

August

Summer Food Breakfast



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
	1 Pancakes w/Syrup ^{2ea} 1ea Baked Ham ^{1oz} Orange ^{1ea} MILK,1% Lowfat	2 Cranberry Peach Muffin ^{1ea} Fruited yogurt ^{4oz} Tropical Fruit Salad ^{1/2c} MILK,1% Lowfat	3 Waffles w/Blueberries ^{2ea} ^{1/4c} String Cheese ^{1ea} Peaches in juice ^{1/2c} MILK,1% Lowfat	4 Oatmeal ^{1c} Craisins ^{1pkg} Orange Juice ^{4oz} MILK,1% Lowfat	Cal 453 T.Fat 9.01 G S.Fat 3.6 G Chol 27.8 Mg Sodm 520.59 Mg Carb 78.14 G Fiber 5.2 G Prtn 18.24 G
7 Cereal, Variety ^{1c} Apple Churro ^{1ea} Grape juice ^{4oz} MILK,1% Lowfat	8 Carmel Roll ^{1ea} Sausage Links ^{1ea} Kiwi ^{1/2ea} MILK,1% Lowfat	9 Brkfst Wrap w/ taco sauce ^{1ea} Golden Banana ^{1ea} MILK,1% Lowfat	10 Cheddar Munchers ^{1ea} Eng. Muffin w/spreads ^{1ea} Poppin' Good Grapes ^{1/2c} MILK,1% Lowfat	11 Pancakes w/Apples ^{2ea} ^{1/4c} Fruited yogurt ^{4oz} Mandarin Oranges ^{1/2c} MILK,1% Lowfat	Cal 439 T.Fat 10.51 G S.Fat 4.4 G Chol 60.7 Mg Sodm 507.28 Mg Carb 72.39 G Fiber 5.0 G Prtn 17.41 G
14 Scrambled Eggs ^{1/2c} Bagel w/ Cr. Ch or Jelly ^{1/2} Fruit Cocktail in juice ^{1/2c} MILK,1% Lowfat	15 Breakfast Pizza ^{1ea} Honeydew, cubed ^{1/2c} MILK,1% Lowfat	16 Cereal, Variety ^{1c} Toast w/choice of spread ^{1ea} Apple Juice ^{4oz} MILK,1% Lowfat	17 Pancakes w/Syrup ^{2ea} ^{1ea} Sausage Patty ^{1ea} Juicy Apricot Halves ^{1/2c} MILK,1% Lowfat Last day of Summer Food Program	18 NO BREAKFAST	Cal 378 T.Fat 10.26 G S.Fat 4.0 G Chol 117.5 Mg Sodm 493.60 Mg Carb 55.19 G Fiber 3.7 G Prtn 18.42 G



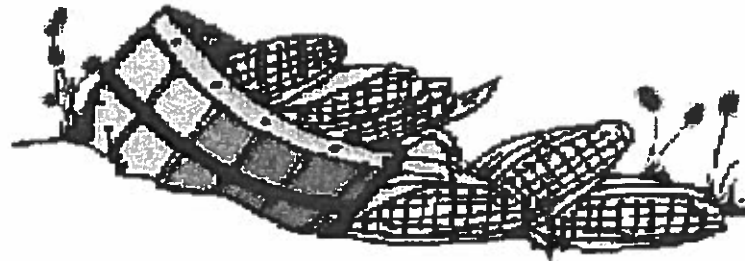
NASS is a nut Safe building

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.



August

Summer Food Lunch



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
	¹ Chicken Wrap w/Ranch Drsg 1ea Glazed Carrots 1/2c Trop Fruit Salad 1/2c Milk	² Rst Beef/Prov. 1ea Croissant Veggies w/Dip 1/2c Golden Banana 1ea Craisins 1pkg Sun chips 1pk Condiments 1ea Milk	³ Homestyle Lasagna 1pc Winter Blend Veg 1/2c D. Pears in juice 1/2c Garlic Toast 1ea Milk	⁴ Corndog 1ea Tator Tots w/Ketchup 1/2c Fresh Apple 1ea Milk	Cal 681 T.Fat 20.19 G S.Fat 7.0 G Chol 62.6 Mg Sodm 1094.29 Mg Carb 93.51 G Fiber 10.1 G Prtn 30.97 G
⁷ Chicken Spaetzle Soup Cottage Cheese 2oz Steamin' Broccoli Cuts 1/2c Pears in juice 1/2c Saltine Cr., w.g. 2pk Milk	⁸ Cheese Pizza 1sl. Garden Salad w/Drsg 1/2c Fruited Jello 1/2c Milk	⁹ Ham & Cheese Sandwich 1ea Sugar Snap Peas 1ea Orange 1ea Mini Rice Krispy Bar 1ea Condiments 1ea Milk	¹⁰ Soft Shell Taco 1ea Cheesy Refried Beans 1/2c Tropical Fruit Salad 1/2c Sr. Cream/Salsa 1/2c Milk	¹¹ Caribbean Chicken on Bun 1ea Tator Tots w/Ketchup 1/2c Poppin' Good Grapes 1/2c Condiments 1ea Milk	Cal 577 T.Fat 12.45 G S.Fat 4.0 G Chol 52.7 Mg Sodm 1043.94 Mg Carb 84.41 G Fiber 6.9 G Prtn 30.76 G
¹⁴ Chicken Fajitas 1ea Lettuce & Tomato 1/2c Peaches in juice 1/2c Fiesta Beans & Rice 1/2c Sr. Cream/Salsa 1/2c Milk	¹⁵ Chili 1c Snow white Cauliflower 1/2c Kiwi 1/2ea Garlic w.g. Breadstick 1ea Milk	¹⁶ Sub w/all the fixins 1ea Baby Carrots w/dip 1/2c Pear 1ea Craisins 1pkg Corn Chips 1pk Milk	¹⁷ Chicken Tenders w/ 3ea Choice of Sauces Creamy Mac & Cheese 1/2c Gr. Peas 1/2c WATERMELON, cubed 1/2c Milk Last day of Summer Food Program	¹⁸ NO LUNCH	Cal 714 T.Fat 20.43 G S.Fat 5.3 G Chol 47.8 Mg Sodm 1145.24 Mg Carb 104.54 G Fiber 12.0 G Prtn 33.22 G



NASS is a nut Safe building

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.

