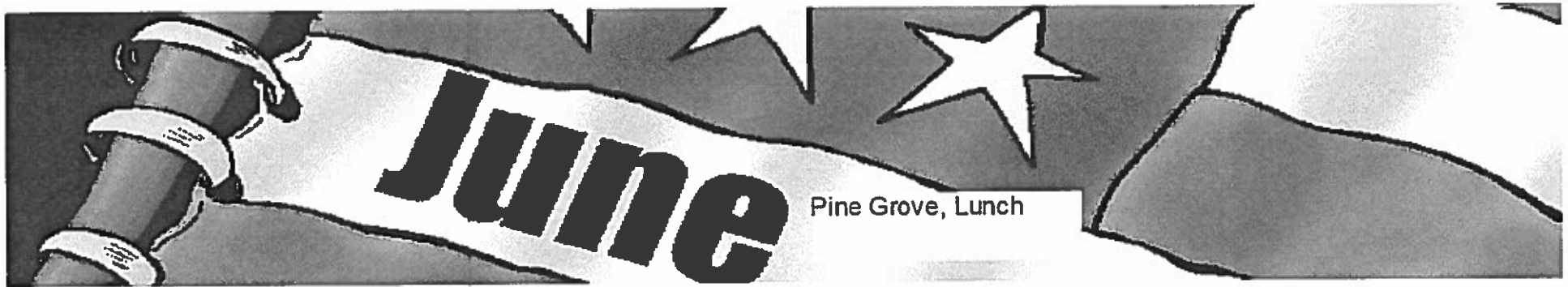




Pine Grove, Breakfast

| Monday | Tuesday | Wednesday | Thursday | Friday | Nutrients |
|----------------------------|--|--|---|---|--|
| | | | ¹ Blueberry Muffin 1ea Butter Cup 1ea Fruited yogurt 4oz Orange 1ea Choice of Fruit 1/2c Choice of Milk | ² Kix Corn Puffs 1c HARD BOILED EGG 1ea Golden Banana 1ea Apple Juice 4oz Choice of Milk | Cal 515 T.Fat 12.05 G S.Fat 5.7 G Chol 121.9 Mg Sodm 400.56 Mg Carb 88.48 G Fiber 5.5 G Prtn 16.34 G Iron 5.11 Mg Calc 461.09 Mg Vit A 24.72 RE |
| ⁵ Cook's Choice | ⁶ Pancake/Sausage on a stick w/ syrup 1ea Peaches in juice 1/2c Grape juice 4oz Choice of Milk | ⁷ Egg & Sausage Croissant 1ea Golden Banana 1ea Craisins 1/4c Choice of Milk | ⁸ Cinn Glzd WG Fr. 1ea Toast w/syrup 4oz Orange juice 1/2c Strawberry cup 1/2c Choice of Milk | ⁹ NO SCHOOL TODAY | Cal 450 T.Fat 13.96 G S.Fat 4.5 G Chol 102.3 Mg Sodm 477.17 Mg Carb 66.83 G Fiber 4.9 G Prtn 18.12 G Iron 1.14 Mg Calc 315.41 Mg Vit A 17.93 RE |

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.



Pine Grove, Lunch

| Monday | Tuesday | Wednesday | Thursday | Friday | Nutrients |
|-------------------------------|---|---|---|---|---|
| | | | ¹ B.B.Q. Sluggers 2 ea Italian Blend Veg 1/2c Smokin' Baked Beans 1/2c Tropical Fruit Salad 1/2c Bread & Jelly 1 ea Milk | ² Pepperoni Pizza 1 sl. Glazed Carrots 1/2c Pears in juice 1/2c Milk | Cal 602 T.Fat 9.99 G S.Fat 3.1 G Chol 55.1 Mg Sodm 940.39 Mg Carb 99.28 G Fiber 9.8 G Prtn 29.36 G Iron 4.12 Mg Calc 538.26 Mg Vit A 21.13 RE |
| ⁵ Cook's Choice | ⁶ Hamburger on Bun 1 ea Gr. Peas 1/2c Pear 1 ea Milk Hamb condiments 1 ea | ⁷ Corndog 1 ea Dp Groove Crinkle Fries 1/2c Poppin' Good Grapes 1/2c Hot Dog Condiments 2 ea Milk | ⁸ Chicken-N-Gravy 1/2c Mashed Potatoes 1/2c Steamin' Broccoli Cuts 1/2c Dinner Roll w/ Butter 1 ea Milk Fruit - 1/2c | ⁹ NO SCHOOL TODAY | Cal 529 T.Fat 13.62 G S.Fat 5.0 G Chol 73.1 Mg Sodm 593.68 Mg Carb 69.03 G Fiber 7.5 G Prtn 30.83 G Iron 3.40 Mg Calc 402.20 Mg Vit A 12.11 RE |

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