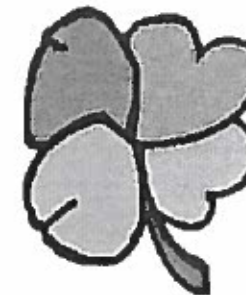
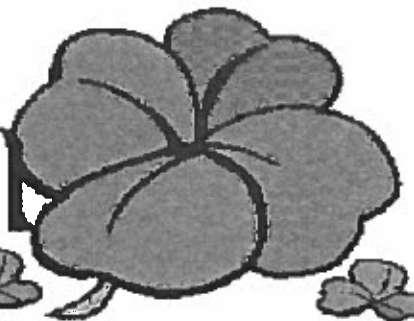


Niigaan After School Snack



# March



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<i>NASS is a nut Safe building</i>			<sup>1</sup> GRAPES, Fresh <sup>3/4c</sup> MILK, 1% Lowfat <sup>1/2pt</sup>	<sup>2</sup> Crunchy Cucumber Slices <sup>3/4c</sup> MILK, 1% Lowfat <sup>1/2pt</sup>	<b>Cal</b> 176 <b>T.Fat</b> 2.56 G <b>S.Fat</b> 1.6 G <b>Chol</b> 12.2 Mg <b>Sodm</b> 528.94
<sup>5</sup> Pretzels <sup>1 oz pkg</sup> MILK, 1% Lowfat <sup>1/2pt</sup>	<sup>6</sup> Golden Banana <sup>1 oz</sup> MILK, 1% Lowfat <sup>1/2pt</sup>	<sup>7</sup> Fruited Yogurt, 6 oz Granola <sup>1/8c</sup> Orange juice <sup>6oz</sup>	<sup>8</sup> Baby Carrots w/dip <sup>3/4c</sup> Elf Grahams <sup>1 pkg</sup> Water	<sup>9</sup> Ham Sandwich <sup>1/2 sandwich</sup> Grape juice <sup>6oz</sup>	<b>Cal</b> 254 <b>T.Fat</b> 5.92 G <b>S.Fat</b> 1.7 G <b>Chol</b> 14.0 Mg
<sup>12</sup> Bagel w/ Cr. Ch or Jelly <sup>1 whole</sup> Pineapple Juice <sup>6oz</sup>	<sup>13</sup> Veggies w/Dip <sup>3/4c</sup> MILK, 1% Lowfat <sup>1/2pt</sup>	<sup>14</sup> Goldfish Crackers <sup>1 oz pkg</sup> Orange Juice <sup>6oz</sup>	<sup>15</sup> String Cheese <sup>1 oz</sup> Apple Juice <sup>6oz</sup>	<sup>16</sup> Go Big Go-Gurt <sup>1 pkg</sup> Cinnamon Gripz <sup>1 pkg</sup> Water	<b>Cal</b> 192 <b>T.Fat</b> 5.64 G <b>S.Fat</b> 2.3 G <b>Chol</b> 10.6 Mg <b>Sodm</b> 225.11
<sup>19</sup> Ham Pita <sup>1/2</sup> Apple Juice <sup>6oz</sup>	<sup>20</sup> Veggies w/Dip <sup>3/4c</sup> MILK, 1% Lowfat <sup>1/2pt</sup>	<sup>21</sup> Goldfish Crackers <sup>1 oz pkg</sup> Orange Juice <sup>6oz</sup>	<sup>22</sup> Fruited Yogurt, 6 oz Granola <sup>1/8c</sup> Grape juice <sup>6oz</sup>	<sup>23</sup> Fresh Apple <sup>1 ea</sup> Scooby doo Snacks <sup>1/8 pkg</sup> Water	<b>Cal</b> 248 <b>T.Fat</b> 5.64 G <b>S.Fat</b> 1.6 G <b>Chol</b> 12.4 Mg <b>Sodm</b> 257.09
<sup>26</sup> Bug Bites <sup>1 oz pkg</sup> Apple Juice <sup>6oz</sup>	<sup>27</sup> Bagel w/ Cr. Ch or Jelly <sup>1 whole</sup> MILK, 1% Lowfat <sup>1/2pt</sup>	<sup>28</sup> Tostitos & Salsa <sup>1 oz</sup> Grape juice <sup>6oz</sup>	<sup>29</sup> Orange <sup>1 ea</sup> Cheez-it Crackers <sup>1 oz pk</sup> Water	<sup>30</sup> Baby Carrots w/dip <sup>3/4c</sup> MILK, 1% Lowfat <sup>1/2pt</sup>	<b>Cal</b> 317 <b>T.Fat</b> 12.38 G <b>S.Fat</b> 2.9 G <b>Chol</b> 15.6 Mg

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.