



NASS is a nut Safe building



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
1 Dish @ 9:30	2 Bacon Scr. Pizza, w.g. 1ea Fruited yogurt 4oz Strawberry cup 1/2c Fresh Fruit Tray 1/2c Choice of Milk	3 Scrambled Eggs 1/2c Bagel, w.g. 1ea Cr. Cheese/jelly 1pc Peaches in juice 1/2c Fresh Fruit Tray 1/2c Choice of Milk	4 Cheddar Munchers 4ea Toast, w.g 1sl. w/ choice of Spreads 1pc Tropical Fruit Salad 1/2c Fresh Fruit Tray 1/2c Choice of Milk	5 Cinn Glzd WG Fr. 1ea Toast w/syrup Sausage Patty 1ea Juicy Apricot Halves 1/2c Fresh Fruit Tray 1/2c Choice of Milk	Cal 535 T.Fat 17.40 G S.Fat 6.9 G Chol 138.0 Mg Sodm 592.87 Mg
8 HOLIDAY	9 Breakfast Burrito 1ea w/ Salsa 1/8c Juicy Apricot Halves 1/2c Fresh Fruit Tray 1/2c Choice of Milk	10 Egg Bake 1pc w.g Eng. Muffin w/ spds 1ea Pears in juice 1/2c Fresh Fruit Tray 1/2c Choice of Milk	11 W.G. Belgian Waffle Stix 2ea w/Strawberry Topping 1/4c String Cheese 1ea Fruit Cocktail in juice 1/2c Fresh Fruit Tray 1/2c Choice of Milk	12 Carmel Roll, w.g. 1ea Go Big Go-Gurt 1ea Pear 1ea Fresh Fruit Tray 1/2c Choice of Milk	Cal 503 T.Fat 13.58 G S.Fat 5.6 G Chol 99.1 Mg Sodm 557.90 Mg
15 Banana Berry Muffin, wg 1ea Butter Cup 1ea HARD BOILED EGG 1ea Strawberry cup 1/2c Fresh Fruit Tray 1/2c Choice of Milk	16 Rice Krispies, w.g. 1oz Bagel, w.g. 1ea Cr. Cheese/jelly 1pc Mandarin Oranges 1/2c Fresh Fruit Tray 1/2c Choice of Milk	17 Brkfst Wrap, w.g. 1ea w/taco sauce Fruited yogurt 4oz Peaches in juice 1/2c Fresh Fruit Tray 1/2c Choice of Milk	18 W.g.Pancakes w/Apples 2ea Sausage Links 2ea Golden Banana 1ea Fresh Fruit Tray 1/2c Choice of Milk	19 Oatmeal 1c Toast, w.g 1sl. w/ choice of Spreads 1pc Fresh Apple 1ea Fresh Fruit Tray 1/2c Choice of Milk <i>1:00 dismissal</i>	Cal 514 T.Fat 12.62 G S.Fat 5.4 G Chol 103.1 Mg Sodm 493.86 Mg
22 Breakfast Pizza, wg 1ea Fruited yogurt 4oz Pineapple Tidbits 1/2c Fresh Fruit Tray 1/2c Choice of Milk	23 w.g. Fr. Toast Stix w/ 4ea Strawberry Topping 1/4c Sausage Patty 1ea Peaches in juice 1/2c Fresh Fruit Tray 1/2c Choice of Milk	24 Corn Chex 1oz Backpackers, w.g 1pk Golden Banana 1ea Fresh Fruit Tray 1/2c Choice of Milk	25 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	26 Frosted Cinn Roll, w.g. 1ea String Cheese 1ea Orange 1ea Fresh Fruit Tray 1/2c Choice of Milk	Cal 523 T.Fat 14.35 G S.Fat 5.1 G Chol 97.9 Mg Sodm 538.68 Mg
29 Apple Cinnamon Cheerios 1oz Apple Bosco Stick 1ea Pears in juice 1/2c Fresh Fruit Tray 1/2c Choice of Milk	30 Pretzel Egg Sandwich, wg 1ea Strawberry cup 1/2c Fresh Fruit Tray 1/2c Choice of Milk	31 Cheese Omelet 1ea Toast, w.g 1sl. w/ choice of Spreads 1pc. Fresh Apple 1ea Fresh Fruit Tray 1/2c Choice of Milk			Cal 487 T.Fat 12.38 G S.Fat 4.3 G Chol 114.8 Mg Sodm 444.18 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.



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
1 Tator Tot Hotdish 3/4c Snappy Gr. Beans 1/2c Veg/Fruit Bar 1/2c Pineapple Tidbits 1/2c w.g. Bread & Jelly 1ea Milk	2 Chicken A La King 1c Steamin' Broccoli Cuts 1/2c Veg/Fruit Bar 1/2c Kiwi 2ea B.P. Biscuit, w.g. 1ea Mini Rice Krispy Bar, w.g. 1ea Milk	3 Chicken Spaetzle Soup 3/4c 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	4 Sub w/all the fixins, w.g. 1ea Chilled Veg. Salad 1/2c Baked Beans 1/2c Veg/Fruit Bar 1/2c Golden Banana 1ea Mustard and Mayo 1ea Milk	5 Meatloaf 1sl. Mashed Potatoes 1/2c Beef Gravy 1/4c SQUASH, WINTER 1/4c Veg/Fruit Bar 1/2c Poppin' Good Grapes 1/2c W.G. Dinner Roll 1ea Milk	Cal 697 T.Fat 17.35 G S.Fat 5.3 G Chol 67.0 Mg Sodm 961.99 Mg Carb 102.59 G Fiber 11.6 G Prtn 35.26 G Iron 4.31 Mg
8 HOLIDAY	9 Cheese Pizza, w.g. 1sl. Glazed Carrots 1/2c Corn, Sweet 1/2c Veg/Fruit Bar 1/2c Fresh Apple 1ea Milk	10 Sloppy Jo on w.g. Bun 1/2c 1ea Greek Salad 1/2c Potato Wedges 1/2c Veg/Fruit Bar 1/2c Fruit Cocktail in juice 1/2c Milk	11 w.g. Chicken Tenders w/ 3ea Choice of Sauces 1pk Baked Beans 1/2c Spinach/Strawberry Salad 1/2c Veg/Fruit Bar 1/2c Pineapple Tidbits 1/2c Milk	12 Homestyle Lasagna, w.g. 1sl. Calif. Blend Veg 1/2c Veg/Fruit Bar 1/2c Peaches in juice 1/2c Garlic Toast, w.g. 1ea Milk	Cal 699 T.Fat 21.19 G S.Fat 5.5 G Chol 45.7 Mg Sodm 1091.62 Mg Carb 100.17 G Fiber 12.2 G Prtn 31.63 G Iron 4.88 Mg Calc 547.00 Mg
15 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	16 Hamburger on Bun 1ea American Cheese Slice 1sl. Lettuce/Tomato 1/4c 2sl. Baked Beans 1/2c Glazed Carrots 1/2c Veg/Fruit Bar 1/2c Poppin' Good Grapes 1/2c Hamburger Condiments 1ea Milk	17 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 6-12 A/T Conferences 4:00-7:00	18 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	19 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 1:00 dismissal 	Cal 706 T.Fat 20.37 G S.Fat 6.3 G Chol 78.9 Mg Sodm 1011.74 Mg Carb 94.84 G Fiber 11.2 G Prtn 38.35 G Iron 4.80 Mg

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OCTOBER

6-8 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
²² 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	²³ Corndog, w.g. 1ea Sweet Potato Bites 1/2c Sugar Snap Peas w/ranch 1/2c Veg/Fruit Bar 1/2c Pear 1ea Ketchup & Mustard 2ea Milk	²⁴ Veg-Beef Barley Soup 1c Gr. Peas 1/2c Veg/Fruit Bar 1/2c Mandarin Oranges 1/2c 1ea Cheesy Bosco Brdstk, w.g. 1pk Saltine Cr., w.g. 1pk Milk	²⁵ B.B.Q. Pork on w.g. Bun 1ea Tangy Coleslaw 1/4c Baked Beans 1/2c Veg/Fruit Bar 1/2c Orange 1ea Milk	²⁶ Cheesy, w. g. Chicken 1ea Burrito w/Sauce 1ea Lettuce & Tomato 1/2c/1/4c Veg/Fruit Bar 1/2c Tropical Fruit Salad 1/2c Fiesta Beans & Rice, w.g. 1/4c Sr. Cream/Salsa 1/2 1/2T Milk	Cal 694 T.Fat 16.84 G S.Fat 5.6 G Chol 42.8 Mg Sodm 975.06 Mg Carb 98.12 G Fiber 12.3 G Prtn 30.71 G Iron 4.40 Mg Calc 495.44 Mg Vit A 20.38 RE Vit C 75.45 Mg
²⁹ Spaghetti w/Meatsauce 3/3c Parmesan Cheese 1T Steamin' Broccoli Cuts 1/2c Veg/Fruit Bar 1/2c Fruit Cocktail in juice 1/2c Garlic Toast, w.g. 1ea Milk	³⁰ w.g. Chicken Wrap 1ea w/Ranch Drsg 1/2c Glazed Carrots 1/2c Sugar Snap Peas w/ranch 1/2c Veg/Fruit Bar 1/2c Pear 1ea Animal Crackers, w.g. 1pk Milk	³¹ Chili 3/4c Shr Cheddar Cheese 1/2oz Snow white Cauliflower 1/2c Veg/Fruit Bar 1/2c Orange 1ea Tortilla Chips, w.g. 1pk Milk	NASS is a nut Safe building		Cal 697 T.Fat 18.53 G S.Fat 5.7 G Chol 56.0 Mg Sodm 1116.16 Mg Carb 103.38 G Fiber 14.0 G Prtn 32.55 G Iron 4.70 Mg Calc 595.41 Mg A 31.62 RE C 93.82 Mg



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⁸ HOLIDAY	⁹ Cheese Pizza, wg 1ea Glazed Carrots 1/2c Corn, Sweet 1/2c Veg/Fruit Bar 1/2c Fresh Apple 1ea Milk	¹⁰ 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	¹¹ w.g. Chicken Tenders w/ 4ea Choice of Sauces 2ea Baked Beans 1/2c Spinach/Strawberry Salad 1c Veg/Fruit Bar 1/2c Pineapple Tidbits 1/2c Animal Crackers, w.g. 1pk Milk	¹² Homestyle Lasagna, w.g. 1pc Calif. Blend Veg 1/2c Veg/Fruit Bar 1/2c Peaches in juice 1/2c Garlic Toast, w.g. 2ea Milk	Cal 827 T.Fat 26.39 G S.Fat 7.1 G Chol 62.9 Mg Sodm 1336.05 Mg Carb 114.12 G Fiber 13.1 G Prtn 38.24 G Iron 5.96 Mg
¹⁵ 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 2ea Milk	¹⁶ Hamburger on Bun 1ea American Cheese Slice 1sl Lettuce/Tomato 1/4c) 2sl Baked Beans 1/2c Glazed Carrots 1/2c Veg/Fruit Bar 1/2c Poppin' Good Grapes 1/2c Hamburger Condiments 1ea Milk	¹⁷ Beef Stew 1/4c Crisp Cuke/Tomato Salad 1/2c Veg/Fruit Bar 1/2c Sassy Applesauce 1/2c B.P. Biscuit, w.g. 1ea Milk 6-12 P/T Conferences 7:00 - 7:00	¹⁸ Cheesy Dunker Sauce 3/4c Spinach/Strawberry Salad 1c Veg/Fruit Bar 1/2c Juicy Apricot Halves 1/2c Cheesy Garlic Tst, wg. 2ea Milk	¹⁹ Fish Nuggets, wg 6ea 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	Cal 761 T.Fat 22.32 G S.Fat 6.6 G Chol 82.9 Mg Sodm 1068.09 Mg rb 102.43 G er 12.2 G tn 40.53 G n 5.22 Mg



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²⁹ 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	³⁰ w.g. Chicken Wrap 1ea w/Ranch Drsg 1/2c Glazed Carrots 1/2c Sugar Snap Peas w/ranch 1/2c Veg/Fruit Bar 1/2c Pear 1ea Animal Crackers, w.g. 1pkg Milk	³¹ Chili 1c Shr Cheddar Cheese 1/2oz Snow white Cauliflower 1/2c Veg/Fruit Bar 1/2c Orange 1ea Tortilla Chips, wg. 1oz w.g. Bread & Jelly 1ea Milk	<p><i>NASS is a nut Safe building</i></p> 		Cal 830 T.Fat 21.93 G S.Fat 6.6 G Chol 66.8 Mg Sodm 1326.41 Mg Carb 123.45 G Fiber 16.5 G Prtn 38.91 G Iron 5.88 Mg Calc 625.79 Mg A 37.66 RE C 96.98 Mg

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