

March is National Nutrition Month!

March 2018

Moscow Charter School Lunch Menu K-5

GO FURTHER *with* **FOOD**



Visit www.eatright.org to find recipes and activities!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Celebrate healthy and delicious eating with these fun food celebrations in March Dr. Seuss's Birthday, Meatball Day, and Whole Grain Sampling Day! For National Nutrition Month we are featuring new salads. Let us know what you think!</p>				
<p>5</p> <p>Chicken Nuggets Potato Wedges Fresh Fruit Carrot Sticks Fresh Wheat Roll Milk</p>	<p>6</p> <p>Cheeseburger or Hamburger Baked Beans Twisted Potatoes Fresh Seasonal Fruit Milk</p>	<p>7</p> <p>Chicken Patty Sandwich Tossed Garden Salad with Dressing Fresh Grapes Milk</p>	<p>8</p> <p>French Toast Sticks Pork Sausage Patty Cucumber Slices Red Pepper Strips Applesauce Milk</p>	<p>1</p> <p>Dr. Seuss's Birthday 2</p> <p>One Fish, Two Fish Sticks Oodles of Noodles Pasta Salad Fruits from the Truffulo Tree- Oranges & Fresh Vegetables Milk</p>
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Spring Break March 12-16

<p>19</p> <p>Yummy Cheese Sandwich Tomato Soup Golden Corn & Carrots Apple Wedges Milk</p>	<p>20</p> <p>Idaho Nachos Apple Cobbler Carrot Sticks Milk</p>	<p>21</p> <p>Bean & Cheese Burrito Tortilla Chips Fiesta Salad Fresh Seasonal Fruit Milk</p>	<p>22</p> <p>Hot Dog on a Bun Pizza Green Beans Sun Chips Fresh Fruit Milk</p>	<p>23</p> <p>Pepperoni Pizza Sticks Bread Stick & marinara sauce Steamed Broccoli Chilled Fruit Milk</p>
<p>26</p> <p>French Toast Sticks Pork Sausage Patty Blueberries Cucumbers, Carrots, Peppers Milk</p>	<p>27</p> <p>Chicken Wrap Carrot & Celery Sticks Fresh Grapes Milk</p>	<p>Whole Grain Day 28</p> <p>Tangerine Chicken Rice & Pacific Blend Vegetables, Glazed Yams, Chilled Fruit Milk</p>	<p>29</p> <p>Corn Dog Nuggets Potato Wedges Apple Slices Milk</p>	<p>30</p> <p>BBQ Pork Sandwich Red Pepper Strips Baked Beans Peaches Milk</p>

	Average	Weekly Target	% of Target		Average	Weekly Target	% Calories
Calories	637	550-650	100	Saturated Fat	5.08 g	< 10.00 %	7.2 %
Sodium	1040 mg	< 1230 mg					

This institution is an equal opportunity provider.

Menus are subject to change based on product availability. A variety of milk is offered: fat free white, fat free chocolate and 1% white. A vegetarian option is available every day. The alternative choice to the main entrée item is a peanut butter sandwich and yogurt.