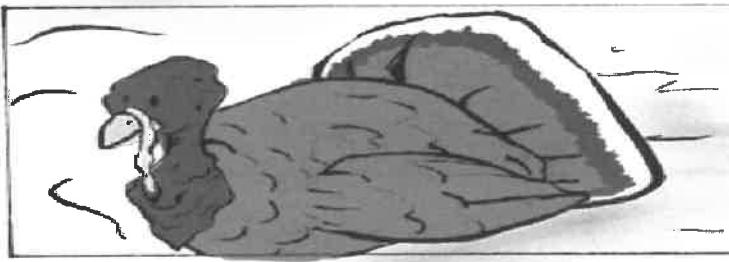




Pine Grove, Breakfast

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>			¹ 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	² W.G Waffles w/Blueberries <i>2oz 1/4c</i> Go Big Go-Gurt <i>1oz 1/4c</i> Poppin' Good Grapes <i>1/2c</i> Mandarin Oranges <i>1/2c</i> Choice of Milk	Cal 481 T.Fat 8.46 G S.Fat 2.6 G Chol 22.0 Mg Sodm 541.41 Mg
⁵ Breakfast Burrito <i>1ea</i> w/ Salsa <i>2T</i> Peaches in juice <i>1/2c</i> Orange Juice <i>4oz</i> Choice of Milk	⁶ Blueberry Muffin, wg <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	⁷ NO SCHOOL TODAY	⁸ NO SCHOOL TODAY	⁹ NO SCHOOL TODAY	Cal 519 T.Fat 13.35 G S.Fat 6.8 G Chol 48.6 Mg Sodm 564.12 Mg
¹² HOLIDAY	¹³ NO SCHOOL TODAY	¹⁴ NO SCHOOL TODAY	¹⁵ NO SCHOOL TODAY	¹⁶ NO SCHOOL TODAY	
¹⁹ NO SCHOOL TODAY	²⁰ NO SCHOOL TODAY	²¹ NO SCHOOL TODAY <i>1/2 day Holiday</i>	²² HOLIDAY	²³ HOLIDAY	
²⁶ Corn Chex <i>1c</i> Apple Bosco Stick <i>1ea</i> Golden Banana <i>1ea</i> Orange Juice <i>4oz</i> Choice of Milk	²⁷ Egg Bake <i>1pc</i> w.g Eng. Muffin w/ spds <i>1ea</i> Pears in juice <i>1/2c</i> Poppin' Good Grapes <i>1/2c</i> Choice of Milk	²⁸ Breakfast Burrito <i>1ea</i> w/ Salsa <i>2T</i> Juicy Apricot Halves <i>1/2c</i> Strawberry cup <i>1/2c</i> Choice of Milk	²⁹ W.G. Belgian Waffle Stx <i>2oz 1/4c</i> w/Strawberry Topping <i>1/4c</i> Sausage Links <i>1ea</i> Fruit Cocktail in juice <i>1/2c</i> Craisins <i>1/4c</i> Choice of Milk	³⁰ Carmel Roll, w. g. <i>1ea</i> Pear <i>1ea</i> Apple Juice <i>4oz</i> Choice of Milk	Cal 497 T.Fat 10.98 G S.Fat 4.1 G Chol 79.9 Mg Sodm 499.20 Mg



Pine Grove, Lunch

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>			¹ Caribbean Chicken 1ea on w.g. bun Lettuce/Tomato 1/4c/2sl. Dp Groove Crinkle Fries 1/2c Tropical Fruit Salad 1/2c Mini Rice Krispy Bar, wg 1ea Milk	² Hamburger Gravy Mashed Potatoes Snappy Gr. Beans Golden Banana w.g. Bread & Butter Milk © NASS	Cal 622 T.Fat 13.88 G S.Fat 4.2 G Chol 87.9 Mg Sodm 745.03 Mg
⁵ w.g. Chicken Tenders w/3ea Choice of Sauces French Fries w/ketchup 3/4c Fresh Apple 1ea Bug Bites 1pkg Milk	⁶ French Dip on w.g bun 1ea Mixed Vegetables 3/4c Peaches in juice 1/2c Flamin' Hot w.g.Cheetos 1pkg Milk	⁷ NO SCHOOL TODAY	⁸ NO SCHOOL TODAY	⁹ NO SCHOOL TODAY	Cal 669 T.Fat 15.87 G S.Fat 4.1 G Chol 36.9 Mg Sodm 772.17 Mg
¹² HOLIDAY	¹³ NO SCHOOL TODAY	¹⁴ NO SCHOOL TODAY	¹⁵ NO SCHOOL TODAY	¹⁶ NO SCHOOL TODAY	
¹⁹ NO SCHOOL TODAY	²⁰ NO SCHOOL TODAY	²¹ NO SCHOOL TODAY <i>1/2 day Holiday</i>	²² HOLIDAY	²³ HOLIDAY	
²⁶ Sloppy Joe on w.g. bun 1ea French Fries w/ketchup 1/2c Fruit Cocktail in juice 1/2c w.g. Cheez-its 1pkg Milk	²⁷ Cheese Pizza, wg 1ea Glazed Carrots 3/4c Fresh Apple 1ea Squeezable Fruit 1ea Mini Rice Krispy Bar, wg 1ea Milk	²⁸ 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	²⁹ 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	³⁰ Homestyle Lasagna, w.g. 1pc Garden Salad w/Drsg 1c Peaches in juice 1/2c Garlic Toast, w.g. 1ea Milk	Cal 671 T.Fat 16.43 G S.Fat 4.6 G Chol 57.7 Mg Sodm 1210.99 Mg