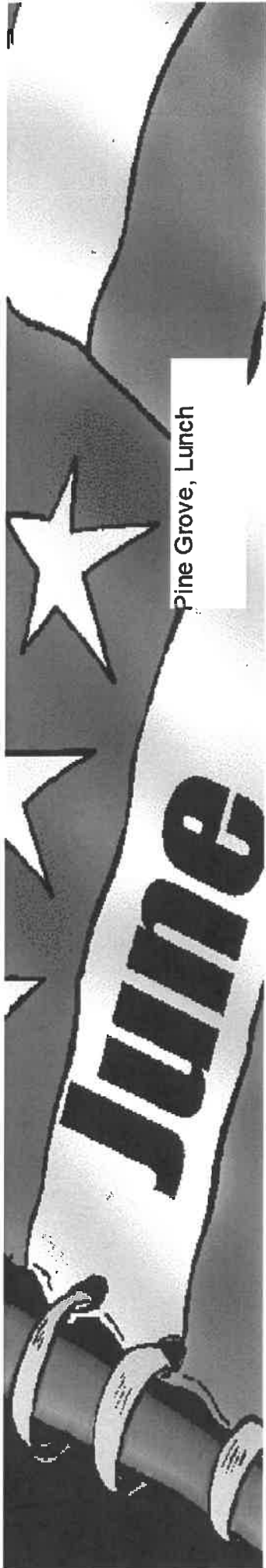


Pine Grove, Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<p>3 Cran-Peach Muffin, w/g 1 ea            Butter Cup 1 ea            Peaches in juice 1/2c            Pineapple Juice 4 oz            Choice of Milk</p>	<p>4 Pancake/Sausage on a stick w/ syrup, w/g.            Tropical Fruit Salad 1/2c            Grape Juice 4 oz            Choice of Milk</p>	<p>5 Cheerios, w.g. 1c            Bagel, w.g. 1/2 ea            Cr. Cheesefelly 1 pk            Fruit Cocktail in juice 1/2c            Apple Juice 4 oz            Choice of Milk</p>	<p>6 Egg &amp; Sausage Croissant, w.g. 1 ea            Golden Banana 1 ea            Raisins, 1/4c            Choice of Milk</p>	<p>7 Golden Grahams, w.g. 1c            Toast, w.g. 1 sl,            w/ choice of Spreads 1 pk            Pears in juice 1/2c            Orange Juice 4 oz            Choice of Milk</p>	<p><b>Cal 486</b>  <b>T.Fat 12.20 G</b>  <b>S.Fat 4.8 G</b>  <b>Chol 50.1 Mg</b>  <b>Sodim 490.24 Mg</b></p>
<p>10 Bacon Scr. Pizza, w.g. 1 ea            Grape Juice 4 oz            Strawberry cup 1/2c            Choice of Milk</p>	<p>11 Scrambled Eggs 1/2c            Bagel, w.g. 1/2 ea            Cr. Cheesefelly 1 pk            Peaches in juice 1/2c            Orange Juice 4 oz            Choice of Milk</p>	<p>12 Cheddar Munchers 4 ea            Toast, w.g. 1 sl,            w/ choice of Spreads 1 pk            Tropical Fruit Salad 1/2c            Apple Juice 4 oz            Choice of Milk</p>	<p>13 Cinn Glzd WG Fr. 1 ea            Toast w/syrup 1 ea            Go Big Go-Gurt 1 ea            Juicy Apricot Halves 1/2c            Sassy Applesauce 1/2c            Choice of Milk</p>	<p>14 Cinn Toast Crunch, w.g. 1c            Backpackers, w.g. 1 pk            Orange 1 ea            Pineapple Juice 4 oz            Choice of Milk</p>	<p><b>Cal 501</b>  <b>T.Fat 13.28 G</b>  <b>S.Fat 4.9 G</b>  <b>Chol 123.1 Mg</b>  <b>Sodim 484.79 Mg</b></p>
<p>17 Corn Chex 1c            Apple Bosco Stick 1 ea            Juicy Apricot Halves 1/2c            Orange Juice 4 oz            Choice of Milk</p>	<p>18 Egg Bake 1 pc            w.g Eng. Muffin w/ spds 1 ea            Pears in juice 1/2c            Poppin' Good Grapes 1/2c            Choice of Milk</p>	<p>19 Breakfast Burrito 1 ea            w/ Salsa 1/8c            Golden Banana 1 ea            Strawberry cup 1/2c            Choice of Milk</p>	<p>20 W.G. Belgian Waffle Stix 2 ea            w/ Strawberry Topping 1/4c            Sausage Links 1 ea            Fruit Cocktail in juice 1/2c            Craisins 1/4c            Choice of Milk</p>	<p>21 Carmel Roll, w.g. 1 ea            Pear 1 ea            Apple Juice 4 oz            Choice of Milk</p>	<p><b>Cal 497</b>  <b>T.Fat 10.98 G</b>  <b>S.Fat 4.1 G</b>  <b>Chol 79.9 Mg</b>  <b>Sodim 499.20 Mg</b></p>
<p>24 Banana Berry Muffin, w/g 1 ea            Butter Cup 1 ea            Grape Juice 4 oz            Strawberry cup 1/2c            Choice of Milk</p>	<p>25 Rice Krispies, w.g. 1c            Bagel, w.g. 1/2 ea            Cr. Cheesefelly 1 pk            Pear 1 ea            Mandarin Oranges 1/2c            Choice of Milk</p>	<p>26 Brkfst Wrap, w.g. 1 ea            w/ taco sauce 1 ea            Orange Juice 4 oz            Peaches in juice 1/2c            Choice of Milk</p>	<p>27 W.g. Pancakes w/ Apples 1/4c            Sausage Links 1 ea            Golden Banana 1 ea            Pineapple Juice 4 oz            Choice of Milk</p>	<p>28 Oatmeal 3/4c            Toast, w.g. 1 sl,            w/ choice of Spreads 1 pk            Raisins, 1/4c            Fresh Apple 1 ea            Choice of Milk</p>	<p><b>Cal 476</b>  <b>T.Fat 9.92 G</b>  <b>S.Fat 4.3 G</b>  <b>Chol 60.4 Mg</b>  <b>Sodim 425.15 Mg</b></p>

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Pine Grove, Lunch

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<p>3 Hotdog/chili cheese dog on w.g. bun 1 ea 3/4c            French Fries w/ketchup 1/2c            Poppin' Good Grapes 1/2c            Hot Dog Condiments 2 ea            Milk</p>	<p>4 BaaKa'aakwehn on w.g. bun 1 ea            Lettuce/Tomato 1/4c/2 ea            Veggies w/Dip 3/4c            Pineapple Tidbits 1/2c            F. F. Mayo 1 ea            Milk</p>	<p>5 Beef &amp; Mac Goulash 3/4c            Snappy Gr. Beans 1/2c            Fresh Apple 1 ea            Garlic Toast, w.g. 1 ea            Milk</p>	<p>6 Crispy Taco Salad 1 ea            Cheesy Refried Beans 1/2c            Orange 1 ea            Sr. Cream/Salsa 1 ea/2T            Milk</p>	<p>7 Wild Rice Soup 1c            Glazed Carrots 1/2c            Pear 1 ea            Saltine Cr., w.g. 2 pkgs            Milk</p>	<p><b>Cal 633</b>  <b>T.Fat 17.37 G</b>  <b>S.Fat 4.9 G</b>  <b>Chol 66.4 Mg</b>  <b>Sodm 942.08 Mg</b></p>
<p>10 Tator Tot Hotdish 3/4c            Snappy Gr. Beans 1/2c            Fresh Apple 1 ea            Parmesan Breadstick, w.g. 1 ea            Milk</p>	<p>11 Chicken A La King 3/4c            Steamin' Broccoli Cuts 1/2c            Kiwi 2 ea            B.P. Biscuit, w.g. 1 ea            Milk</p>	<p>12 Chicken Spaetzle Soup 1c            Cottage Cheese 1/4c            Glazed Carrots 3/4c            Pears in juice 1/2c            Saltine Cr., w.g. 2 pkgs            Milk</p>	<p>13 Sub w/all the fixins, w.g. 1 ea            Smokin' Baked Beans 1/2c            Greek Salad 1/2c            Fruit Cocktail in juice 1/2c            w.g. Cheez-its 1 pkg            Condiments 1 ea            Milk</p>	<p>14 MEAT LOAF 1 sl.            Mashed Potatoes 1/2c            Mixed Vegetables 1/4c            Beef Gravy 1/4c            Poppin' Good Grapes 1/2c            Dinner Roll w/ Butter, w.g. 1 ea            Milk</p>	<p><b>Cal 650</b>  <b>T.Fat 17.60 G</b>  <b>S.Fat 5.1 G</b>  <b>Chol 65.7 Mg</b>  <b>Sodm 947.34 Mg</b></p>
<p>17 Sloppy Joe on w.g. bun 1 ea            French Fries w/ketchup 3/4c            Fruit Cocktail in juice 1/2c            w.g. Cheez-its 1 pkg            Milk</p>	<p>18 Cheese Pizza, w.g. 1 sl.            Glazed Carrots 3/4c            Fresh Apple 1 ea            Squeezable Fruit 1 ea            Mini Rice Krispy Bar, w.g. 1 ea            Milk</p>	<p>19 Chicken Chow Mein 1c            Steamin' Broccoli Cuts 1/2c            Poppin' Good Grapes 1/2c            Chicken/Veg Egg Roll, w.g. 1 ea            Seasoned Rice, w.g. 1/2c            Milk</p>	<p>20 w.g. Chicken Tenders w/ Choice of Sauces 1 pk            Smokin' Baked Beans 1/2c            Veggies w/Dip 1/2c            Pineapple Tidbits 1/2c            Milk</p>	<p>21 Homestyle Lasagna, w.g. 1 pc            Garden Salad w/Drsg 1c            Peaches in juice 1/2c            Garlic Toast, w.g. 1 ea            Milk</p>	<p><b>Cal 671</b>  <b>T.Fat 16.43 G</b>  <b>S.Fat 4.6 G</b>  <b>Chol 57.7 Mg</b>  <b>Sodm 1210.99 Mg</b></p>
<p>24 Chicken-N-Gravy 1/2c            Mashed Potatoes 1/2c            Glazed Carrots 1/2c            Tropical Fruit Salad 1/2c            Dinner Roll w/ Butter, w.g. 1 ea            Bug Bites 1 pkg            Milk</p>	<p>25 Hamburger on w.g. Bun 1 ea            Lettuce/Tomato 1/4c/2 ea            Smokin' Baked Beans 1/2c            Poppin' Good Grapes 1/2c            Hamburger Condiments 1 ea            Mini Rice Krispy Bar, w.g. 1 ea            Milk</p>	<p>26 Beef Stew 1c            Crunchy Cucumber Slices 2 ea            Sassy Applesauce 1/2c            B.P. Biscuit, w.g. 1 ea            Milk</p>	<p>27 Cheesy Dunker Sauce 3/4c            Steamin' Broccoli Cuts 1/2c            Juicy Apricot Halves 1/2c            Cheesy Garlic Tst, w.g. 2 ea            Milk</p>	<p>28 Fish Nuggets, w.g. 4 ea            Mixed Vegetables 3/4c            Orange 1 ea            Wild Rice Blend 1/2c            Tartar Sauce 2T            Milk</p>	<p><b>Cal 665</b>  <b>T.Fat 17.10 G</b>  <b>S.Fat 6.2 G</b>  <b>Chol 69.8 Mg</b>  <b>Sodm 1002.59 Mg</b></p>

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