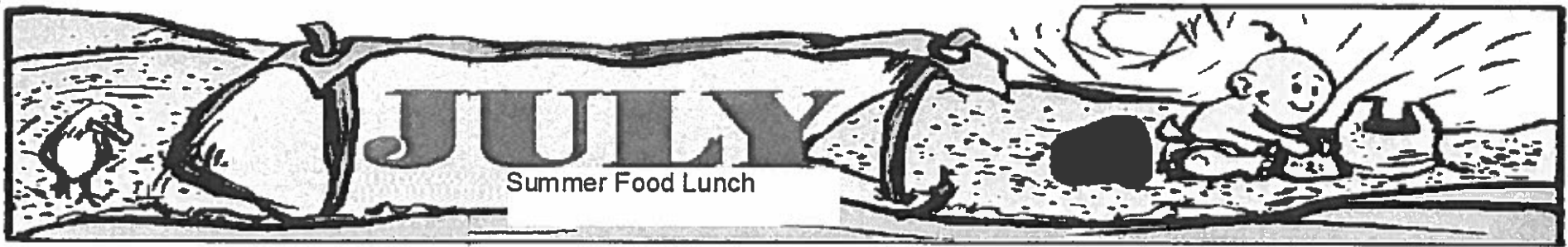




Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
³ NO BREAKFAST <i>Closed.</i>	⁴ <i>Holiday</i>	⁵ Cheese Omelet <i>1ea</i> Toast w/choice of spread <i>1ea</i> Orange juice <i>4oz</i> MILK,1% Lowfat	⁶ Pretzel Egg Sandwich <i>1ea</i> Sassy Applesauce <i>1/2c</i> MILK,1% Lowfat	⁷ Pancakes w/Apples <i>2ea/1/4c</i> Sausage Links <i>1ea</i> Squeezable Fruit <i>1ea</i> MILK,1% Lowfat	Cal 403 T.Fat 11.40 G S.Fat 4.4 G Chol 123.8 Mg Sodm 499.53 Mg
¹⁰ Cereal, Variety <i>1c</i> 3 Berry Bar <i>1ea</i> Peaches in juice <i>1/2c</i> MILK,1% Lowfat	¹¹ Waffles w/Blueberries <i>2ea/1/4c</i> Baked Ham <i>1oz</i> Orange <i>1ea</i> MILK,1% Lowfat	¹² OATMEAL <i>1c</i> Raisins, <i>1/4c</i> Golden Banana <i>1ea</i> MILK,1% Lowfat	¹³ HARD BOILED EGG <i>1ea</i> Oatmeal Breakfast Bar <i>1ea</i> Apple Juice <i>4oz</i> MILK,1% Lowfat	¹⁴ Cereal, Variety <i>1c</i> Ass't Mini Muffins <i>1ea</i> Pears in juice <i>1/2c</i> MILK,1% Lowfat	Cal 458 T.Fat 11.21 G S.Fat 4.0 G Chol 63.4 Mg Sodm 448.03 Mg
¹⁷ Pancakes w/Syrup <i>2ea/1ea</i> Sausage Patty <i>1ea</i> Cantaloupe, cubed <i>1/2c</i> MILK,1% Lowfat	¹⁸ Frosted Cinnamon Roll <i>1ea</i> Craisins <i>1pk</i> Tropical Fruit Salad <i>1/2c</i> MILK,1% Lowfat	¹⁹ Banana Berry Muffin <i>1ea</i> Fruited yogurt <i>4oz</i> Mandarin Oranges <i>1/2c</i> MILK,1% Lowfat	²⁰ Belgian Waffle Stix w/ <i>2ea</i> Strawberry Topping <i>1/4c</i> String Cheese <i>1ea</i> Golden Banana <i>1ea</i> MILK,1% Lowfat	²¹ Scrambled Eggs <i>1/2c</i> Bagel w/ Cr. Ch or Jelly <i>1/2ea</i> Kiwi <i>1/2ea</i> MILK,1% Lowfat	Cal 423 T.Fat 10.41 G S.Fat 4.8 G Chol 105.9 Mg Sodm 443.52 Mg
²⁴ Cereal, Variety <i>1c</i> Toast w/choice of spread <i>1ea</i> Pineapple Tidbits <i>1/2c</i> MILK,1% Lowfat	²⁵ Pancake/Sausage on <i>1ea</i> a stick w/ syrup Fresh Apple <i>1ea</i> MILK,1% Lowfat	²⁶ Oatmeal <i>1c</i> Craisins <i>1pk</i> Grape juice <i>4oz</i> MILK,1% Lowfat	²⁷ Brkfst Wrap w/ taco sauce <i>1ea</i> Peaches in juice <i>1/2c</i> MILK,1% Lowfat	²⁸ Pancakes w/Apples <i>2ea/1/4c</i> Sausage Links <i>1ea</i> WATERMELON, CHUNKS <i>1/2c</i> MILK,1% Lowfat	Cal 406 T.Fat 9.10 G S.Fat 3.4 G Chol 59.7 Mg Sodm 421.05 Mg
³¹ Egg Bake <i>1/8D</i> Eng. Muffin w/ spreads <i>1ea</i> Pineapple Tidbits <i>1/2c</i> MILK,1% Lowfat	<i>NASS is a nut Safe building</i>				Cal 510 T.Fat 14.80 G S.Fat 5.9 G Chol 282.9 Mg Sodm 615.47 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.



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
³ NO LUNCH	⁴ HOLIDAY	⁵ Ham & Cheese Sandwich Baby Carrots w/dip $\frac{1}{2}c$ Fresh Apple $1ca$ Raisins, $\frac{1}{4}c$ Mini Rice Krispy Bar $1ca$ Milk	⁶ Choice of hotdog/ $1ca$ chili cheese dog Smokin' Baked Beans $\frac{1}{2}c$ Golden Banana $1ca$ Hot Dog Condiments. $2ca$ Milk	⁷ Chicken Fajitas $1ca$ Cheesy Refried Beans $\frac{1}{2}c$ Kiwi $\frac{1}{2}ca$ SPANISH RICE $\frac{1}{4}c$ Sr. Cream/Salsa $1ca/2T$ Milk	Cal 708 T.Fat 16.55 G S.Fat 6.4 G Chol 52.0 Mg Sodm 1454.25 Mg
¹⁰ Caribbean Chicken on Bun $1ca$ French Fries w/ketchup $\frac{1}{4}c$ Tropical Fruit Salad $\frac{1}{2}c$ Milk	¹¹ Cheesy Chicken Burrito w/Sauce $1ca$ Cheesy Refried Beans $\frac{1}{2}c$ Lettuce & Tomato $\frac{1}{2}c/\frac{1}{4}c$ Pears in juice $\frac{1}{2}c$ Sr. Cream/Salsa $1ca/2T$ Milk	¹² Turkey & Cheese on Bun $1ca$ Sugar Snap Peas $\frac{1}{2}c$ Fresh Apple $1ca$ Corn Chips $1pk$ Milk	¹³ Chili $1c$ Snow white Cauliflower $\frac{1}{2}c$ Mandarin Oranges $\frac{1}{2}c$ Cheesy Bosco Breadstick $1ca$ Saltine Cr., w.g. $2pk$ Milk	¹⁴ Chicken Wrap $1ca$ w/Ranch Drsg Glazed Carrots $\frac{1}{2}c$ Fruit Cocktail in juice $\frac{1}{2}c$ Mini Rice Krispy Bar $1ca$ Milk	Cal 669 T.Fat 16.10 G S.Fat 5.6 G Chol 52.0 Mg Sodm 1213.44 Mg
¹⁷ Chicken Tenders w/ $3ca$ Choice of Sauces Creamy Mac & Cheese $\frac{1}{2}c$ Gr. Peas $\frac{1}{2}c$ Honeydew, cubed $\frac{1}{2}c$ Milk	¹⁸ Pepperoni Pizza $1sl.$ Steamin' Broccoli Cuts $\frac{1}{2}c$ Peaches in juice $\frac{1}{2}c$ Mini Rice Krispy Bar $1ca$ Milk	¹⁹ Ham Pita $\frac{1}{2}$ Veggies w/Dip $\frac{1}{2}c$ Golden Banana $1ca$ Craisins $1pk$ Sun chips $1pk$ Milk	²⁰ Spaghetti w/Meatsauce $\frac{3}{4}c$ Garden Salad w/Drsg $1c$ Poppin' Good Grapes $\frac{1}{2}c$ Garlic w.g.Breadstick $1ca$ Milk	²¹ B.B.Q. Pork on a Bun $1ca$ Creamy Colestlaw $\frac{1}{4}c$ Smokin' Baked Beans $\frac{1}{4}c$ Orange $1ca$ Milk	Cal 660 T.Fat 20.05 G S.Fat 5.1 G Chol 45.5 Mg Sodm 997.09 Mg
²⁴ Hamburger Gravy $\frac{1}{2}c$ Mashed Potatoes $\frac{1}{2}c$ Winter Blend Veg $\frac{1}{2}c$ Peaches in juice $\frac{1}{2}c$ Dinner Roll w/ Butter $1ca$ Milk	²⁵ Chicken Fajitas $1ca$ Lettuce & Tomato $\frac{1}{2}c/\frac{1}{4}c$ Tropical Fruit Salad $\frac{1}{2}c$ SPANISH RICE $\frac{1}{4}c$ Sr. Cream/Salsa $1ca/2T$ Milk	²⁶ Sub w/all the fixins $1ca$ Baby Carrots w/dip $\frac{1}{2}c$ Pear $1ca$ Corn Chips $1pk$ Milk	²⁷ Chicken Salad Croissant $1ca$ French Fries w/ketchup $\frac{1}{2}c$ Orange $1ca$ Dried Cherries $\frac{1}{4}c$ Mini Rice Krispy Bar $1ca$ Milk	²⁸ Veg-Beef Noodle Soup $1c$ Glazed Carrots $\frac{1}{2}c$ Poppin' Good Grapes $\frac{1}{2}c$ Cheese Sandwich $\frac{1}{2}ca$ Milk	Cal 646 T.Fat 17.05 G S.Fat 6.2 G Chol 65.3 Mg Sodm 993.91 Mg
³¹ Spaghetti Mac Hotdish $\frac{2}{3}c$ Corn, Sweet $\frac{1}{2}c$ Kiwi $\frac{1}{2}ca$ Garlic w.g.Breadstick $1ca$ Milk	<i>NASS is a nut Safe building</i>				Cal 623 T.Fat 14.48 G S.Fat 4.0 G Chol 46.4 Mg Sodm 834.59 Mg
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