

Pine Grove, Breakfast



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
		1 Breakfast Burrito w/ Salsa 1ea Golden Banana 1ea Strawberry cup 1/2c Choice of Milk	2 W.G. Belgian Waffle Stix w/Strawberry Topping 2ea Sausage Links 1ea Fruit Cocktail in juice 1/2c Craisins 1/4c Choice of Milk	3 Caramel Roll, w. g. 1ea Pear 1ea Apple Juice 4oz Choice of Milk	Cal 474 T.Fat 10.23 G S.Fat 4.3 G Chol 35.9 Mg Sodm 454.69 Mg Carb 82.23 G Fiber 7.5 G
6 Banana Berry Muffin, wg 1ea Butter Cup 1ea Grape juice 4oz Strawberry cup 1/2c Choice of Milk	7 Rice Krispies, w.g. 1c Bagel, w.g. 1/2ea Cr. Cheese/jelly 1pk. Pear 1ea Mandarin Oranges 1/2c Choice of Milk	8 Brkfst Wrap, w.g. 1ea w/taco sauce 1pkt Orange Juice 4oz Peaches in juice 1/2c Choice of Milk	9 W.g. Pancakes w/Apples 2ea Sausage Links 1ea Golden Banana 1ea Pineapple Juice 4oz Choice of Milk	10 Oatmeal 3/4c Toast, w.g. 1sl. w/ choice of Spreads 1pk Raisins, 1/4c Fresh Apple 1ea Choice of Milk <i>Noon Holiday</i>	Cal 476 T.Fat 9.92 G S.Fat 4.3 G Chol 60.4 Mg Sodm 425.15 Mg Carb 83.57 G Fiber 6.8 G
13 Breakfast Pizza, wg 1ea Go Big Go-Gurt 1ea Grapefruit sections 1/2c Apple Juice 4oz Choice of Milk	14 w.g. Fr. Toast Stix w/ 3ea Strawberry Topping 1/4c Squeezable Fruit 1ea Peaches in juice 1/2c Choice of Milk	15 Corn Chex 1c Backpackers, w.g. 1pkg Golden Banana 1ea Strawberry cup 1/2c Choice of Milk	18 Scrambled Eggs 1/2c w.g Eng. Muffin w/ spds 1ea Fruit Cocktail in juice 1/2c Orange Juice 4oz Choice of Milk	17 Nutri-Grain Bar, wg 1ea String Cheese 1ea Golden Banana 1ea Grape juice 4oz MILK, 1% Lowfat <i>NASS Royalty</i> <i>POW-WOW</i> <i>10-2:00</i>	Cal 508 T.Fat 13.04 G S.Fat 4.4 G Chol 91.3 Mg Sodm 489.85 Mg Carb 82.54 G Fiber 5.8 G

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20 Apple Cinnamon Cheerios ^{1c} Bagel, w.g. ^{1/2 ea} Cr. Cheese/jelly ^{1pkt} Craisins ^{1/4c} Pears in juice ^{1/2c} Choice of Milk	21 Pretzel Egg Sandwich, wg ^{1ea} Orange Juice ^{4oz} Strawberry cup ^{1/2c} Choice of Milk	22 Cheese Omelet ^{1ea} w.g Eng. Muffin w/ spds ^{1ea} Fresh Apple ^{1ea} Grapefruit sections ^{1/2c} Choice of Milk	23 Oatmeal w/Raisins ^{3/4c/1/4c} Baked Ham ^{1oz} Juicy Apricot Halves ^{1/2c} Apple Juice ^{4oz} Choice of Milk	24 W.G Waffles w/Blueberrie ^{2ea 1/4c} Go Big Go-Gurt ^{1ea} Poppin' Good Grapes ^{1/2c} Mandarin Oranges ^{1/2c} Choice of Milk Noon Holiday	Cal 492 T.Fat 10.87 G S.Fat 3.8 G Chol 78.6 Mg Sodm 472.55 Mg Carb 83.81 G Fiber 6.6 G Prtn 19.34 G Iron 3.37 Mg Calc 439.12 Mg Vit A 33.65 RE
27 HOLIDAY	28 W.G. Belgian Waffle Stx ^{2ea} w/Strawberry Topping ^{1/4c} Sausage Links ^{1ea} Fruit Cocktail in juice ^{1/2c} Craisins ^{1/4c} Choice of Milk	29 Cinn Toast Crunch, w.g. ^{1c} Cinnamon Toast, w.g. ^{1st} Pears in juice ^{1/2c} Grape juice ^{4oz} Choice of Milk	30 Blueberry Muffin, wg ^{1ea} Butter Cup ^{1ea} Fruited yogurt ^{4oz} Orange ^{1ea} Tropical Fruit Salad ^{1/2c} Choice of Milk	31 Kix, w.g. ^{1c} HARD BOILED EGG ^{1ea} Golden Banana ^{1ea} Apple Juice ^{4oz} Choice of Milk	Cal 487 T.Fat 10.04 G S.Fat 4.2 G Chol 72.7 Mg Sodm 417.37 Mg Carb 86.56 G Fiber 6.2 G Prtn 15.04 G Iron 22.53 Mg Calc 430.46 Mg Vit A 29.16 RE

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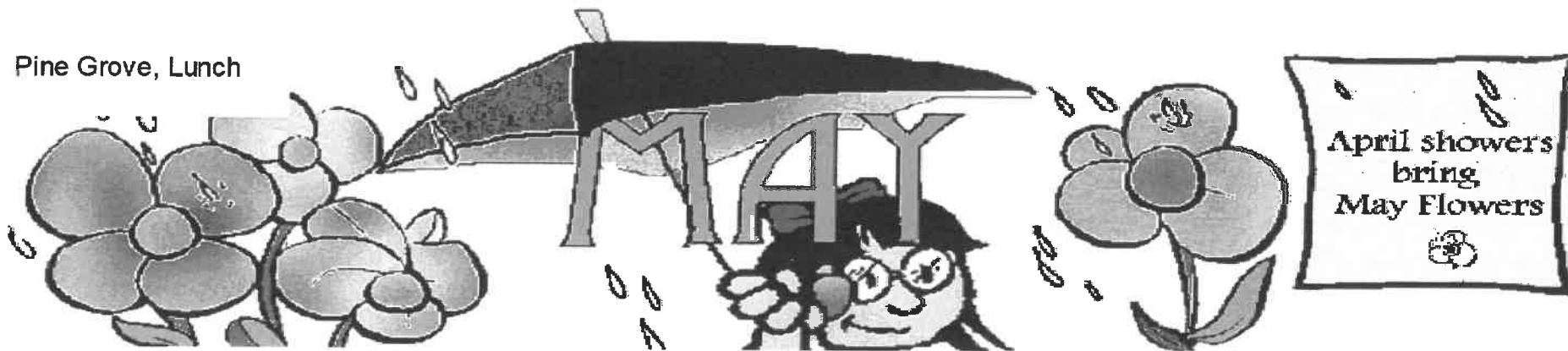
Pine Grove, Lunch



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
		1 Chicken Chow Mein 1c Steamin' Broccoli Cuts 1/2c Poppin' Good Grapes 1/2c Chicken/Veg Egg Roll, wg 1ea Seasoned Rice, wg 1/2c Milk	2 w.g. Chicken Tenders w/ 3ea Choice of Sauces 1pk Smokin' Baked Beans 1/2c Veggies w/Dip 1/2c Pineapple Tidbits 1/2c Milk	3 Homestyle Lasagna, w.g. 1pc Garden Salad w/Drsg 1c Peaches in juice 1/2c Garlic Toast, w.g. 1ea Milk	Cal 653 T.Fat 17.38 G S.Fat 5.1 G Chol 73.1 Mg Sodm 1280.44 Mg Carb 87.25 G Fiber 9.7 G
6 Chicken-N-Gravy 1/2c Mashed Potatoes 1/2c Glazed Carrots 1/2c Tropical Fruit Salad 1/2c Dinner Roll w/ Butter, wg 1ea Bug Bites 1pkg Milk	7 Hamburger on w.g. Bun 1ea Lettuce/Tomato 1/4c/2sl. Smokin' Baked Beans 1/2c Poppin' Good Grapes 1/2c Hamburger Condiments 1ea Mini Rice Krispy Bar, wg 1ea Milk	8 Beef Stew 1c 1/2c Crunchy Cucumber Slices Sassy Applesauce 1/2c B.P. Biscuit, w.g. 1ea (2ea) Milk	9 Cheesy Dunker Sauce 3/4c Steamin' Broccoli Cuts 1/2c Juicy Apricot Halves 1/2c Cheesy Garlic Tst, wg. 2ea Milk	10 Fish Nuggets, wg 4ea Mixed Vegetables 3/4c Orange 1ea Wild Rice Blend 1/2c Tartar Sauce 2T Milk <i>Noon Holiday</i>	Cal 665 T.Fat 17.10 G S.Fat 6.2 G Chol 69.8 Mg Sodm 1002.59 Mg Carb 93.39 G Fiber 9.5 G
13 Beef Stroganoff 2/3c Calif. Blend Veg 1/2c Creamy Coleslaw 1/2c Poppin' Good Grapes 1/2c Parmesan Breadstick, wg 1ea Milk	14 Corndog, w.g. 1ea Sweet Potato Bites 1/2c Sugar Snap Peas w/ranch 1/4c Fruit Cocktail in juice 1/2c Ketchup & Mustard 1ea Milk	15 Veg-Beef Noodle Soup 1c Cottage Cheese 1/4c Grape Tomatoes w/dip 1/4c Mandarin Oranges 1/2c Saltine Cr., w.g. 2ea Milk	16 B.B.Q. Pork on a Bun 1ea Corn, Sweet 3/4c Orange 1ea Milk	17 @ NASS Royalty Pow-Wow 10-2:00	Cal 621 T.Fat 16.30 G S.Fat 4.6 G Chol 55.5 Mg Sodm 796.15 Mg Carb 91.54 G Fiber 8.2 G

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²⁰ Spaghetti w/Meatsauce $\frac{3}{4}c$ Steamin' Broccoli Cuts $\frac{1}{2}c$ Fruit Cocktail in juice $\frac{1}{2}c$ Garlic Toast, w.g. $1ea$ Milk	²¹ w.g. Chicken Wrap $1ea$ w/Ranch Drsg Glazed Carrots $\frac{1}{2}c$ Fresh Apple $1ea$ Fiesta Beans & Rice, wg $\frac{1}{2}c$ Milk	²² Chili $\frac{3}{4}c$ Shr Cheddar Cheese $\frac{1}{8}g$ Snow white Cauliflower $\frac{1}{2}c$ Orange $1ea$ Parmesan Breadstick, wg $1ea$ Tortilla Chips, wg. $1oz$ Milk	²³ Hamburger Gravy $\frac{1}{2}c$ Mashed Potatoes $\frac{1}{2}c$ Snappy Gr. Beans $\frac{1}{2}c$ Golden Banana $1ea$ w.g. Bread & Butter $1ea$ Milk	²⁴ Caribbean Chicken $1ea$ on w.g. bun Lettuce/Tomato $\frac{1}{4}c/2st$ Dp Groove Crinkle Fries $\frac{1}{2}c$ Tropical Fruit Salad $\frac{1}{2}c$ Mini Rice Krispy Bar, wg $1ea$ Milk <i>Noon Holiday</i>	Cal 650 T.Fat 15.06 G S.Fat 4.5 G Chol 66.3 Mg Sodm 889.31 Mg Carb 96.72 G Fiber 10.8 G Prtn 34.43 G Iron 3.80 Mg Calc 469.56 Mg Vit A 19.42 RE
²⁷ HOLIDAY	²⁸ French Dip on w.g bun $\frac{1}{2}oz$ Mixed Vegetables $\frac{3}{4}c$ Peaches in juice $\frac{1}{2}c$ Flamin' Hot w.g.Cheetos $1pk$ Milk	²⁹ B.B.Q. Sluggers $2ea$ Italian Blend Veg $\frac{1}{2}c$ Smokin' Baked Beans $\frac{1}{2}c$ Tropical Fruit Salad $\frac{1}{2}c$ w.g. Bread & Jelly $1ea$ Milk	³⁰ Wild Rice Hotdish $\frac{3}{4}c$ Steamin' Broccoli Cuts $\frac{3}{4}c$ Mandarin Oranges $\frac{1}{2}c$ w.g. Bread & Butter $1ea$ Milk	³¹ Pepperoni Pizza, wg $\frac{1}{8}st$ Glazed Carrots $\frac{3}{4}c$ Pears in juice $\frac{1}{2}c$ Mini Rice Krispy Bar, wg $1ea$ Milk	Cal 617 T.Fat 12.52 G S.Fat 4.0 G Chol 57.3 Mg Sodm 854.26 Mg Carb 96.20 G Fiber 9.7 G Prtn 31.46 G Iron 3.82 Mg Calc 515.68 Mg Vit A 19.59 RE

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