



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
² Brkfst Burrito w/ Salsa 1ea Orange 1ea MILK, 1% Lowfat	³ NO BREAKFAST <i>Band closed</i>	⁴ NO BREAKFAST <i>Holiday</i>	⁵ Belgian Waffle Stix w/ 2ea Strawberry Topping 1/4c Sausage Links 1ea Poppin' Good Grapes 1/2c MILK, 1% Lowfat	⁶ Jumbo Cake Donut 1ea HARD BOILED EGG 1ea Pear 1ea MILK, 1% Lowfat	Cal 409 T.Fat 13.62 G S.Fat 4.3 G Chol 124.6 Mg Sodm 603.32 Mg
⁹ Rice Krispies 1ea 3 Berry Bar 1ea Tropical Fruit Salad 1/2c MILK, 1% Lowfat	¹⁰ Waffles w/ Syrup 2ea 1oz Sausage Patty 1ea Grape juice 4oz MILK, 1% Lowfat	¹¹ Egg Bake 1pc Eng. Muffin w/ spreads 1ea Golden Banana 1ea MILK, 1% Lowfat	¹² Breakfast Pizza 1ea Pears in juice 1/2c MILK, 1% Lowfat	¹³ Blueberry Muffin 1ea Fruited yogurt 4oz Orange 1ea MILK, 1% Lowfat	Cal 502 T.Fat 13.09 G S.Fat 5.2 G Chol 83.6 Mg Sodm 603.05 Mg
¹⁶ Pancake/Sausage on a stick w/ syrup 1ea Fresh Apple 1ea MILK, 1% Lowfat	¹⁷ Egg & Cheese Croissant 1ea Mandarin Oranges 1/2c MILK, 1% Lowfat	¹⁸ Corn Chex 1ea Nutri-Grain Bar 1ea Golden Banana 1ea MILK, 1% Lowfat	¹⁹ Carmel Roll 1ea Fruited yogurt 4oz Apple Juice 4oz MILK, 1% Lowfat	²⁰ Brkfst Wrap w/ taco sauce 1ea Peaches in juice 1/2c MILK, 1% Lowfat	Cal 442 T.Fat 12.08 G S.Fat 4.6 G Chol 81.7 Mg Sodm 522.56 Mg
²³ Oatmeal w/ Raisins 1ea 1bx Kiwi 1/2ea MILK, 1% Lowfat	²⁴ Apple Cinnamon Muffin 1ea HARD BOILED EGG 1ea Poppin' Good Grapes 1/2c MILK, 1% Lowfat	²⁵ Scrambled Eggs 1/2c Bagel w/ Cr. Ch or Jelly 1/2ea Tropical Fruit Salad 1/2c MILK, 1% Lowfat	²⁶ Kix Corn Puffs 1ea Scooby doo Snacks 1pkg Orange Juice 4oz MILK, 1% Lowfat	²⁷ NO BREAKFAST	Cal 404 T.Fat 9.90 G S.Fat 4.3 G Chol 156.6 Mg Sodm 313.16 Mg
³⁰ Cheerios 1ea Apple Churro 1ea Sassy Applesauce 1/2c MILK, 1% Lowfat	³¹ Cinn Glzd WG Fr. 1ea Toast w/ syrup Sausage Links 1ea Mandarin Oranges 1/2c MILK, 1% Lowfat	<i>NASS is a nut Safe building</i>		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,	Cal 424 T.Fat 11.59 G S.Fat 3.8 G Chol 76.0 Mg Sodm 425.44 Mg



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
2 Choice of hotdog/ chili cheese dog 1ea Tator Tots w/Ketchup 1/2c Tropical Fruit Salad 1/2c Hot Dog Condiments. 2ea Milk	3 NO LUNCH <i>Band closed</i>	4 NO LUNCH <i>Holiday</i>	5 Chicken Salad Croissant 1ea Veggies w/Dip 1/2c Fresh Apple 1ea Milk	8 Cheese Pizza 1sl. Glazed Carrots 1/2c Kiwi 1 1/2ea Mini Rice Krispy Bar 1ea Milk	Cal 657 T.Fat 20.00 G S.Fat 7.1 G Chol 55.8 Mg Sodm 1060.45 Mg
9 Spaghetti w/Meatsauce 3/4c Steamin' Broccoli Cuts 1/2c Pears in juice 1/2c Garlic Toast 1ea Milk	10 Turkey Wrap 1ea Veggies w/Dip 1/2c Orange 1ea Sun chips 1pkg Condiments 1ea Milk	11 Chili 1c Shr Cheddar Cheese 1/2oz Baby Carrots w/dip 1/2c Peaches in juice 1/2c Tortilla Chips 1oz Milk	12 Corndog 1ea French Fries w/ketchup 1/2c Fresh Apple 1ea Milk	13 B.B.Q. Sluggers 1-2ea Baby Bakers 1/2c Poppin' Good Grapes 1/2c Dinner Roll w/ Butter 1ea Sr. Cream/Salsa 1oz/2T Milk	Cal 646 T.Fat 18.73 G S.Fat 6.0 G Chol 63.1 Mg Sodm 968.45 Mg
16 Hamburger on Bun 1ea Lettuce/Tomato 1/4c/2sl. Corn, Sweet 1/2c Pear 1ea Hamburger Condiments 1ea Milk	17 Soft Shell Taco 1ea Cheesy Refried Beans 1/2c Tropical Fruit Salad 1/2c Sr. Cream/Salsa 1oz/2T Milk	18 Chicken Spaetzle Soup 1c Mixed Vegetables 1/2c Mandarin Oranges 1/2c Cheesy Bosco Breadstick 1ea Saltine Cr., w.g. 1pkg Milk	19 Homestyle Lasagna 1/2c Garden Salad w/Drsg 1c Kiwi 1 1/2ea Garlic w.g.Breadstick 1ea Milk	20 Ham & Cheese Croissant 1ea Smokin' Baked Beans 1/2c Golden Banana 1ea Sun chips 1pkg Condiments 1pkg Milk	Cal 678 T.Fat 17.14 G S.Fat 6.0 G Chol 69.5 Mg Sodm 958.65 Mg
23 Pepperoni Pizza 1sl. Italian Blend Veg 1/2c Fresh Apple 1ea Craisins 1pkg Milk	24 2oz/1bun French Dip Calif. Blend Veg 1/2c Mandarin Oranges 1/2c Mini Rice Krispy Bar 1ea Milk	25 2oz/1bun B.B.Q. Pork on a Bun Veggies w/Dip 1/2c Pineapple Tidbits 1/2c Cheez-it Crackers 1pkg Milk	26 Chicken Salad Wrap 1ea Garden Salad w/Drsg 1c Ass't Fresh Fruit 1pc Milk	27 NO LUNCH <i>1/2 day holiday</i>	Cal 603 T.Fat 14.85 G S.Fat 4.1 G Chol 51.2 Mg Sodm 738.96 Mg
30 Hamburger Gravy 1/2c Mashed Potatoes 1/2c Peaches in juice 1/2c Bread & Butter 1ea Milk	31 Cheesy Chicken Burrito w/Sauce 1ea Lettuce & Tomato 1/2c/1/4c Tropical Fruit Salad 1/2c Sr. Cream/Salsa 1oz/2T Milk	<i>NASS is a nut Safe building</i>		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,	Cal 564 T.Fat 14.60 G S.Fat 7.1 G Chol 42.8 Mg Sodm 788.71 Mg