

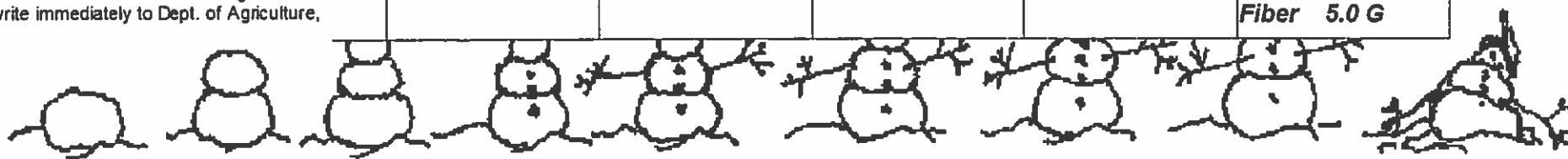
January

Pine Grove, Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
1 HOLIDAY	2 NO SCHOOL TODAY	3 Raisin Bran 1c Cinnamon Toast 1sl. Pears in juice 1/2c Grape juice 4oz Choice of Milk 8	4 Belgian Waffle Stix w/ Strawberry Topping 1/4c Sausage Patty 1ea Fruit Cocktail in juice 1/2c Dried Cherries 1/4c Choice of Milk	5 Breakfast Burrito w/ Salsa 1ea 1/8c Peaches in juice 1/2c Orange Juice 4oz Choice of Milk	Cal 475 T.Fat 9.31 G S.Fat 3.9 G Chol 36.8 Mg Sodm 525.49 Mg Carb 82.76 G Fiber 7.6 G
6 Cheerios 1c Bagel w/ Cr, Ch or Jelly 1/2 Fruit Cocktail in juice 1/2c Apple Juice 4oz Choice of Milk 8	7 NO SCHOOL TODAY <i>State of the Band</i>	8 Cranberry Peach Muffin 1ea Butter Cup 1ea Kiwi 1/2 Pineapple Juice 4oz Choice of Milk	9 Egg & Sausage Croissant 1ea Golden Banana 1ea Dried Cherries 1/4c Choice of Milk	10 Golden Grahams 1c Toast w/choice of spread 1sl. Pears in juice 1/2c Orange Juice 4oz Choice of Milk <i>Cultural Activities Day @NASS?</i>	Cal 497 T.Fat 11.33 G S.Fat 4.8 G Chol 53.8 Mg Sodm 498.72 Mg Carb 84.43 G Fiber 5.5 G
11 HOLIDAY	12 Cinnamon Toast Crunch 1c Raspberry Churro 1ea Orange 1ea Pineapple Juice 4oz Choice of Milk	13 Bacon Scr. Pizza, w.g. Grape juice 4oz Sassy Applesauce 1/2c Choice of Milk	14 Scrambled Eggs 1/2c Bagel w/ Cr, Ch or Jelly 1/2 Peaches in juice 1/2c Orange Juice 4oz Choice of Milk	15 Cheddar Munchers 4ea Toast w/choice of spread 1sl. Tropical Fruit Salad 1/2c Apple Juice 4oz Choice of Milk	Cal 479 T.Fat 11.94 G S.Fat 4.9 G Chol 121.3 Mg Sodm 466.88 Mg Carb 77.88 G Fiber 5.0 G



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.



January

Pine Grove, Breakfast

Monday

Tuesday

Wednesday

Thursday

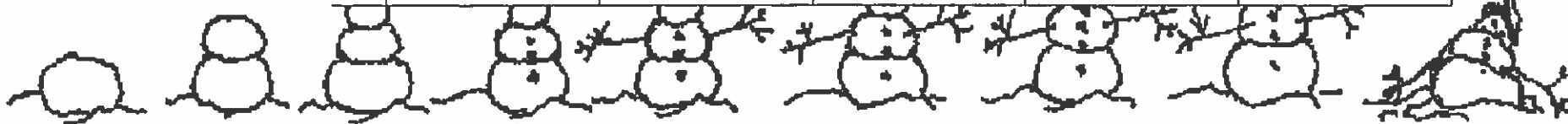
Friday

Nutrients

²² Life Cereal 1c Toast w/choice of spread 1sl. Kiwi 1/2ea Strawberry cup 1/2c Choice of Milk	²³ Egg Bake 1pc Eng. Muffin w/ spreads 1ea Pears in juice 1/2c Poppin' Good Grapes 1/2c Choice of Milk	²⁴ Raisin Bran 1c Go Big Go-Gurt 1ea Golden Banana 1ea Orange Juice 4oz Choice of Milk	²⁵ Belgian Waffle Stix w/ Strawberry Topping 2ea Baked Ham 1oz Fruit Cocktail in juice 1/2c Craisins 1/4c Choice of Milk	²⁶ Carmel Roll 1ea Pear 1ea Apple Juice 4oz Choice of Milk POW-WOW - 1:00 dismissal @ NASS?	Cal 501 T.Fat 8.75 G S.Fat 3.1 G Chol 74.0 Mg Sodm 498.20 Mg Carb 92.65 G Fiber 7.8 G Prtn 17.86 G Iron 19.48 Mg Calc 426.97 Mg
²⁹ Banana Berry Muffin 1ea Butter Cup 1ea Grape juice 4oz Strawberry cup 1/2c Choice of Milk	³⁰ Rice Krispies 1c Apple Bosco Stick 1ea Pear 1ea Mandarin Oranges 1/2c Choice of Milk	³¹ Brkfst Wrap w/ taco sauce 1ea Orange Juice 4oz Peaches in juice 1/2c Choice of Milk			Cal 433 T.Fat 9.29 G S.Fat 4.5 G Chol 83.1 Mg Sodm 443.40 Mg Carb 75.03 G Fiber 5.2 G Prtn 15.27 G Iron 3.73 Mg Calc 350.63 Mg



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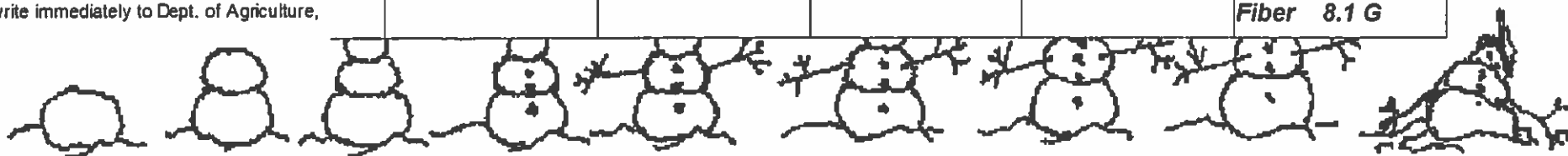
January

Pine Grove, Lunch

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
HOLIDAY	NO SCHOOL TODAY	³ Chicken Tenders w/ Choice of Sauces 3 ea Gr. Peas 1/2c Fresh Apple 1 ea Creamy Mac & Cheese 1/3c Milk	⁴ Pepperoni Pizza 1 sl. Glazed Carrots 1/2c Pears in juice 1/2c Mini Rice Krispy Bar 1 ea Milk	⁵ Wild Rice Hotdish 1/2c Steamin' Broccoli 1/2c Cuts SWEET POTATO, BAKED 1/4c Mandarin Oranges 1/2c Bread & Butter 1 ea Milk	Cal 631 T.Fat 18.35 G S.Fat 5.1 G Chol 41.0 Mg Sodm 818.34 Mg Carb 91.77 G Fiber 10.1 G
⁸ Choice of hotdog/ chili cheese dog 1 ea Dp Groove Crinkle Fries 1/2c Poppin' Good Grapes 1/2c Hot Dog Condiments 2 ea Milk	⁹ NO SCHOOL TODAY <i>State of the Barrel!</i>	¹⁰ BaaKa'aakwehn on Bun 1 ea Lettuce/Tomato 1/4c/2s Corn, Sweet 1/2c Pineapple Tidbits 1/2c F. F. Mayo 1 ea Milk	¹¹ GROUND BEEF & MACARONI (5/4c Calif. Blend Veg 1/2c Fresh Apple 1 ea Garlic Toast 1 ea Milk	¹² Wild Rice Soup 1c Glazed Carrots 1/2c Pear 1 ea Saltine Cr., w.g. 2pk Milk <i>Cultural Activities @ NASS?</i>	Cal 664 T.Fat 17.71 G S.Fat 5.1 G Chol 68.1 Mg Sodm 862.50 Mg Carb 93.25 G Fiber 8.0 G
HOLIDAY	¹⁶ Tator Tqj Hotdish 3/4c Snappy Gr. Beans 1/2c Fresh Apple 1 ea Parmesan Breadstick 1 ea Milk	¹⁷ Chicken Spaetzle Soup 1c Cottage Cheese 2oz Glazed Carrots 1/2c Pears in juice 1/2c Saltine Cr., w.g. 2pk Milk	¹⁸ Sub w/all the fixins 1 ea Smokin' Baked Beans 1/2c Greek Salad 1/2c Fruit Cocktail in juice 1/2c Sun chips 1 pk Condiments 1 ea Milk	¹⁹ MEAT LOAF 1 pc Mashed Potatoes 1/2c Beef Gravy 1/4c Poppin' Good Grapes 1/2c Dinner Roll w/ Butter 1 ea Milk	Cal 683 T.Fat 21.27 G S.Fat 6.4 G Chol 80.0 Mg Sodm 943.49 Mg Carb 88.77 G Fiber 8.1 G



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22 Sloppy Joe on Bun ^{1/3c 1 bun} French Fries ^{1/2c} w/ketchup Garden Salad w/Drsg Fruit Cocktail in juice Milk ^{1/2c}	23 Cheese Pizza ^{1 sl.} Glazed Carrots ^{1/2c} Fresh Apple ^{1 ea} Mini Rice Krispy Bar ^{1 ea} Milk	24 Sweet & Sour ^{1/2c} Chicken Steamin' Broccoli ^{1/2c} Cuts ^{1/2c} Poppin' Good Grapes ^{1/2c} Seasoned Rice ^{1/2c} Milk	25 Chicken Tenders w/ ^{3 ea} Choice of Sauces ^{1/2c} Smokin' Baked Beans ^{1/2c} Crunchy Cucumber ^{1/4c} Slices Pineapple Tidbits ^{1/2c} Milk	26 Homestyle Lasagna ^{1 pc} Winter Blend Veg ^{1/2c} Peaches in juice ^{1/2c} Garlic Toast ^{1 ea} Milk Pow-Wow 1:00 dismissal @NASS?	Cal 601 T.Fat 14.44 G S.Fat 4.0 G Chol 39.3 Mg Sodm 847.80 Mg Carb 92.00 G Fiber 8.4 G Prtn 27.47 G Iron 3.55 Mg Calc 481.19 Mg
29 Chicken-N-Gravy ^{3/4c} Mashed Potatoes ^{1/2c} Glazed Carrots ^{1/2c} Kiwi ^{1/2 ea} Dinner Roll w/ Butter ^{1 ea} Milk	30 Hamburger on Bun ^{1 ea} Lettuce/Tomato ^{1/4c/2s} Smokin' Baked Beans ^{1/2c} Poppin' Good Grapes ^{1/2c} Hamburger ^{1 ea} Condiments ^{1 ea} Mini Rice Krispy Bar Milk	31 Beef Stew ^{1c} Crunchy Cucumber Slices ^{1/2c} Sassy Applesauce ^{1/2c} Baking Powder Biscuit ^{2 oz ea} Milk			Cal 651 T.Fat 15.95 G S.Fat 6.4 G Chol 79.2 Mg Sodm 945.82 Mg Carb 89.43 G Fiber 9.1 G Prtn 36.75 G Iron 4.42 Mg Calc 403.83 Mg

