

January

Pine Grove, Breakfast

Monday

Tuesday

Wednesday

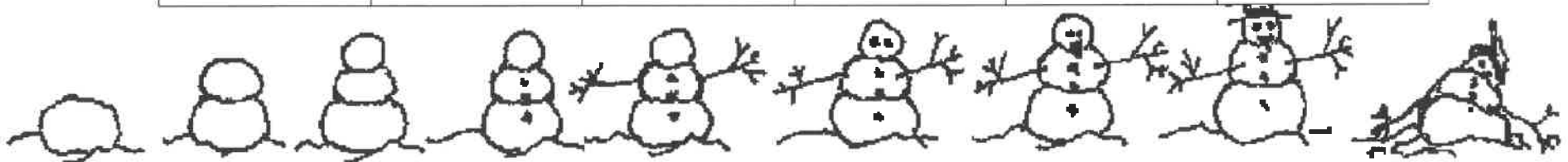
Thursday

Friday

Nutrients

	1 HOLIDAY	2 Cinn Toast Crunch, w.g. 1c 1s1. Cinnamon Toast, w.g. Pears in juice 1/2c Grape juice 4oz Choice of Milk	3 Blueberry Muffin, wg Butter Cup 1ea Fruited yogurt 4oz Orange 1ea Tropical Fruit Salad 1/2c Choice of Milk	4 Kix, w.g. 1c HARD BOILED EGG 1ea Golden Banana 1ea Apple Juice 4oz Choice of Milk	Cal 502 T.Fat 10.43 G S.Fat 4.5 G Chol 84.8 Mg Sodm 437.31 Mg Carb 89.95 G Fiber 6.0 G	
	7 NO SCHOOL TODAY	8 Pancake/Sausage on a stick w/ syrup, wg. Trop Fruit Salad 1/2c Grape juice 4oz Choice of Milk	9 Cran-Peach Muffin, wg Butter Cup 1ea Dc. Peaches in juice 1/2c Pineapple Juice 4oz Choice of Milk	10 Cheerios, w.g. 1c Bagel, w.g. 1/2ea Cr. Cheese/jelly 1/2c Fruit Cocktail in juice Apple Juice 4oz Choice of Milk	11 Egg & Sausage Croissant, w.g. 1ea Golden Banana 1ea Raisins, 1pkg Choice of Milk	Cal 478 T.Fat 12.61 G S.Fat 5.4 G Chol 60.0 Mg Sodm 451.44 Mg Carb 76.90 G Fiber 4.5 G
	14 Bacon Scr. Pizza, w.g. Grape juice 4oz Strawberry cup 1/2c Choice of Milk	15 Scrambled Eggs 1/2c Bagel, w.g. 1/2ea Cr. Cheese/jelly Peaches in juice 1/2c Orange Juice 1/2c Choice of Milk	16 Cheddar Munchers Toast, w.g. 1s1. w/ choice of Spreads Tropical Fruit Salad 1/2c Apple Juice 4oz Choice of Milk	17 Cinn Glzd WG Fr. 1ea Toast w/syrup Go Big Go-Gurt 1ea Juicy Apricot Halves 1/2c Sassy Applesauce 1/2c Choice of Milk	18 Cinn Toast Crunch, w.g. 1c Backpackers, w.g. 1pkg Orange 1ea Pineapple Juice 4oz Choice of Milk	Cal 501 T.Fat 13.28 G S.Fat 4.9 G Chol 123.1 Mg Sodm 484.79 Mg Carb 81.94 G Fiber 5.7 G

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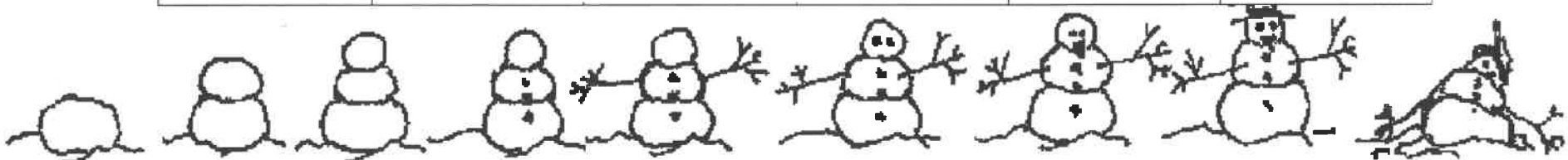
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Nutrients

²¹ HOLIDAY	²² Corn Chex 1c Apple Bosco Stick 1ea Golden Banana 1ea Orange Juice 4oz Choice of Milk	²³ Egg Bake 1pc w.g Eng. Muffin w/ spds 1ea Pears in juice 1/2c Poppin' Good Grapes Choice of Milk	²⁴ W.G. Belgian Waffle Stx 2ea 1/4c w/Strawberry Topping Sausage Links 1ea Fruit Cocktail in juice 1/2c Craisins 1/4c Choice of Milk	²⁵ Carmel Roll, w. g. 1ea Pear 1ea 4oz Apple Juice Choice of Milk	Cal 515 T.Fat 10.97 G S.Fat 3.9 G Chol 87.2 Mg Sodm 465.36 Mg Carb 90.59 G Fiber 7.2 G Prtn 17.72 G Iron 22.33 Mg Calc 404.55 Mg
²⁸ Banana Berry Muffin, wg 1ea Butter Cup 1ea Grape juice 4oz Strawberry cup 1/2c Choice of Milk	²⁹ Rice Krispies, w.g. 1c Bagel, w.g. 1/2ea Cr. Cheese/jelly Pear 1ea 1/2c Mandarin Oranges Choice of Milk	³⁰ Brkfst Wrap, w.g. 1ea w/taco sauce Orange Juice 4oz Peaches in juice 1/2c Choice of Milk	³¹ W.g.Pancakes 2ea 1/4c w/Apples 1ea Sausage Links 1ea Golden Banana 1ea Pineapple Juice 4oz Choice of Milk		Cal 436 T.Fat 9.46 G S.Fat 4.6 G Chol 72.9 Mg Sodm 452.32 Mg Carb 74.62 G Fiber 5.5 G Prtn 15.66 G Iron 3.28 Mg Calc 353.11 Mg

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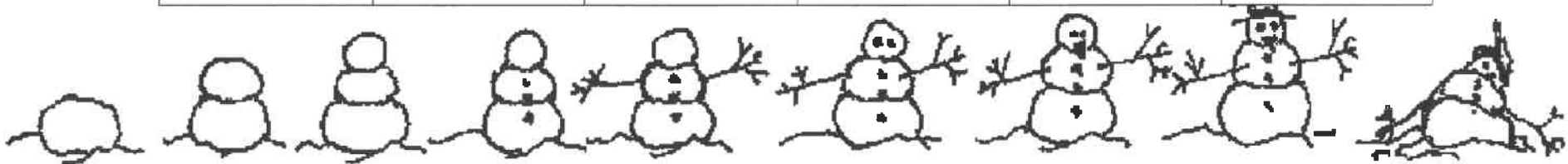
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<p>In the operation of child feeding programs, no child will be discriminated against because of race, color, national origin, age or disability. If you believe you have been</p>	<p>HOLIDAY</p>	<p>2 w.g. Chicken Tenders w/ Choice of Sauces French Fries w/ketchup Fresh Apple Bug Bites Milk</p>	<p>3 Pepperoni Pizza, wglazed Carrots Pears in juice Mini Rice Krispy Bar, wgl Milk</p>	<p>4 French Dip on w.g bun Mixed Vegetables Peaches in juice Flamin' Hot w.g.Cheetos Milk</p>	<p>Cal 637 T.Fat 14.35 G S.Fat 3.9 G Chol 32.0 Mg Sodm 811.58 Mg Carb 99.44 G Fiber 8.9 G</p>
<p>7 Hotdog/chili cheese dog on w.g. bun French Fries w/ketchup Poppin' Good Grapes Hot Dog Condiments. Milk</p>	<p>8 NO SCHOOL TODAY</p>	<p>9 BaaKa'aakwehn on w.g. bun Lettuce/Tomato Veggies w/Dip Pineapple Tidbits F. F. Mayo Milk</p>	<p>10 Beef & Mac Goulash Snappy Gr. Beans Fresh Apple Garlic Toast, w.g Milk</p>	<p>11 Wild Rice Soup Glazed Carrots Pear Saltine Cr., w.g. Milk</p>	<p>Cal 624 T.Fat 16.99 G S.Fat 4.3 G Chol 67.7 Mg Sodm 907.97 Mg Carb 86.60 G Fiber 7.7 G</p>
<p>14 Tator Tot Hotdish Snappy Gr. Beans Fresh Apple Parmesan Breadstick, wgl Milk</p>	<p>15 Chicken A La King Steamin' Broccoli Cuts Kiwi B.P. Biscuit, w.g. Milk</p>	<p>16 Chicken Spaetzle Soup Cottage Cheese Glazed Carrots Pears in juice Saltine Cr., w.g. Milk</p>	<p>17 Sub w/all the fixins, wgl Smokin' Baked Beans Greek Salad Fruit Cocktail in juice w.g. Cheez-its Condiments Milk</p>	<p>18 MEAT LOAF Mashed Potatoes Mixed Vegetables Beef Gravy Poppin' Good Grapes Dinner Roll wgl Butter, wgl Milk</p>	<p>Cal 648 T.Fat 17.53 G S.Fat 5.1 G Chol 64.3 Mg Sodm 940.83 Mg Carb 90.93 G Fiber 9.7 G</p>



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<p>21 HOLIDAY</p>	<p>22 ^{1/3c} Stoppo Joe on w.g. bun 1ea French Fries 3/4c w/ketchup 1/2c Fruit Cocktail in juice w.g. Cheez-its Milk</p>	<p>23 Cheese Pizza, wg 1sl Glazed Carrots 3/4c Fresh Apple 1ea Squeezable Fruit 1ea Mini Rice Krispy Bar, wg 1ea Milk</p>	<p>24 Chicken Chow Mein Steamin' Broccoli Cuts 1/2c 1/2c Poppin' Good Grapes Chicken/Veg Egg 1ea Roll, wg Seasoned Rice, wg 1/2c Milk</p>	<p>25 W.g. Chicken Tenders w/ 3ea Choice of Sauces 1pkg Smokin' Baked Beans 1/2c Veggies w/Dip 1/2c Pineapple Tidbits 1/2c Milk</p>	<p>Cal 690 T.Fat 15.45 G S.Fat 3.9 G Chol 57.5 Mg Sodm 1233.69 Mg Carb 103.89 G Fiber 10.6 G Prtn 34.14 G Iron 4.50 Mg Calc 506.71 Mg</p>
<p>28 Chicken-N-Gravy 1/2c Mashed Potatoes 1/2c Glazed Carrots 1/2c Tropical Fruit Salad 1/2c Dinner Roll w/ 1ea Butter, wg Bug Bites 1pkg Milk</p>	<p>29 Hamburger on w.g. Bun 1ea Lettuce/Tomato 1/4c/2ea Smokin' Baked Beans 1/2c Poppin' Good Grapes 1/2c Hamburger 1ea Condiments Mini Rice Krispy Bar, wg 1ea Milk</p>	<p>30 Beef Stew 1c Crunchy Cucumber Slices 1/2c Sassy Applesauce 1/2c B.P. Biscuit, w.g. 2ea Milk</p>	<p>31 Cheesy Dunker 3/4c Sauce Steamin' Broccoli 1/2c Cuts Juicy Apricot Halves 1/2c Cheesy Garlic Tst, wg. 2ea Milk</p>		<p>Cal 693 T.Fat 18.64 G S.Fat 7.2 G Chol 74.7 Mg Sodm 1089.51 Mg Carb 94.71 G Fiber 9.5 G Prtn 36.86 G Iron 4.85 Mg Calc 483.83 Mg</p>

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