

Pine Grove, Breakfast



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
	¹ Raisin Bran Go Big Go-Gurt Golden Banana Orange juice Choice of Milk	² Egg Bake Eng. Muffin w/ spreads Pears in juice Poppin' Good Grapes Choice of Milk	³ Belgian Waffle Stix w/ Strawberry Topping Baked Ham Fruit Cocktail in juice Craisins Choice of Milk	⁴ Carmel Roll Pear Apple Juice Choice of Milk	Cal 486 T.Fat 8.85 G S.Fat 3.5 G Chol 88.6 Mg Sodm 489.58 Mg Carb 88.70 G Fiber 7.7 G
⁷ Banana Berry Muffin Butter Cup Grape juice Strawberry cup Choice of Milk	⁸ Rice Krispies Apple Bosco Stick Pear Mandarin Oranges Choice of Milk	⁹ Brkfst Wrap w/ taco sauc Orange Juice Peaches in juice Choice of Milk	¹⁰ Pancakes w/Apples Sausage Patty Golden Banana Pineapple Juice Choice of Milk	¹¹ Oatmeal Toast w/choice of spread Raisins, Kiwi Choice of Milk <i>1:00 dismissal</i>	Cal 484 T.Fat 9.13 G S.Fat 3.9 G Chol 61.0 Mg Sodm 440.87 Mg Carb 86.43 G Fiber 6.7 G
¹⁴ Fr. Toast Stix w/ Strawberry Topping Squeezable Fruit Peaches in juice Choice of Milk	¹⁵ Breakfast Pizza Fruited yogurt Pineapple Tidbits Apple Juice Choice of Milk	¹⁶ Cornflakes Nature Valley Backpacker Golden Banana Strawberry cup Choice of Milk	¹⁷ Scrambled Eggs Eng. Muffin w/ spreads Fruit Cocktail in juice Orange Juice Choice of Milk	¹⁸ Nutri-Grain Bar String Cheese Golden Banana Orange Juice Choice of Milk <i>Bag Breakfast Royalty Pow-Wow @ NASS</i>	Cal 470 T.Fat 9.89 G S.Fat 3.7 G Chol 111.7 Mg Sodm 469.82 Mg Carb 81.31 G Fiber 5.4 G

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²¹ Raisin Bran Bagel w/ Cr. Ch or Jelly Craisins Pears in juice Choice of Milk	²² Pretzel Egg Sandwich Orange Juice Strawberry cup Choice of Milk	²³ Cheese Omelet Toast w/choice of spread Fresh Apple Grapefruit sections Choice of Milk	²⁴ Oatmeal w/Raisins Baked Ham Juicy Apricot Halves Apple Juice Choice of Milk	²⁵ Nutri-Grain Bar String Cheese Golden Banana Grape juice Choice of Milk <i>? Bag Breakfast?</i> <i>? Fun Run @ NASS?</i> <i>1:00 dismissal</i>	Cal 492 T.Fat 9.74 G S.Fat 4.1 G Chol 80.6 Mg Sodm 441.64 Mg Carb 86.46 G Fiber 7.0 G Prtn 18.96 G Iron 3.05 Mg Calc 463.67 Mg Vit A 31.16 RE
²⁸ HOLIDAY	²⁹ Raisin Bran Cinnamon Toast Pears in juice Grape juice Choice of Milk	³⁰ Belgian Waffle Stix w/ Strawberry Topping Sausage Patty Fruit Cocktail in juice Dried Cherries Choice of Milk	³¹ Breakfast Burrito w/ Salsa Peaches in juice Orange Juice Choice of Milk		Cal 475 T.Fat 9.29 G S.Fat 3.9 G Chol 36.7 Mg Sodm 525.74 Mg Carb 82.78 G Fiber 7.6 G Prtn 18.32 G Iron 27.76 Mg Calc 345.96 Mg Vit A 24.22 RE

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Pine Grove, Lunch



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
	¹ Ham & Cheese Croissant Baby Carrots w/dip Fresh Apple Sun chips Mini Rice Krispy Bar Milk	² Cheese Pizza Glazed Carrots Fresh Apple Mini Rice Krispy Bar Milk	³ Sweet & Sour Chicken Steamin' Broccoli Cuts Poppin' Good Grapes Seasoned Rice Milk	⁴ Chicken Tenders w/ Choice of Sauces Smokin' Baked Beans Crunchy Cucumber Slices Pineapple Tidbits Milk	Cal 618 T.Fat 14.27 G S.Fat 3.6 G Chol 32.7 Mg Sodm 888.84 Mg Carb 96.61 G Fiber 9.1 G
⁷ Chicken-N-Gravy Mashed Potatoes Glazed Carrots Kiwi Dinner Roll w/ Butter Milk	⁸ Hamburger on Bun Lettuce/Tomato Smokin' Baked Beans Poppin' Good Grapes Hamburger Condiments Mini Rice Krispy Bar Milk	⁹ Beef Stew Crunchy Cucumber Slices Sassy Applesauce Baking Powder Biscuit Milk	¹⁰ Cheesy Dunker Sauce Spinach/Strawberry Salad Juicy Apricot Halves Cheesy Garlic Toast Milk	¹¹ Fish Nuggets Mixed Vegetables Orange Wild Rice Blend Tartar Sauce Milk <i>1:00 dismissal</i>	Cal 640 T.Fat 17.80 G S.Fat 6.0 G Chol 69.4 Mg Sodm 843.24 Mg Carb 87.30 G Fiber 8.7 G
¹⁴ Beef Stroganoff Calif. Blend Veg Poppin' Good Grapes Parmesan Breadstick Milk	¹⁵ Corndog Sweet Potato Bites Pear Ketchup & Mustard Milk	¹⁶ Veg-Beef Noodle Soup Cottage Cheese Gr. Peas Mandarin Oranges Saltine Cr., w.g. Milk	¹⁷ Caribbean Chicken on Bun Lettuce/Tomato Dp Groove Crinkle Fries Tropical Fruit Salad Mini Rice Krispy Bar Milk	¹⁸ <i>@ NASS</i> <i>Royalty Pow-Wow</i> <i>10-2</i>	Cal 585 T.Fat 11.92 G S.Fat 2.9 G Chol 52.2 Mg Sodm 744.77 Mg Carb 89.70 G Fiber 8.6 G

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²¹ Spaghetti w/Meatsauce Steamin' Broccoli Cuts Fruit Cocktail in juice Garlic Toast Milk	²² Chicken Wrap w/Ranch Drsg Glazed Carrots Fresh Apple Fiesta Beans & Rice Milk	²³ Chili Snow white Cauliflower Kiwi Parmesan Breadstick Saltine Cr., w.g. Milk	²⁴ Hamburger Gravy Mashed Potatoes Snappy Gr. Beans Golden Banana Bread & Butter Milk	²⁵ B.B.Q. Pork on a Bun Corn, Sweet Creamy Coleslaw Orange Milk <i>Fun Run? @NASS?</i> <i>1:00 dismissal</i>	Cal 640 T.Fat 16.96 G S.Fat 5.1 G Chol 55.0 Mg Sodm 794.92 Mg Carb 96.37 G Fiber 11.0 G Prtn 29.07 G Iron 4.22 Mg Calc 452.59 Mg Vit A 19.67 RE
²⁸ HOLIDAY	²⁹ Chicken Tenders w/ Choice of Sauces Gr. Peas Fresh Apple Creamy Mac & Cheese Milk	³⁰ French Dip Mixed Vegetables Fresh Spinach Salad Peaches in juice Milk	³¹ B.B.Q. Sluggers Italian Blend Veg Smokin' Baked Beans Tropical Fruit Salad Bread & Jelly Milk	Cal 672 T.Fat 18.27 G S.Fat 4.2 G Chol 75.0 Mg Sodm 951.66 Mg Carb 94.37 G Fiber 10.2 G Prtn 33.59 G Iron 4.51 Mg Calc 442.63 Mg Vit A 12.11 RE	

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				¹ Kix Corn Puffs HARD BOILED EGG Golden Banana Apple Juice Choice of Milk	Cal 406 T.Fat 8.57 G S.Fat 3.2 G Chol 197.1 Mg Sodm 313.64 Mg Carb 69.83 G Fiber 4.8 G Prtn 17.04 G Iron 9.11 Mg Calc 459.82 Mg Vit A 25.22 RE
⁴ Cranberry Peach Muffin Butter Cup Kiwi Pineapple Juice Choice of Milk	⁵ Pancake/Sausage on a stick w/ syrup Peaches in juice Grape juice Choice of Milk	⁶ Cook's Choice	⁷ Cook's Choice <i>Last day of School 1:00 dismissal</i>	⁸	Cal 448 T.Fat 12.44 G S.Fat 5.4 G Chol 37.1 Mg Sodm 418.13 Mg Carb 70.37 G Fiber 4.8 G Prtn 13.85 G Iron 0.76 Mg Calc 330.94 Mg Vit A 29.91 RE

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				¹ Pepperoni Pizza Glazed Carrots Pears in juice Mini Rice Krispy Bar Milk	Cal 557 T.Fat 11.14 G S.Fat 3.5 G Chol 22.1 Mg Sodm 847.89 Mg Carb 92.73 G Fiber 8.4 G Prtn 24.87 G Iron 3.77 Mg Calc 634.50 Mg Vit A 23.21 RE
⁴ <i>End of Year Picnic w/ NASS K-5</i>	⁵ BaaKa'aakwehn on Bun Lettuce/Tomato Corn, Sweet Pineapple Tidbits F. F. Mayo Milk	⁶ Cook's Choice	⁷ Cook's Choice <i>Last day of School 1:00 dismissal</i>	⁸	Cal 540 T.Fat 5.88 G S.Fat 1.1 G Chol 61.4 Mg Sodm 701.00 Mg Carb 89.39 G Fiber 6.2 G Prtn 38.29 G Iron 3.40 Mg Calc 365.26 Mg Vit A 3.66 RE

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