



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<sup>2</sup> Dish @ 9:30	<sup>3</sup> Cheese Omelet 1ea Toast w/choice of spread 1sl Orange Juice 6oz Choice of Milk 1/2pt Fresh Fruit Tray 1/2c	<sup>4</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	<sup>5</sup> Cheddar Munchers 4ea Toast w/choice of spread 1ea Orange 1ea Choice of Milk Fresh Fruit Tray	<sup>6</sup> Breakfast Pizza 1ea Fruited yogurt +oz Golden Banana 1ea Choice of Milk Fresh Fruit Tray	<b>Cal 503</b> <b>T.Fat 14.43 G</b> <b>S.Fat 5.3 G</b> <b>Chol 69.5 Mg</b> <b>Sodm 599.11 Mg</b> <b>Carb 76.54 G</b> <b>Fiber 5.9 G</b> <b>Prtn 19.06 G</b> <b>Iron 1.79 Mg</b> <b>Calc 426.49 Mg</b> <b>Vit A 25.35 RE</b> <b>Vit C 75.39 Mg</b>
<sup>9</sup> HOLIDAY	<sup>10</sup> Fr. Toast Stix w/ Strawberry Topping 3ea Kiwi 1/4c Squeezable Fruit 1 1/2ea Choice of Milk 1ea Fresh Fruit Tray	<sup>11</sup> Egg Bake 1ea Bagel w/ Cr. Ch or Jelly 1ea Pears in juice 1/2c Choice of Milk Fresh Fruit Tray	<sup>12</sup> Egg & Sausage Muffin 1ea Golden Banana 1ea Choice of Milk Fresh Fruit Tray	<sup>13</sup> Frosted Cinnamon Roll 1ea String Cheese 1ea Fresh Apple 1ea Choice of Milk Fresh Fruit Tray	<b>Cal 495</b> <b>T.Fat 13.31 G</b> <b>S.Fat 5.6 G</b> <b>Chol 147.9 Mg</b> <b>Sodm 537.61 Mg</b> <b>Carb 77.70 G</b> <b>Fiber 7.7 G</b> <b>Prtn 21.03 G</b> <b>Iron 2.55 Mg</b> <b>Calc 433.22 Mg</b> <b>Vi:</b> <b>Vi:</b>

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16 Banana Berry Muffin 1ea Butter Cup 1ea HARD BOILED EGG 1ea Poppin' Good Grapes 1/2c Choice of Milk 1/2pt Fresh Fruit Tray 1/2c	17 Cinn Glzd WG Fr. 1ea Toast w/syrup 1/4c Dried Cherries 1c Orange 1c Choice of Milk Fresh Fruit Tray	18 Pancakes w/Apples 1ea Sausage Patty 1ea Peaches in juice 1/2c Choice of Milk Fresh Fruit Tray	19 Brkfst Wrap w/ taco sauce 1ea Fruited yogurt 4oz Golden Banana 1ea Choice of Milk Fresh Fruit Tray	20 Egg-N-Cheese Bagel 1ea Kiwi 1/2ea Raisins, 1/4c Choice of Milk Fresh Fruit Tray  1:00 dismissal	<b>Cal</b> 504 <b>T.Fat</b> 13.08 G <b>S.Fat</b> 5.2 G <b>Chol</b> 145.9 Mg <b>Sodm</b> 536.70 Mg <b>Carb</b> 82.43 G <b>Fiber</b> 6.9 G <b>Prtn</b> 20.64 G <b>Iron</b> 2.21 Mg
23 Oatmeal w/Raisins 1c/1/4c HARD BOILED EGG 1ea Fresh Apple 1ea Choice of Milk Fresh Fruit Tray	24 Breakfast Pizza 1ea Go Big Go-Gurt 1ea Pineapple Tidbits 1/2c Choice of Milk Fresh Fruit Tray	25 Scrambled Eggs 1/2c Bagel w/ Cr. Ch or Jelly 1ea Fruit Cocktail in juice 1/2c Choice of Milk Fresh Fruit Tray	26 Breakfast Burrito 1ea w/ Salsa Fruited yogurt 4oz Golden Banana 1ea Choice of Milk Fresh Fruit Tray	27 Frosted Cinnamon Roll 1ea Sausage Links 2ea Orange 1ea Choice of Milk Fresh Fruit Tray	<b>Cal</b> 517 <b>T.Fat</b> 12.48 G <b>S.Fat</b> 5.3 G <b>Chol</b> 144.2 Mg <b>Sodm</b> 495.82 Mg <b>Carb</b> 83.91 G <b>Fiber</b> 6.8 G <b>Prtn</b> 22.46 G <b>Iron</b> 2.59 Mg
30 Pancake/Sausage on a stick w/ syrup 1ea Pears in juice 1/2c Choice of Milk Fresh Fruit Tray	31 Egg Bake 1ea Eng. Muffin w/ spreads 1ea Strawberry cup 1/2c Choice of Milk Fresh Fruit Tray				<b>Cal</b> 456 <b>T.Fat</b> 13.38 G <b>S.Fat</b> 4.8 G <b>Chol</b> 158.5 Mg <b>Sodm</b> 531.82 Ma <b>Ce</b> <b>Fi</b> <b>Pr</b> <b>Irc</b>

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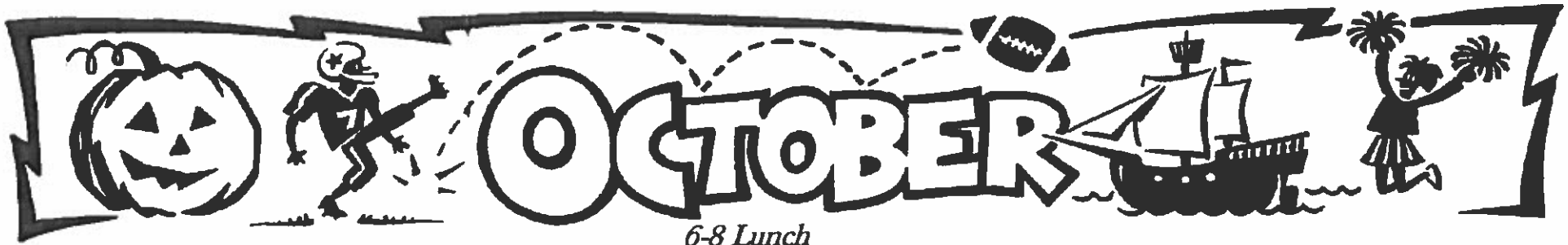
6-8 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<sup>2</sup> Tator Tot Hotdish <i>3/4c</i> Snappy Gr. Beans <i>1/2c</i> Pineapple Tidbits <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Bread & Jelly <i>1ea</i> Milk	<sup>3</sup> Chicken A La King <i>3/4c</i> Steamin' Broccoli Cuts <i>1/2c</i> Veg/Fruit Bar Kiwi <i>1/2ea</i> Baking Powder Biscuit <i>1ea</i> Mini Rice Krispy Bar <i>1ea</i> Milk	<sup>4</sup> Chicken Spaetzle Soup <i>3/4c</i> Winter Blend Veg <i>1/2c</i> SQUASH, WINTER <i>1/2c</i> Veg/Fruit Bar Pears in juice <i>1/2c</i> Bosco Breadstick <i>1ea</i> Saltine Cr., w.g. <i>1pkg</i> Milk	<sup>5</sup> Sub w/all the fixins <i>1ea</i> Chilled Veg. Salad <i>1/2c</i> Baked Beans <i>1/2c</i> Veg/Fruit Bar Golden Banana <i>1ea</i> Milk	<sup>6</sup> MEAT LOAF <i>1sl.</i> Mashed Potatoes <i>1/2c</i> Beef Gravy <i>1/4c</i> Glazed Carrots <i>1/2c</i> Veg/Fruit Bar Poppin' Good Grapes <i>1/2c</i> Dinner Roll w/ Butter <i>1ea</i> Milk	<b>Cal</b> 688 <b>T.Fat</b> 18.07 G <b>S.Fat</b> 5.8 G <b>Chol</b> 61.9 Mg <b>Sodm</b> 940.61 Mg <b>Carb</b> 101.41 G <b>Fiber</b> 11.4 G <b>Prtn</b> 33.00 G <b>Iron</b> 4.69 Mg <b>Calc</b> 496.15 Mg <b>Vit A</b> 20.72 RE <b>Vit C</b> 75.38 Mg
<sup>9</sup> HOLIDAY	<sup>10</sup> Cheese Pizza <i>1sl.</i> Glazed Carrots <i>1/2c</i> Corn, Sweet <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Fresh Apple <i>1ea</i> Milk	<sup>11</sup> Sweet & Sour Chicken <i>1/2c</i> Steamin' Broccoli Cuts <i>1/2c</i> SQUASH, WINTER <i>1/2c</i> Veg/Fruit Bar Poppin' Good Grapes <i>1/2c</i> Seasoned Rice <i>1/2c</i> Milk	<sup>12</sup> Chicken Tenders w/ <i>3ea</i> Choice of Sauces Baked Beans <i>1/2c</i> Spinach/Strawberry Salad <i>1c</i> Veg/Fruit Bar Pineapple Tidbits <i>1/2c</i> Milk	<sup>13</sup> Homestyle Lasagna <i>1pc</i> Calif. Blend Veg <i>1/2c</i> Veg/Fruit Bar <i>1/2c</i> Peaches in juice <i>1/2c</i> Garlic Toast <i>1ea</i> Milk	<b>Cal</b> 660 <b>T.Fat</b> 17.11 G <b>S.Fat</b> 4.4 G <b>Chol</b> 37.5 Mg <b>Sodm</b> 858.37 Mg <b>Carb</b> 101.01 G <b>Fiber</b> 12.4 G <b>Prtn</b> 29.77 G <b>Iron</b> 4.30 Mg <b>Calc</b> 532.77 Mg <b>Vit</b> <b>Vit</b>

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6-8 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
16 Chicken-N-Gravy $\frac{3}{4}c$ Mashed Potatoes $\frac{1}{2}c$ Snappy Gr. Beans $\frac{1}{2}c$ Veg/Fruit Bar $\frac{1}{2}c$ Peaches in juice $\frac{1}{2}c$ Bread & Jelly $1c$ Milk	17 Hamburger on Bun $1c$ Lettuce/Tomato $\frac{1}{4}c/2sl.$ Baked Beans $\frac{1}{2}c$ Glazed Carrots $\frac{1}{2}c$ Veg/Fruit Bar Poppin' Good Grapes $\frac{1}{2}c$ Hamburger Condiments $1c$ Milk	18 Corndog $1c$ Baked Beans $\frac{1}{2}c$ Calif. Blend Veg $\frac{1}{2}c$ Veg/Fruit Bar $1c$ Pear $2c$ Ketchup & Mustard Milk	19 Caribbean Chicken on Bun $1c$ Lettuce/Tomato $\frac{1}{4}c/2sl.$ Dp Groove Crinkle Fries $\frac{1}{2}c$ Chilled Veg. Salad $\frac{1}{2}c$ Veg/Fruit Bar Tropical Fruit Salad $\frac{1}{2}c$ Milk	20 Fish Nuggets $5c$ Mixed Vegetables $\frac{1}{2}c$ Creamy Coleslaw $\frac{1}{2}c$ Veg/Fruit Bar Orange $1c$ Wild Rice Blend $\frac{1}{2}c$ Tartar Sauce $2T$ Milk  <i>1:00 dismissal</i>	Cal 694 T.Fat 14.81 G S.Fat 3.5 G Chol 72.3 Mg Sodm 934.55 Mg Carb 104.53 G Fiber 13.0 G Prtn 36.45 G Iron 4.55 Mg
23 Beef Stroganoff $\frac{2}{3}c$ Italian Blend Veg $\frac{1}{2}c$ Steamin' Broccoli Cuts $\frac{1}{2}c$ Veg/Fruit Bar Poppin' Good Grapes $\frac{1}{2}c$ Garlic w.g.Breadstick $1c$ Milk	24 Cheesy Dunker Sauce $\frac{3}{4}c$ Spinach/Strawberry Salad $\frac{1}{2}c$ Veg/Fruit Bar Juicy Apricot Halves $\frac{1}{2}c$ Cheesy Garlic Toast $2c$ Milk	25 Veg-Beef Noodle Soup $\frac{3}{4}c$ Gr. Peas $\frac{1}{2}c$ Veg/Fruit Bar Mandarin Oranges $\frac{1}{2}c$ Bosco Breadstick $1c$ Saltine Cr., w.g. $1pk$ Milk	26 Beef Stew $1c$ Crisp Cuke/Tomato Salad $\frac{1}{2}c$ Veg/Fruit Bar Sassy Applesauce $\frac{1}{2}c$ Baking Powder Biscuit $1c$ Milk	27 Cheesy Chicken Burrito w/Sauce $1c$ Lettuce & Tomato $\frac{1}{2}c/1/4c$ Veg/Fruit Bar Fruited Jello $\frac{1}{2}c$ Fiesta Beans & Rice $\frac{1}{2}c$ Sr. Cream/Salsa $1c/2T$ Milk	Cal 698 T.Fat 20.09 G S.Fat 7.3 G Chol 48.5 Mg Sodm 1046.55 Mg Carb 91.92 G Fiber 9.8 G Prtn 31.88 G Iron 4.74 Mg
30 Spaghetti w/Meatsauce $\frac{2}{3}c$ Parmesan Cheese $1T$ Steamin' Broccoli Cuts $\frac{1}{2}c$ Veg/Fruit Bar Fruit Cocktail in juice $\frac{1}{2}c$ Garlic Toast $1c$ Milk	31 Chicken Wrap $1c$ w/Ranch Drsg $\frac{1}{2}c$ Glazed Carrots $\frac{1}{2}c$ Sugar Snap Peas Veg/Fruit Bar Pear $1c$ Teddy Grahams $1pk$ Milk				Cal 695 T.Fat 19.16 G S.Fat 5.2 G Chol 58.4 Mg Sodm 945.26 Ma Cc Fil Pr lrc

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<sup>2</sup> Tator Tot Hotdish 1c Snappy Gr. Beans 1/2c Pineapple Tidbits 1/2c Veg/Fruit Bar 1/2c Bread & Jelly 2c Milk	<sup>3</sup> Chicken A La King 3/4c Steamin' Broccoli Cuts 1/2c Veg/Fruit Bar 1/2c Kiwi 1/2c Baking Powder Biscuit 1c Mini Rice Krispy Bar 1c Milk	<sup>4</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 1c Saltine Cr., w.g. 2pkg Milk	<sup>5</sup> Sub w/all the fixins 1c Chilled Veg. Salad 1/2c Baked Beans 1/2c Veg/Fruit Bar 1/2c Golden Banana 1c Milk	<sup>6</sup> MEAT LOAF 1pc Mashed Potatoes 1/2c Beef Gravy 1/4c Glazed Carrots 1/2c Veg/Fruit Bar 1/2c Poppin' Good Grapes 1/2c Dinner Roll w/ Butter 2c Milk	<b>Cal</b> 778 <b>T.Fat</b> 21.12 G <b>S.Fat</b> 6.9 G <b>Chol</b> 70.5 Mg <b>Sodm</b> 1084.05 Mg <b>Carb</b> 113.88 G <b>Fiber</b> 12.4 G <b>Prtn</b> 35.97 G <b>Iron</b> 5.35 Mg <b>Calc</b> 522.60 Mg <b>Vit A</b> 22.07 RE <b>Vit C</b> 76.33 Mg
<sup>9</sup> HOLIDAY	<sup>10</sup> Cheese Pizza 1.5l. Glazed Carrots 1/2c Corn, Sweet 1/2c Veg/Fruit Bar 1c Fresh Apple 1c Milk	<sup>11</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 1c Milk	<sup>12</sup> Chicken Tenders w/ 3c Choice of Sauces 1/2c Baked Beans 1/2c Spinach/Strawberry Salad 1c Veg/Fruit Bar 1/2c Pineapple Tidbits 1/2c Teddy Grahams 1pkg Milk	<sup>13</sup> Homestyle Lasagna 1pc Calif. Blend Veg 1/2c Veg/Fruit Bar 1/2c Peaches in juice 1/2c Garlic Toast 2c Milk	<b>Cal</b> 767 <b>T.Fat</b> 19.98 G <b>S.Fat</b> 4.8 G <b>Chol</b> 40.9 Mg <b>Sodm</b> 975.28 Mg <b>Carb</b> 118.51 G <b>Fiber</b> 13.6 G <b>Prtn</b> 32.93 G <b>Iron</b> 5.31 Mg <b>Calc</b> 575.29 Mg <b>Vi:</b> <b>Vi:</b>

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23 Beef Stroganoff <i>1c</i> Italian Blend Veg <i>1/2c</i> Steamin' Broccoli Cuts <i>1/2c</i> Veg/Fruit Bar Poppin' Good Grapes <i>1/2c</i> Garlic w.g.Breadstick <i>2ea</i> Milk	24 Cheesy Dunker Sauce <i>3/4c</i> Spinach/Strawberry Salad <i>1c</i> Veg/Fruit Bar Juicy Apricot Halves <i>1/2c</i> Cheesy Garlic Toast <i>2ea</i> Milk	25 Veg-Beef Noodle Soup <i>1c</i> Gr. Peas <i>1/2c</i> Veg/Fruit Bar Mandarin Oranges <i>1/2c</i> Bosco Breadstick <i>1ea</i> Saltine Cr., w.g. <i>2pkgs</i> Milk	26 Beef Stew <i>1/4c</i> Crisp Cuke/Tomato Salad <i>1/2c</i> Veg/Fruit Bar Sassy Applesauce <i>1/2c</i> Baking Powder Biscuit <i>1ea</i> Milk	27 Cheesy Chicken Burrito <i>1ea</i> w/Sauce Lettuce & Tomato <i>1/2c/1/4c</i> Veg/Fruit Bar Fruited Jello <i>1/2c</i> Fiesta Beans & Rice <i>1/2c</i> Sr. Cream/Salsa <i>1oz/2T</i> Milk	Cal 796 T.Fat 23.62 G S.Fat 8.1 G Chol 56.1 Mg Sodm 1154.88 Mg Carb 104.73 G Fiber 11.0 G Prtn 35.91 G Iron 5.72 Mg
30 Spaghetti w/Meatsauce <i>1c</i> Parmesan Cheese <i>1T</i> Steamin' Broccoli Cuts <i>1/2c</i> Veg/Fruit Bar Fruit Cocktail in juice <i>1/2c</i> Garlic Toast <i>2ea</i> Milk	31 Chicken Wrap <i>1ea</i> w/Ranch Drsg <i>1/2c</i> Glazed Carrots <i>1/2c</i> Sugar Snap Peas <i>1/2c</i> Veg/Fruit Bar Pear <i>1ea</i> Teddy Grahams <i>1pkg</i> Milk				Cal 813 T.Fat 23.68 G S.Fat 6.5 G Chol 71.0 Mg Sodm 1065.15 Mg Ca Fil Pr lrc

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