



Pine Grove, Breakfast

# November

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<p>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.</p>		<sup>1</sup> Cheese Omelet <i>1ea</i> Toast w/choice of spread <i>1sl.</i> Fresh Apple <i>1ea</i> Grapefruit sections <i>1/2c</i> Choice of Milk	<sup>2</sup> Oatmeal w/Raisins <i>3/4c/1/4c</i> Baked Ham <i>1oz</i> Juicy Apricot Halves <i>1/2c</i> Apple Juice <i>4oz</i> Choice of Milk	<sup>3</sup> Bay Breakfasts  <i>K-12 Pow-Wow.            1:00 dismissal</i>	<b>Cal 484</b> <b>T.Fat 10.07 G</b> <b>S.Fat 3.3 G</b> <b>Chol 83.3 Mg</b> <b>Sodm 532.48 Mg</b> <b>Carb 84.54 G</b> <b>Fiber 6.8 G</b> <b>Prtn 19.42 G</b> <b>Iron 2.49 Mg</b>
<sup>6</sup> Raisin Bran <i>1c</i> Cinnamon Toast <i>1sl.</i> Pears in juice <i>1/2c</i> Grape juice <i>4oz</i> Choice of Milk	<sup>7</sup> Belgian Waffle Stix w/ <i>2ea</i> Strawberry Topping <i>1/4c</i> Sausage Patty <i>1ea</i> Fruit Cocktail in juice <i>1/2c</i> Dried Cherries <i>1/4c</i> Choice of Milk	<sup>8</sup> Breakfast Burrito <i>1ea</i> w/ Salsa <i>1/8c</i> Peaches in juice <i>1/2c</i> Orange Juice <i>4oz</i> Choice of Milk	<sup>9</sup> Blueberry Muffin <i>1ea</i> Butter Cup <i>1ea</i> Fruited yogurt <i>4oz</i> Orange <i>1ea</i> Tropical Fruit Salad <i>1/2c</i> Choice of Milk	<sup>10</sup> HOLIDAY	<b>Cal 518</b> <b>T.Fat 10.89 G</b> <b>S.Fat 5.0 G</b> <b>Chol 39.2 Mg</b> <b>Sodm 516.13 Mg</b> <b>Carb 90.10 G</b> <b>Fiber 7.3 G</b> <b>Prtn 17.73 G</b> <b>Iron 21.12 Mg</b>
<sup>13</sup> Cranberry Peach Muffin <i>1ea</i> Butter Cup <i>1ea</i> Kiwi <i>1/2ea</i> Pineapple Juice <i>4oz</i> Choice of Milk	<sup>14</sup> Pancake/Sausage on <i>1ea</i> a stick w/ syrup Peaches in juice <i>1/2c</i> Grape juice <i>4oz</i> Choice of Milk	<sup>15</sup> Cheerios <i>1c</i> Bagel w/ Cr. Ch or Jelly <i>1/2</i> Fruit Cocktail in juice <i>1/2c</i> Apple Juice <i>4oz</i> Choice of Milk	<sup>16</sup> Egg & Sausage Croissant <i>1ea</i> Golden Banana <i>1ea</i> Dried Cherries <i>1/4c</i> Choice of Milk	<sup>17</sup> NO SCHOOL TODAY  <i>MIEA</i>	<b>Cal 479</b> <b>T.Fat 12.77 G</b> <b>S.Fat 5.4 G</b> <b>Chol 60.1 Mg</b> <b>Sodm 441.94 Mg</b> <b>Carb 75.94 G</b> <b>Fiber 5.2 G</b> <b>Prtn 16.64 G</b> <b>Iron 3.81 Mg</b>



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<sup>20</sup> Bacon Scr. Pizza, w.g. <i>1ea</i> Grape juice <i>4oz</i> Sassy Applesauce <i>1/2c</i> Choice of Milk	<sup>21</sup> Scrambled Eggs <i>1/2c</i> Bagel w/ Cr. Ch or Jelly <i>1/2</i> Peaches in juice <i>1/2c</i> Orange Juice <i>4oz</i> Choice of Milk	<sup>22</sup> Cinnamon Toast Crunch <i>1c</i> Raspberry Churro <i>1ea</i> Orange <i>1ea</i> Pineapple Juice <i>4oz</i> Choice of Milk  <i>1:00 dismissal</i>	<sup>23</sup> HOLIDAY	<sup>24</sup> HOLIDAY	<b>Cal 474</b> <b>T.Fat 11.81 G</b> <b>S.Fat 4.8 G</b> <b>Chol 154.4 Mg</b> <b>Sodm 405.97 Mg</b> <b>Carb 76.89 G</b> <b>Fiber 4.8 G</b> <b>Prtn 18.43 G</b> <b>Iron 3.61 Mg</b> <b>Calc 501.13 Mg</b> <b>Vit A 22.81 RE</b> <b>Vit C 50.14 Mg</b>
<sup>27</sup> Life Cereal <i>1c</i> Toast w/choice of spread <i>1sb</i> Kiwi <i>1/2 ea</i> Strawberry cup <i>1/2c</i> Choice of Milk	<sup>28</sup> 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	<sup>29</sup> 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	<sup>30</sup> 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		<b>Cal 496</b> <b>T.Fat 8.34 G</b> <b>S.Fat 3.0 G</b> <b>Chol 86.1 Mg</b> <b>Sodm 513.94 Mg</b> <b>Carb 91.72 G</b> <b>Fiber 8.0 G</b> <b>Prtn 18.81 G</b> <b>Iron 23.68 Mg</b> <b>Calc 449.79 Mg</b> <b>Vit A 31.31 RE</b> <b>Vit C 65.40 Mg</b>

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Pine Grove, Lunch

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<sup>6</sup> Chicken Tenders w/ Choice of Sauces 3ca Creamy Mac & Cheese 1/3c Gr. Peas 1/2c Fresh Apple 1ca Milk	<sup>7</sup> French Dip 1/2oz/1 bun Mixed Vegetables 1/2c Fresh Spinach Salad 1c Peaches in juice 1/2c Milk	<sup>8</sup> B.B.Q. Sluggers 2ca Italian Blend Veg 1/2c Smokin' Baked Beans 1/2c Tropical Fruit Salad 1/2c Bread & Jelly 1ca Milk	<sup>9</sup> Pepperoni Pizza 1sl. Glazed Carrots 1/2c Pears in juice 1/2c Milk nice krispy bars mini, w.g. - 1ca	<sup>10</sup> HOLIDAY	<b>Cal 631</b> <b>T.Fat 16.24 G</b> <b>S.Fat 4.0 G</b> <b>Chol 61.8 Mg</b> <b>Sodm 914.48 Mg</b> <b>Carb 91.79 G</b> <b>Fiber 9.7 G</b> <b>Prtn 31.41 G</b> <b>Iron 4.24 Mg</b>
<sup>13</sup> Choice of hotdog/ chili cheese dog 1ca Dp Groove Crinkle Fries 1/2c Poppin' Good Grapes 1/2c Hot Dog Condiments. 2ca Milk	<sup>14</sup> BaaKa'aakwehn on Bun 1ca Lettuce/Tomato 1/4c/2sl. Corn, Sweet 1/2c Pineapple Tidbits 1/2c F. F. Mayo 1ca Milk	<sup>15</sup> GROUND BEEF & MACARONI Goulash 3/4c Calif. Blend Veg 1/2c Fresh Apple 1ca Garlic Toast 1ca Milk	<sup>16</sup> Wild Rice Soup 1c Glazed Carrots 1/2c Pear 1ca Saltine Cr., w.g. 2pk Milk	<sup>17</sup> NO SCHOOL TODAY MIEA	<b>Cal 595</b> <b>T.Fat 14.77 G</b> <b>S.Fat 4.1 G</b> <b>Chol 55.0 Mg</b> <b>Sodm 731.72 Mg</b> <b>Carb 87.16 G</b> <b>Fiber 7.5 G</b> <b>Prtn 30.82 G</b> <b>Iron 3.34 Mg</b>



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<sup>20</sup> Chicken Spaetzle Soup 1c Cottage Cheese 2oz Glazed Carrots 1/2c Pears in juice 1/2c Saline Cr., w.g. 2pk Milk	<sup>21</sup> Sub w/all the fixins 1ca Smokin' Baked Beans 1/2c Greek Salad 1/2c Fruit Cocktail in juice 1/2c Sun chips 1pkg Condiments 1ca Milk	<sup>22</sup> Roast Turkey 2oz Mashed Potatoes 1/2c Turkey Gravy 1/4c CRANBERRY SAUCE 1/8c Tropical Fruit Salad 1/2c Wild Rice Stuffing 1/2c Pumpkin Muffin 1ca Milk  1:00 dismissal	<sup>23</sup> HOLIDAY	<sup>24</sup> HOLIDAY	<b>Cal</b> 713 <b>T.Fat</b> 15.50 G <b>S.Fat</b> 3.9 G <b>Chol</b> 59.6 Mg <b>Sodm</b> 1312.50 Mg <b>Carb</b> 109.74 G <b>Fiber</b> 7.9 G <b>Prtn</b> 33.64 G <b>Iron</b> 4.42 Mg <b>Calc</b> 458.96 Mg <b>Vit A</b> 21.76 RE <b>Vit C</b> 17.83 Mg
<sup>27</sup> Sloppy Joe on Bun 1/3c/1bun French Fries w/ketchup 1/2c Garden Salad w/Drsg 1c Fruit Cocktail in juice 1/2c Milk	<sup>28</sup> Cheese Pizza 1ca Glazed Carrots 1/2c Fresh Apple 1ca Mini Rice Krispy Bar 1ca Milk	<sup>29</sup> Sweet & Sour Chicken 1/2c Steamin' Broccoli Cuts 1/2c Poppin' Good Grapes 1/2c Seasoned Rice 1/2c Milk	<sup>30</sup> Chicken Tenders w/ 3ca Choice of Sauces Smokin' Baked Beans 1/2c Crunchy Cucumber Slices 1/4c Pineapple Tidbits 1/2c Milk		<b>Cal</b> 611 <b>T.Fat</b> 13.83 G <b>S.Fat</b> 3.2 G <b>Chol</b> 35.3 Mg <b>Sodm</b> 898.10 Mg <b>Carb</b> 96.49 G <b>Fiber</b> 8.5 G <b>Prtn</b> 26.51 G <b>Iron</b> 3.61 Mg <b>Calc</b> 462.55 Mg <b>Vit A</b> 15.71 RE <b>Vit C</b> 37.59 Mg

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