brkfst Club</p>	<p>30 Carmel Roll, w. g. 1ea Go Big Go-Gurt 1ea Pear 1ea Fresh Fruit Tray 1/2c Choice of Milk</p>	<p>Cal 503 T.Fat 11.80 G S.Fat 4.8 G Chol 81.4 Mg Sodm 542.21 Mg</p>

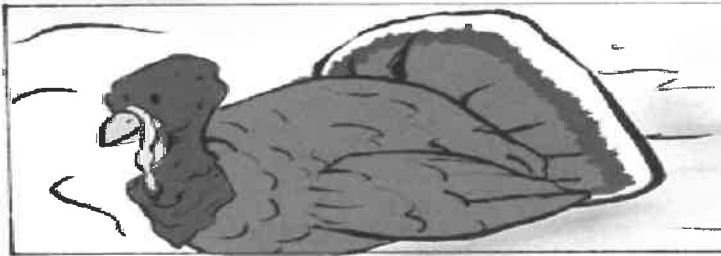


6-8 Lunch

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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>			<p>¹ Caribbean Chicken on Bun ^{1ea} Lettuce/Tomato ^{1/4c} ^{1/2s} Dp Groove Crinkle Fries ^{1/2c} Chilled Veg. Salad ^{1/2c} Veg/Fruit Bar ^{1/2c} Tropical Fruit Salad ^{1/2c} Milk</p>	<p>² Hamburger Gravy ^{1/2c} Mashed Potatoes ^{1/2c} Snappy Gr. Beans ^{1/2c} Veg/Fruit Bar ^{1/2c} Golden Banana ^{1ea} w.g. Bread & Butter ^{1ea} Milk</p> <p>1:00 dismissal Pow-Wow 1/2 day holiday</p>	<p>Cal 672 T.Fat 17.30 G S.Fat 4.9 G Chol 89.5 Mg Sodm 824.20 Mg Carb 94.55 G Fiber 9.6 G Prtn 38.52 G Iron 3.34 Mg Calc 426.42 Mg</p>
<p>⁵ w.g. Chicken Tenders w/3ea Choice of Sauces ^{1pk} ^{1/2c} Creamy Mac & Cheese, w.g. Gr. Peas ^{1/2c} Crisp Cuke/Tomato Salad ^{1/2c} Veg/Fruit Bar ^{1/2c} Fresh Apple ^{1ea} Milk</p>	<p>⁶ French Dip on w.g. bun ^{1ea} ^{2ea} Calif. Blend Veg ^{1/2c} Baked Beans ^{1/2c} Veg/Fruit Bar ^{1/2c} Peaches in juice ^{1/2c} Milk</p>	<p>⁷ B.B.Q. Sluggers ^{2ea} Snappy Gr. Beans ^{1/4c} Corn, Sweet ^{1/2c} Veg/Fruit Bar ^{1/2c} Tropical Fruit Salad ^{1/2c} w.g. Bread & Jelly ^{1ea} Milk</p>	<p>⁸ NO SCHOOL TODAY</p>	<p>⁹ Pepperoni Pizza, wg ^{1sl.} Glazed Carrots ^{1/2c} Sugar Snap Peas w/ranch ^{1/4c} Veg/Fruit Bar ^{1/2c} Pears in juice ^{1/2c} Milk</p>	<p>Cal 704 T.Fat 17.70 G S.Fat 4.5 G Chol 59.6 Mg Sodm 995.74 Mg Carb 105.77 G Fiber 12.6 G Prtn 34.63 G Iron 4.66 Mg Calc 500.72 Mg</p>
<p>¹² HOLIDAY</p>	<p>¹³ Hotdog/chili cheese dog on w.g. bun ^{1ea} Dp Groove Crinkle Fries ^{1/2c} Sugar Snap Peas w/ranch ^{1/4c} Veg/Fruit Bar ^{1/2c} Poppin' Good Grapes ^{1/2c} Hot Dog Condiments ^{2ea} Milk</p>	<p>¹⁴ BaaKa'aakwehn on w.g. bun ^{1ea} Lettuce/Tomato ^{1/4c} ^{1/2s} Corn, Sweet ^{1/2c} Creamy Coleslaw ^{1/4c} Veg/Fruit Bar ^{1/2c} Pineapple Tidbits ^{1/2c} F. F. Mayo ^{1pk} Milk</p>	<p>¹⁵ Beef & Mac Goulash ^{2/3c} Calif. Blend Veg ^{1/2c} Spinach/Strawberry Salad ^{1/2c} Veg/Fruit Bar ^{1/2c} Fresh Apple ^{1ea} Garlic Toast, w.g. ^{1ea} Milk</p>	<p>¹⁶ NO SCHOOL TODAY</p>	<p>Cal 680 T.Fat 18.92 G S.Fat 5.1 G Chol 71.3 Mg Sodm 1031.36 Mg Carb 95.20 G Fiber 10.7 G Prtn 36.06 G Iron 4.49 Mg Calc 463.07 Mg</p>



6-8 Lunch

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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
19 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. 1pk Milk	20 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	21 Roast Turkey 2oz 1/2c Mashed Potatoes 1/4c Turkey Gravy 1/4c Cranberries 1/4c Veg/Fruit Bar 1/2c Wild Rice Stuffing 1/2c Pumpkin Cake 1pc Milk 1/2day Holiday 1:00 dismissal	22 HOLIDAY	23 HOLIDAY	Cal 700 T.Fat 13.63 G S.Fat 4.0 G Chol 64.7 Mg Sodm 1229.40 Mg Carb 111.84 G Fiber 10.9 G Prtn 34.32 G Iron 4.08 Mg Calc 504.23 Mg Vit A 22.62 RE Vit C 42.05 Mg
26 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	27 Cheese Pizza, wg 1ea Glazed Carrots 1/2c Corn, Sweet 1/2c Veg/Fruit Bar 1/2c Fresh Apple 1ea Milk	28 Chicken Chow Mein 1c Vegetable Egg Roll, wg 1ea Steamin' Broccoli Cuts 1/2c Veg/Fruit Bar 1/2c Poppin' Good Grapes 1/2c Seasoned Rice, wg 1/2c Milk	29 w.g. Chicken Tenders w/ 3ea Choice of Sauces 1pk Baked Beans 1/2c Spinach/Strawberry Salad 1c Veg/Fruit Bar 1/2c Pineapple Tidbits 1/2c Milk	30 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	Cal 711 T.Fat 20.21 G S.Fat 5.1 G Chol 55.9 Mg Sodm 1144.50 Mg Carb 101.23 G Fiber 12.3 G Prtn 34.86 G Iron 4.86 Mg Calc 531.92 Mg Vit A 21.93 RE Vit C 60.49 Mg

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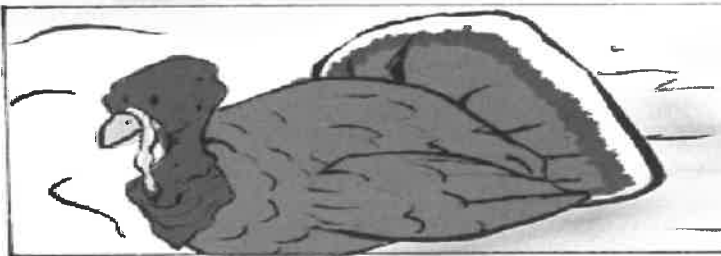


9-12 Lunch

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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>			<p>¹ Caribbean Chicken on Bun ^{1ea} Lettuce/Tomato ^{1/4c/2st} Dp Groove Crinkle Fries ^{1/2c} Chilled Veg. Salad ^{1/2c} Veg/Fruit Bar ^{1/2c} Tropical Fruit Salad ^{1/2c} Milk</p>	<p>² Hamburger Gravy ^{1/2c} Mashed Potatoes ^{1/2c} Snappy Gr. Beans ^{1/2c} Veg/Fruit Bar ^{1/2c} Golden Banana ^{1ea} w.g. Bread & Butter ^{2st} Milk</p> <p>POW-WOW 1:00 dismissal 1/2 day holiday</p>	<p>Cal 730 T.Fat 20.35 G S.Fat 6.5 G Chol 96.3 Mg Sodm 924.45 Mg Carb 101.05 G Fiber 10.6 G Prtn 40.04 G Iron 3.34 Mg Calc 437.17 Mg</p>
<p>⁵ w.g. Chicken Tenders w/tea ^{1ea} Choice of Sauces ^{2pk 2/3} Creamy Mac & Cheese, w.g Gr. Peas ^{1/2c} Crisp Cuke/Tomato Salad ^{1/2c} Veg/Fruit Bar ^{1/2c} Fresh Apple ^{1ea} Milk</p>	<p>⁶ 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</p>	<p>⁷ 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</p>	<p>⁸ NO SCHOOL TODAY</p>	<p>⁹ Pepperoni Pizza, wg ^{1st} Glazed Carrots ^{1/2c} Sugar Snap Peas w/ranch ^{1/2c} Veg/Fruit Bar ^{1/2c} Pears in juice ^{1/2c} Milk</p>	<p>Cal 799 T.Fat 21.79 G S.Fat 5.2 G Chol 64.2 Mg Sodm 1152.60 Mg Carb 118.29 G Fiber 13.9 G Prtn 38.12 G Iron 5.05 Mg Calc 539.36 Mg</p>
<p>¹² HOLIDAY</p>	<p>¹³ Hotdog/chili cheese dog on w.g. bun ^{1ea} Dp Groove Crinkle Fries ^{1/2c} Sugar Snap Peas w/ranch ^{1/2c} Veg/Fruit Bar ^{1/2c} Poppin' Good Grapes ^{1/2c} Mini Rice Krispy Bar, wg ^{1ea} Hot Dog Condiments ^{2ea} Milk</p>	<p>¹⁴ BaaKa'aakwehn on w.g. bun ^{1ea} Lettuce/Tomato ^{1/4c/2st} Corn, Sweet ^{1/2c} Creamy Coleslaw ^{1/4c} Veg/Fruit Bar ^{1/2c} Pineapple Tidbits ^{1/2c} F. F. Mayo ^{1ea} Milk</p>	<p>¹⁵ Beef & Mac Goulash ^{3/4c} Calif. Blend Veg ^{1/2c} Spinach/Strawberry Salad ^{1c} Veg/Fruit Bar ^{1/2c} Fresh Apple ^{1ea} Garlic Toast, w.g. ^{2ea} Milk</p>	<p>¹⁶ NO SCHOOL TODAY</p>	<p>Cal 778 T.Fat 23.12 G S.Fat 5.9 G Chol 75.5 Mg Sodm 1201.86 Mg Carb 107.70 G Fiber 12.0 G Prtn 38.83 G Iron 5.77 Mg Calc 505.87 Mg</p>



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