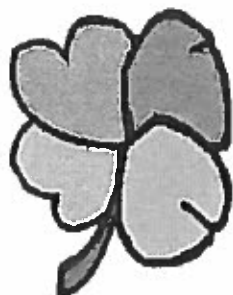
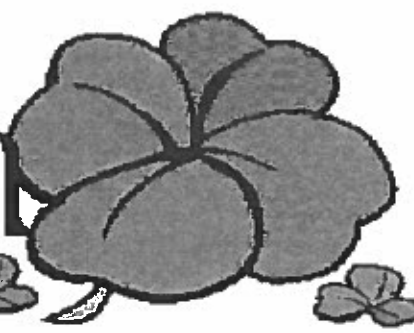


Pine Grove, Breakfast



March



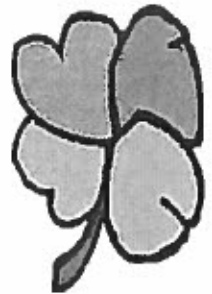
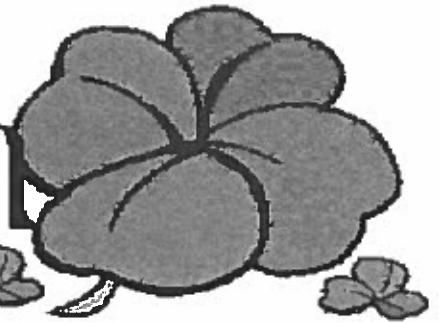
Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
			¹ Egg & Sausage Croissant <i>1ea</i> Golden Banana <i>1ea</i> Dried Cherries <i>1/4c</i> Choice of Milk	² Golden Grahams. <i>1c</i> Toast w/choice of spread <i>1ea</i> Pears in juice <i>1/2c</i> Orange Juice <i>4oz</i> Choice of Milk	Cal 541 T.Fat 12.59 G S.Fat 4.3 G Chol 78.2 Mg Sodm 616.70 Mg Carb 88.61 G Fiber 5.4 G
⁵ Cinnamon Toast Crunch <i>1c</i> Raspberry Churro <i>1ea</i> Orange <i>1ea</i> Pineapple Juice <i>4oz</i> Choice of Milk	⁶ Scrambled Eggs <i>1/2c</i> Bagel w/ Cr. Ch or Jelly <i>1/2ea</i> Peaches in juice <i>1/2c</i> Orange Juice <i>4oz</i> Choice of Milk	⁷ Cheddar Munchers <i>4ea</i> Toast w/choice of spread <i>1ea</i> Tropical Fruit Salad <i>1/2c</i> Apple Juice <i>4oz</i> Choice of Milk	⁸ Cinn Glzd WG Fr. Toast w/syrup <i>1ea</i> Fruited yogurt <i>4oz</i> Juicy Apricot Halves <i>1/2c</i> Strawberry cup <i>1/2c</i> Choice of Milk	⁹ Bacon Scr.Pizza, w.g. <i>1ea</i> Grape juice <i>4oz</i> Sassy Applesauce <i>1/2c</i> Choice of Milk	Cal 487 T.Fat 11.96 G S.Fat 4.6 G Chol 123.1 Mg Sodm 471.37 Mg Carb 81.55 G
¹² Life Cereal <i>1c</i> Toast w/choice of spread <i>1ea</i> Kiwi <i>1 1/2ea</i> Strawberry cup <i>1/2c</i> Choice of Milk	¹³ Egg Bake <i>1pc</i> Eng. Muffin w/ spreads <i>1ea</i> Pears in juice <i>1/2c</i> Poppin' Good Grapes <i>1/2c</i> Choice of Milk	¹⁴ Raisin Bran <i>1c</i> Go Big Go-Gurt <i>1ea</i> Golden Banana <i>1ea</i> Orange Juice <i>4oz</i> Choice of Milk	¹⁵ Belgian Waffle Stix w/ <i>2ea</i> Strawberry Topping <i>1/4c</i> Baked Ham <i>1oz</i> Fruit Cocktail in juice <i>1/2c</i> Craisins <i>1/4c</i> Choice of Milk	¹⁶ Carmel Roll <i>1ea</i> Pear <i>1ea</i> Apple Juice <i>4oz</i> Choice of Milk	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

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Pine Grove, Breakfast



March



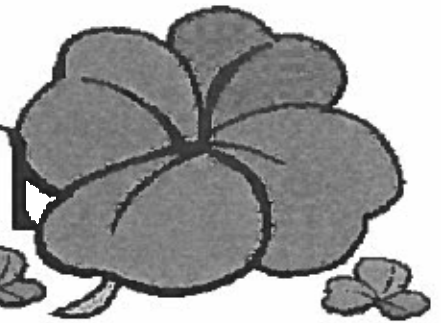
Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
¹⁹ Banana Berry Muffin 1ea Butter Cup 1ea Grape juice 4oz Strawberry cup 1/2c Choice of Milk	²⁰ Rice Krispies 1c Apple Bosco Stick 1ea Pear 1ea Mandarin Oranges 1/2c Choice of Milk	²¹ NO SCHOOL TODAY Staff In-Service	²² Brkfst Wrap w/ taco sauce 1ea Orange Juice 4oz Peaches in juice 1/2c Choice of Milk	²³ Pancakes w/Apples 1/2c Sausage Patty 1ea Golden Banana 1ea Pineapple Juice 4oz Choice of Milk 1:00 dismissal Treaty Rights Day!	Cal 460 T.Fat 9.90 G S.Fat 4.5 G Chol 73.7 Mg Sodm 478.50 Mg Carb 78.77 G Fiber 5.8 G Prtn 16.79 G Iron 3.46 Mg Calc 350.13 Mg Vit A 26.53
²⁶ Fr. Toast Stix w/ Strawberry Topping 3ea Squeezable Fruit 1ea Peaches in juice 1/2c Choice of Milk	²⁷ Breakfast Pizza 1ea Fruited yogurt 4oz Pineapple Tidbits 1/2c Apple Juice 4oz Choice of Milk	²⁸ Scrambled Eggs 1/2c Eng. Muffin w/ spreads 1ea Fruit Cocktail in juice 1/2c Orange Juice 4oz Choice of Milk	²⁹ Frosted Cinnamon Roll 1ea Grape juice 4oz Orange 1ea Choice of Milk 1:00 dismissal	³⁰ NO SCHOOL TODAY Spring Break!	Cal 465 T.Fat 8.85 G S.Fat 3.4 G Chol 137.0 Mg Sodm 462.07 Mg Carb 80.87 G Fiber 5.1 G Prtn 19.58 G Iron 2.61 Mg Calc 420.26 Mg

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Pine Grove, Lunch



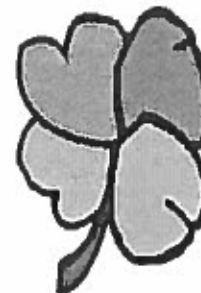
March



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
			1 Wild Rice Soup ^{1c} Glazed Carrots ^{1/2c} Pear ^{1ea} Saltine Cr., w.g. ^{2pk} Milk	2 Soft Shell Taco ^{1ea} Cheesy Refried Beans ^{1/2c} Veg/Fruit Bar ^{1/2c} Orange ^{1ea} Sr. Cream/Salsa ^{1/2ea} Milk @NASS Dr. Seuss' B-day	Cal 650 T.Fat 16.93 G S.Fat 3.7 G Chol 54.1 Mg Sodm 932.55 Mg Carb 96.74 G Fiber 10.7 G
3 Tator Tot Hotdish ^{3/4c} Snappy Gr. Beans ^{1/2c} Fresh Apple ^{1ea} Parmesan Breadstick ^{1ea} Milk	4 Chicken A La King ^{3/4c} Steamin' Broccoli Cuts ^{1/2c} Kiwi ^{1 1/2 ea} Baking Powder ^{1ea} Biscuit Milk	5 Chicken Spaetzle Soup ^{1c} Cottage Cheese ^{2oz} Glazed Carrots ^{1/2ea} Pears in juice ^{1/2c} Saltine Cr., w.g. ^{2pk} Milk	6 Sub w/all the fixins ^{1ea} Smokin' Baked Beans ^{1/2c} Greek Salad ^{1/2c} Fruit Cocktail in juice ^{1/2c} Sun chips ^{1pkg} Condiments ^{1ea} Milk	7 Meatloaf ^{2oz} Mashed Potatoes ^{1/2c} Beef Gravy ^{1/4c} Poppin' Good ^{1/2c} Grapes Dinner Roll w/ Butter Milk	Cal 630 T.Fat 18.63 G S.Fat 5.4 G Chol 63.8 Mg Sodm 871.52 Mg Carb 86.07 G Fiber 8.4 G
12 Sloppy Joe on Bun ^{1/3c} French Fries ^{1ea} w/ketchup ^{1/2c} Garden Salad ^{1c} w/Drsg Fruit Cocktail in juice ^{1/2c} Milk	13 Cheese Pizza ^{1sl.} Glazed Carrots ^{1/2c} Fresh Apple ^{1ea} Mini Rice Krispy Bar ^{1ea} Milk	14 Sweet & Sour Chicken ^{1/2c} Steamin' Broccoli Cuts ^{1/2c} Poppin' Good ^{1/2c} Grapes Seasoned Rice ^{1/2c} Teddy Grahams ^{1pk} Milk	15 Chicken Tenders w/ Choice of Sauces ^{3ea} Smokin' Baked Beans ^{1/2c} Crunchy Cucumber Slices ^{1/4c} Pineapple Tidbits ^{1/2c} Milk	16 Homestyle Lasagna ^{1pk} Winter Blend Veg ^{1/2c} Peaches in juice ^{1/2c} Garlic Toast ^{1ea} Milk	Cal 625 T.Fat 15.25 G S.Fat 4.1 G Chol 39.3 Mg Sodm 866.03 Mg Carb 96.25 G Fiber 8.6 G

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Pine Grove, Lunch



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
¹⁹ Chicken-N-Gravy $\frac{3}{4}c$ Mashed Potatoes $\frac{1}{2}c$ Glazed Carrots $\frac{1}{2}c$ Kiwi $1\frac{1}{2}ea$ Dinner Roll w/ Butter Milk $1ea$	²⁰ Hamburger on Bun $1ea$ Lettuce/Tomato Smokin' Baked Beans $\frac{1}{2}c$ Poppin' Good Grapes $\frac{1}{2}c$ Hamburger Condiments $1ea$ Mini Rice Krispy Bar Milk $1ea$	²¹ NO SCHOOL TODAY staff In-Service	²² Beef Stew $1c$ Crunchy Cucumber Slices $\frac{1}{2}c$ Sassy Applesauce $\frac{1}{2}c$ Baking Powder $1ea$ Biscuit Milk	²³ Fish Nuggets $4ea$ Mixed Vegetables $\frac{1}{2}c$ Orange $1ea$ Wild Rice Blend $\frac{1}{2}c$ Tartar Sauce $2T$ Milk	Cal 626 T.Fat 14.88 G S.Fat 5.3 G Chol 71.9 Mg Sodm 853.57 Mg Carb 88.33 G Fiber 8.7 G Prtn 34.09 G Iron 3.75 Mg Calc 399.46 Mg Vit A 18.42
²⁶ Beef Stroganoff $\frac{2}{3}c$ Calif. Blend Veg $\frac{1}{2}c$ Sassy Applesauce $\frac{1}{2}c$ Poppin' Good Grapes $\frac{1}{2}c$ Parmesan Breadstick $1ea$ Mini Rice Krispy Bar Milk $1ea$	²⁷ Corndog $1ea$ Sweet Potato Bites $\frac{1}{2}c$ Pear $1ea$ Corn Chips $1pk$ Ketchup & Mustard Milk $1ea$	²⁸ 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	²⁹ Chicken Fajitas $1ea$ Cheesy Refried Beans $\frac{1}{4}c$ Veg/Fruit Bar $\frac{1}{2}c$ Pears in juice $\frac{1}{2}c$ Sr. Cream/Salsa $1g/2T$ Milk @ NASS Pow. Wow 1:00 dismissal	³⁰ NO SCHOOL TODAY Spring Break	Cal 636 T.Fat 15.20 G S.Fat 4.4 G Chol 50.9 Mg Sodm 908.78 Mg Carb 94.69 G Fiber 9.5 G Prtn 28.40 G Iron 3.11 Mg Calc 425.44 Mg Vit A 18.63

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