

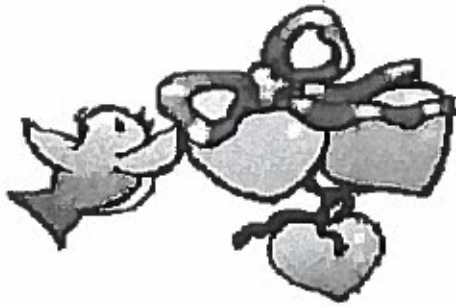
February



Pine Grove, Breakfast

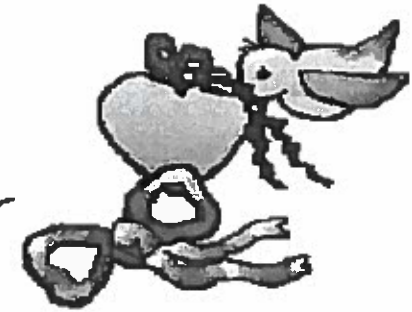
In the operation of child feeding programs, no child will be discriminated against because of race, color, national origin, age or disability. If you believe you have been discriminated against write immediately to Dept. of Agriculture, Wash. DC 20250.

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
			¹ Pancakes w/Apples ^{2 ea} Sausage Patty ^{1 ea} Golden Banana ^{1 ea} Pineapple Juice ^{4 oz} Choice of Milk	² Oatmeal ^{3/4 c} Toast w/choice of spread ^{1 ea} Raisins, ^{1/4 c} Kiwi ^{1 1/2 ea} Choice of Milk	Cal 568 T.Fat 9.84 G S.Fat 3.3 G Chol 28.1 Mg Sodm 447.13 Mg
⁵ Fr. Toast Stix w/ Strawberry Topping ^{1/4 c} Squeezable Fruit ^{1 ea} Peaches in juice ^{1/2 c} Choice of Milk	⁸ Breakfast Pizza ^{1 ea} Fruited yogurt ^{4 oz} Pineapple Tidbits ^{1/2 c} Apple Juice ^{4 oz} Choice of Milk	⁷ Cornflakes ^{1 c} Nature Valley Backpacker ^{1 ea} Golden Banana ^{1 ea} Strawberry cup ^{1/2 c} Choice of Milk	⁸ Scrambled Eggs ^{1/2 c} Eng. Muffin w/ spreads ^{1 ea} Fruit Cocktail in juice ^{1/2 c} Orange Juice ^{4 oz} Choice of Milk	⁹ Frosted Cinnamon Roll ^{1 ea} Grape juice ^{4 oz} Orange ^{1 ea} Choice of Milk	Cal 467 T.Fat 8.77 G S.Fat 3.2 G Chol 111.7 Mg Sodm 456.55 Mg
¹² Raisin Bran ^{1 c} Bagel w/ Cr. Ch or Jelly ^{1/2 ea} Craisins ^{1/4 c} Pears in juice ^{1/2 c} Choice of Milk	¹³ Pretzel Egg Sandwich ^{1 ea} Orange Juice ^{4 oz} Strawberry cup ^{1/2 c} Choice of Milk	¹⁴ Cheese Omelet ^{1 ea} Toast w/choice of spread ^{1 ea} Fresh Apple ^{1 ea} Grapefruit sections ^{1/2 c} Choice of Milk	¹⁵ Oatmeal w/Raisins ^{3/4 c} Baked Ham ^{1 ea} Juicy Apricot Halves ^{1/2 c} Apple Juice ^{4 oz} Choice of Milk	¹⁶ Waffles w/Blueberries ^{1 ea} Go Big Go-Gurt ^{1 ea} Poppin' Good Grapes ^{1/2 c} Mandarin Oranges ^{1/2 c} Choice of Milk	Cal 494 T.Fat 10.07 G S.Fat 3.7 G Chol 79.6 Mg Sodm 488.27 Mg
¹⁹ HOLIDAY	²⁰ Belgian Waffle Stix w/ Strawberry Topping ^{1/4 c} Sausage Patty ^{1 ea} Fruit Cocktail in juice ^{1/2 c} Dried Cherries ^{1/4 c} Choice of Milk	²¹ Raisin Bran ^{1 c} Cinnamon Toast ^{1 ea} Pears in juice ^{1/2 c} Grape juice ^{4 oz} Choice of Milk	²² Blueberry Muffin ^{1 ea} Butter Cup ^{1 ea} Fruited yogurt ^{4 oz} Orange ^{1 ea} Tropical Fruit Salad ^{1/2 c} Choice of Milk	²³ Kix Corn Puffs ^{1 c} HARD BOILED EGG ^{1 ea} Golden Banana ^{1 ea} Apple Juice ^{4 oz} Choice of Milk	Cal 511 T.Fat 10.20 G S.Fat 4.4 G Chol 75.9 Mg Sodm 434.39 Mg
²⁶ Cranberry Peach Muffin ^{1 ea} Butter Cup ^{1 ea} Kiwi ^{1/2 ea} Pineapple Juice ^{4 oz} Choice of Milk	²⁷ Pancake/Sausage on a stick w/ syrup ^{1 ea} Peaches in juice ^{1/2 c} Grape juice ^{4 oz} Choice of Milk	²⁸ Cheerios ^{1 c} Bagel w/ Cr. Ch or Jelly ^{1/2 ea} Fruit Cocktail in juice ^{1/2 c} Apple Juice ^{4 oz} Choice of Milk			Cal 444 T.Fat 10.76 G S.Fat 4.8 G Chol 31.5 Mg Sodm 408.84 Mg



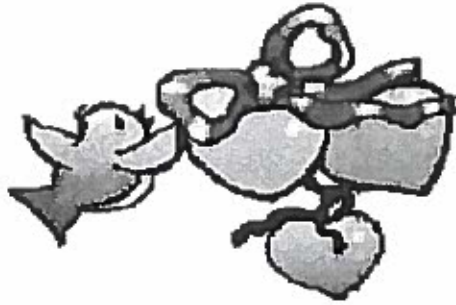
February

Pine Grove, Lunch



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
			¹ Cheesy Dunker Sauce $\frac{1}{2}c$ Spinach/Strawberry Salad $1c$ Juicy Apricot Halves $\frac{1}{2}c$ Cheesy Garlic Toast $2ea$ Milk	² Fish Nuggets $4ea$ Mixed Vegetables $\frac{1}{2}c$ Orange $1ea$ Wild Rice Blend $\frac{1}{2}c$ Tartar Sauce $2T$ Milk	Cal 615 T.Fat 20.18 G S.Fat 5.4 G Chol 54.9 Mg Sodm 713.50 Mg Carb 84.11 G Fiber 8.3 G Prtn 27.77 G
⁵ Beef Stroganoff $\frac{2}{3}c$ Calif. Blend Veg $\frac{1}{2}c$ Poppin' Good Grapes $\frac{1}{2}c$ Parmesan Breadstick $1ea$ Milk	⁶ Corn dog $1ea$ Sweet Potato Bites $\frac{1}{2}c$ Pear $1ea$ Ketchup & Mustard $1ea$ Milk	⁷ Veg-Beef Noodle Soup $1c$ Cottage Cheese $2oz$ Gr. Peas $\frac{1}{2}c$ Mandarin Oranges $\frac{1}{2}c$ Saltine Cr., w.g. $2pk$ Milk	⁸ Caribbean Chicken on Bun $1ea$ Lettuce/Tomato $\frac{1}{4}c/2sl.$ Dp Groove Crinkle Fries $\frac{1}{2}c$ Tropical Fruit Salad $\frac{1}{2}c$ Mini Rice Krispy Bar $1ea$ Milk	⁹ Cheesy Chicken Burrito w/Sauce $1ea$ Lettuce & Tomato $\frac{1}{2}c/\frac{1}{4}c$ Cheesy Refried Beans $\frac{1}{2}c$ Pears in juice $\frac{1}{2}c$ Sr. Cream/Salsa $1oz/2T$ Milk	Cal 614 T.Fat 12.51 G S.Fat 4.0 G Chol 45.7 Mg Sodm 878.55 Mg Carb 86.30 G Fiber 8.4 G Prtn 30.65 G
¹² Spaghetti w/Meatsauce $\frac{2}{3}c$ Steamin' Broccoli Cuts $\frac{1}{2}c$ Fruit Cocktail in juice $\frac{1}{2}c$ Garlic Toast $1ea$ Milk	¹³ Chicken Wrap w/Ranch Drsg $1ea$ Glazed Carrots $\frac{1}{2}c$ Fresh Apple $1ea$ Fiesta Beans & Rice $\frac{1}{2}c$ Milk	¹⁴ Chili $1c$ Snow white Cauliflower $\frac{1}{2}c$ Kiwi $\frac{1}{2}ea$ Parmesan Breadstick $1ea$ Saltine Cr., w.g. $2pk$ Milk	¹⁵ Hamburger Gravy $\frac{1}{2}c$ Mashed Potatoes $\frac{1}{2}c$ Snappy Gr. Beans $\frac{1}{2}c$ Golden Banana $1ea$ Bread & Butter $1ea$ Milk	¹⁶ B.B.Q. Pork on a Bun $\frac{1}{3}c$ $1ea$ Corn, Sweet $\frac{1}{2}c$ Creamy Coleslaw $\frac{1}{2}c$ Orange $1ea$ Milk	Cal 641 T.Fat 16.97 G S.Fat 5.1 G Chol 55.1 Mg Sodm 794.84 Mg Carb 96.44 G Fiber 11.0 G Prtn 29.07 G

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¹⁹ HOLIDAY	²⁰ Chicken Tenders w/ Choice of Sauces <i>3ea</i> Gr. Peas <i>1/2c</i> Fresh Apple <i>1ea</i> Creamy Mac & Cheese <i>1/2c</i> Milk	²¹ French Dip <i>1ea</i> Mixed Vegetables <i>1/2c</i> Fresh Spinach Salad <i>1c</i> Peaches in juice <i>1/2c</i> Milk	²² 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> Bread & Jelly <i>1ea</i> Milk	²³ Pepperoni Pizza <i>1ea</i> Glazed Carrots <i>1/2c</i> Pears in juice <i>1/2c</i> Mini Rice Krispy Bar <i>1ea</i> Milk	Cal 644 T.Fat 16.49 G S.Fat 4.0 G Chol 61.8 Mg Sodm 925.64 Mg Carb 94.02 G Fiber 9.7 G Prtn 31.41 G Iron 4.33 Mg Calc 489.25 Mg Vit A 14.83 RE Vit C 24.82 Mg
²⁶ Choice of hotdog/ chili cheese dog <i>1ea</i> Dp Groove Crinkle Fries <i>1/2c</i> Poppin' Good Grapes <i>1/2c</i> Hot Dog Condiments <i>2ea</i> Milk	²⁷ BaaKa'aakwehn on Bun <i>1ea</i> Lettuce/Tomato <i>1/4c/2sl.</i> Corn, Sweet <i>1/2c</i> Pineapple Tidbits <i>1/2c</i> F. F. Mayo <i>1ea</i> Milk	²⁸ GROUND BEEF & MACARONI <i>3/4c</i> Calif. Blend Veg <i>1/2c</i> Fresh Apple <i>1ea</i> Garlic Toast <i>1ea</i> Milk			Cal 677 T.Fat 18.31 G S.Fat 6.5 G Chol 73.5 Mg Sodm 953.43 Mg Carb 91.45 G Fiber 8.2 G Prtn 38.09 G Iron 4.87 Mg Calc 415.50 Mg Vit A 7.27 RE Vit C 31.76 Mg

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