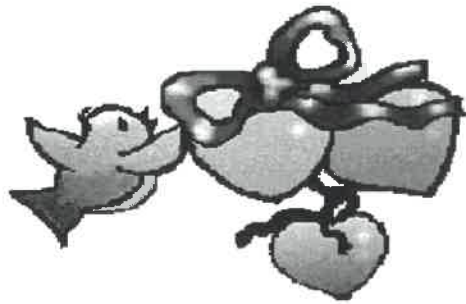
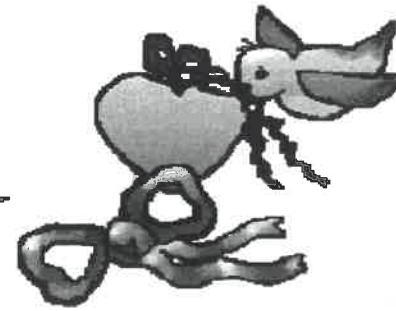


Pine Grove, Breakfast

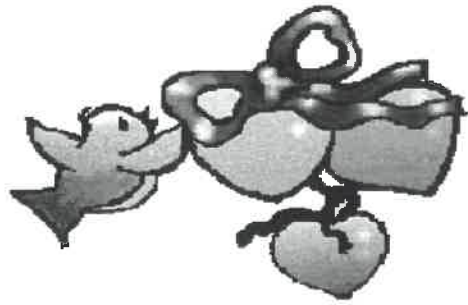


February

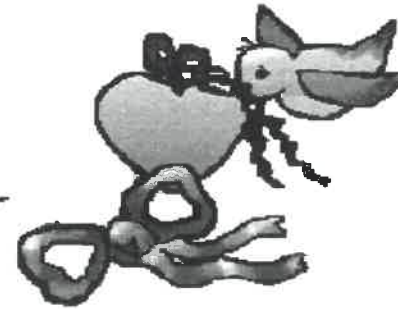


Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<p>In the operation of child feeding programs, no child will be discriminated against because of race, color, national origin, age or disability. If you believe you have been discriminated against write immediately to Dept. of Agriculture, Wash. DC 20250.</p>				<p>1 Bag Breakfast Lunch @ NASS Pow-Wow. 1:00 dismissal</p>	<p>Cal 378 T.Fat 5.65 G S.Fat 2.1 G Chol 11.3 Mg Sodm 213.74 Mg</p>
<p>4 Breakfast Pizza, wg 1ea Go Big Go-Gurt 1ea Grapefruit sections 1/2c Apple Juice 4oz Choice of Milk</p>	<p>5 w.g. Fr. Toast Stix w/ 4ea Strawberry Topping 1/4c Squeezable Fruit 1ea Peaches in juice 1/2c Choice of Milk</p>	<p>6 Corn Chex 1c Backpackers, w.g 1pk Golden Banana 1ea Strawberry cup 1/2c Choice of Milk</p>	<p>7 Scrambled Eggs 1/2c w.g Eng. Muffin w/ spds 1ea Fruit Cocktail in juice 1/2c Orange Juice 4oz Choice of Milk</p>	<p>8 Frosted Cinn Roll, w.g. 1ea Grape juice 4oz Orange 1ea Choice of Milk</p>	<p>Cal 499 T.Fat 11.86 G S.Fat 3.9 G Chol 89.9 Mg Sodm 462.36 Mg</p>
<p>11 Apple Cinnamon Cheerios 1c Bagel, w.g. 1/2ea Cr. Cheese/jelly 1pk Craisins 1/4c Pears in juice 1/2c Choice of Milk</p>	<p>12 Pretzel Egg Sandwich, wg 1ea Orange Juice 4oz Strawberry cup 1/2c Choice of Milk</p>	<p>13 Cheese Omelet 1ea w.g Eng. Muffin w/ spds 1ea Fresh Apple 1ea Grapefruit sections 1/2c Choice of Milk</p>	<p>14 Oatmeal w/Raisins 3/4c/1/4c Baked Ham 1oz Juicy Apricot Halves 1/2c Apple Juice 4oz Choice of Milk</p>	<p>15 W.G Waffles w/Blueberries 2ea Go Big Go-Gurt 1ea Poppin' Good Grapes 1/2c Mandarin Oranges 1/2c Choice of Milk 1:00 dismissal</p>	<p>Cal 492 T.Fat 10.87 G S.Fat 3.8 G Chol 78.6 Mg Sodm 472.55 Mg</p>
<p>18 HOLIDAY</p>	<p>19 W.G. Belgian Waffle Stix 2ea w/Strawberry Topping 1/4c Sausage Links 1ea Fruit Cocktail in juice 1/2c Craisins 1/4c Choice of Milk</p>	<p>20 Cinn Toast Crunch, w.g. 1c Cinnamon Toast, w.g. 1st. Pears in juice 1/2c Grape juice 4oz Choice of Milk</p>	<p>21 Blueberry Muffin, wg 1ea Butter Cup 1ea Fruited yogurt 4oz Orange 1ea Tropical Fruit Salad 1/2c Choice of Milk</p>	<p>22 Kix, w.g. 1c HARD BOILED EGG 1ea Golden Banana 1ea Apple Juice 4oz Choice of Milk 1:00 dismissal</p>	<p>Cal 487 T.Fat 10.04 G S.Fat 4.2 G Chol 72.7 Mg Sodm 417.37 Mg</p>
<p>25 Cran-Peach Muffin, wg 1ea Butter Cup 1ea Peaches in juice 1/2c Pineapple Juice 4oz Choice of Milk</p>	<p>26 Pancake/Sausage on a stick w/ syrup, wg. 1ea Tropical Fruit Salad 1/2c Grape juice 4oz Choice of Milk</p>	<p>27 Cheerios, w.g. 1c Bagel, w.g. 1/2ea Cr. Cheese/jelly 1pk Fruit Cocktail in juice 1/2c Apple Juice 4oz Choice of Milk</p>	<p>28 NO SCHOOL TODAY</p>		<p>Cal 445 T.Fat 10.52 G S.Fat 4.8 G Chol 31.5 Mg Sodm 407.81 Mg</p>

Pine Grove, Lunch

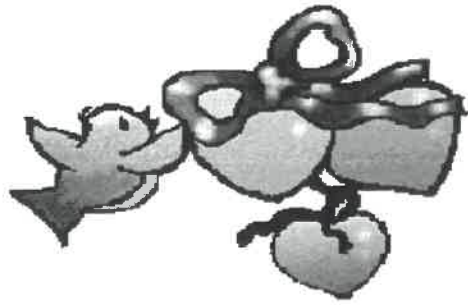


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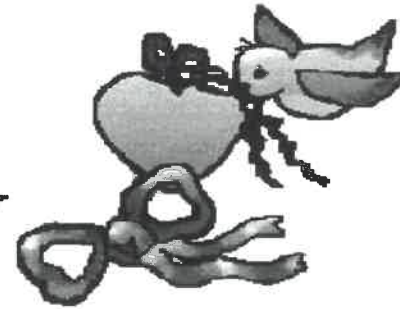


Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
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<p>⁴ Beef Stroganoff <i>2/3c</i> Calif. Blend Veg <i>1/2c</i> Creamy Coleslaw <i>1/2c</i> Poppin' Good Grapes <i>1/2c</i> Parmesan Breadstick, wg <i>1ea</i> Milk</p>	<p>⁵ Corndog, w.g. <i>1ea</i> Sweet Potato Bites <i>1/2c</i> Sugar Snap Peas w/ranch <i>1/4c</i> Fruit Cocktail in juice <i>1/2c</i> Ketchup & Mustard <i>1ea</i> Milk</p>	<p>⁶ Veg-Beef Noodle Soup <i>1c</i> Cottage Cheese <i>1/4c</i> Grape Tomatoes w/dip <i>1/4c</i> Mandarin Oranges <i>1/2c</i> Saltine Cr., w.g. <i>2pk</i> Milk</p>	<p>⁷ B.B.Q. Pork on a Bun <i>1ea</i> Corn, Sweet <i>3/4c</i> Orange <i>1ea</i> Milk</p>	<p>⁸ Cheesy, w. g. Chicken Burrito w/Sauce <i>1ea</i> Lettuce & Tomato <i>1/2c/1/4c</i> Cheesy Refried Beans <i>1/2c</i> Pears in juice <i>1/2c</i> Sr. Cream/Salsa <i>1g/2T</i> Milk</p>	<p>Cal 649 T.Fat 16.19 G S.Fat 5.3 G Chol 47.4 Mg Sodm 923.54 Mg Carb 88.39 G Fiber 8.4 G Prtn 30.74 G Iron 3.63 Mg</p>
<p>¹¹ Spaghetti w/Meatsauce <i>3/4c</i> Steamin' Broccoli Cuts <i>1/2c</i> Fruit Cocktail in juice <i>1/2c</i> Garlic Toast, w.g. <i>1ea</i> Milk</p>	<p>¹² w.g. Chicken Wrap <i>1ea</i> w/Ranch Drsg <i>1/2c</i> Glazed Carrots <i>1ea</i> Fresh Apple <i>1ea 1/2c</i> Fiesta Beans & Rice, wg Milk</p>	<p>¹³ Chili <i>3/4c</i> Shr Cheddar Cheese <i>2T</i> Snow white Cauliflower <i>1/2c</i> Orange <i>1ea</i> Parmesan Breadstick, wg <i>1ea</i> Tortilla Chips, wg. <i>1g</i> Milk</p>	<p>¹⁴ w.g. Chicken Tenders w/ Choice of Sauces <i>1pk</i> French Fries w/ketchup <i>3/4c</i> Fresh Apple <i>1ea</i> Bug Bites <i>1pkg</i> Milk</p>	<p>¹⁵ Caribbean Chicken <i>1ea</i> on w.g. bun <i>1ea</i> Lettuce/Tomato <i>1/4c/2sl</i> Dp Groove Crinkle Fries <i>1/2c</i> Tropical Fruit Salad <i>1/2c</i> Mini Rice Krispy Bar, wg <i>1ea</i> Milk</p>	<p>Cal 690 T.Fat 15.90 G S.Fat 4.2 G Chol 57.6 Mg Sodm 963.37 Mg Carb 103.96 G Fiber 11.3 G Prtn 33.86 G Iron 3.93 Mg</p> <p><i>1:00 dismissal</i></p>

Pine Grove, Lunch



February



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
18 HOLIDAY	19 Pepperoni Pizza, wg <i>151</i> Glazed Carrots <i>3/4c</i> Pears in juice <i>1/2c</i> Mini Rice Krispy Bar, wg <i>1ea</i> Milk	20 1/2c French Dip on w.g bun <i>1ea</i> Mixed Vegetables <i>3/4c</i> Peaches in juice <i>1/2c</i> Flamin' Hot w.g.Cheetos <i>1pk</i> Milk	21 B.B.Q. Sluggers <i>2ea</i> Italian Blend Veg <i>1/2c</i> Smokin' Baked Beans <i>1/2c</i> Tropical Fruit Salad <i>1/2c</i> w.g. Bread & Jelly <i>1ea</i> Milk	22 Wild Rice Hotdish <i>3/4c</i> Steamin' Broccoli Cuts <i>3/4c</i> Mandarin Oranges <i>1/2c</i> w.g. Bread & Butter <i>1ea</i> Milk <i>1:00 dismissal</i>	Cal 617 T.Fat 12.52 G S.Fat 4.0 G Chol 57.3 Mg Sodm 854.26 Mg Carb 96.20 G Fiber 9.7 G Prtn 31.46 G Iron 3.82 Mg Calc 515.68 Mg Vit A 19.59 RE Vit C 45.92 Mg
25 Hotdog/chili cheese dog on w.g. bun <i>1ea</i> French Fries w/ketchup <i>3/4c</i> Poppin' Good Grapes <i>1/2c</i> Hot Dog Condiments <i>2ea</i> Milk	26 BaaKa'aakwehn on w.g. bun <i>1ea</i> Lettuce/Tomato <i>1/4c/2 sh.</i> Veggies w/Dip <i>3/4c</i> Pineapple Tidbits <i>1/2c</i> F. F. Mayo <i>1ea</i> Milk	27 Walkin' Tacos <i>1ea</i> Cheesy Refried Beans <i>1/2c</i> Orange <i>1ea</i> Sr. Cream/Salsa <i>1oz/2T</i> Milk	28 NO SCHOOL TODAY	Cal 658 T.Fat 19.94 G S.Fat 5.9 G Chol 66.3 Mg Sodm 1144.63 Mg Carb 84.21 G Fiber 8.3 G Prtn 34.72 G Iron 3.49 Mg Calc 505.73 Mg Vit A 14.05 RE Vit C 50.51 Mg	

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