




February is American Heart Health Month!

Moscow Charter School K-5

February  2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Celebrate healthy and delicious eating with these fun food celebrations in February:</b>  <b>Global Pulse Day- Feb 10 (pulses are dry peas, beans, lentils, chickpeas)</b>  <b>Tortilla Chip Day Feb 24 * Clam Chowder Day Feb 25* National Strawberry Day- Feb 27</b>  <b>* National Chili Day- Feb 28</b></p>				
5 Macaroni & Cheese Peas Seasonal Fruit Milk	6 Soft Beef Taco Fresh Seasonal Vegetables Peaches Bean Dip with Tortilla Chips Milk	7 Chicken Sandwich Fresh Seasonal Vegetables Fresh Seasonal Fruit Milk	8 Chicken Alfredo with a Twist Broccoli, steamed Fresh Fruit Milk	9 Cheese Pizza Pineapple Tidbits Tossed Salad Milk 
12 BBQ Pork Sandwich Coleslaw Green Beans Pears Milk	13 French Toast Sticks with Pork Sausage or Egg Patty Fresh Seasonal Vegetables Applesauce Milk	14 <b>Valentine's Day Special</b> Roast Turkey and gravy Mashed Potatoes, Carrot Sticks, Cinnamon Apples Fruit Tart Milk 	15 SOUPED UP SLOPPY JOES Corn Fresh Seasonal Fruit Milk	16 NO SCHOOL TODAY
19 NO SCHOOL TODAY 	20 Chicken Nuggets Green Beans Fresh Seasonal Fruit Wheat Roll Milk	21 Pizza Bread Stick Fresh Seasonal Vegetables with Ranch Dip Blueberries Milk	22 NACHOS Bean Dip Tropical Fruit Milk	23 Cheeseburger OR Hamburger Potato Wedges Carrot/Celery Sticks Fruit Cocktail Milk
26 Hot Dog on a Bun Pizza Green Beans Fresh Seasonal Fruit Choices Milk	27 Idaho Nachos Fresh Carrots Strawberries Goldfish Graham Crackers Milk	28 Chili Fresh Seasonal Vegetables Peaches Cornbread Milk	<p>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.</p>	
<p><b>Average</b>                      <b>Weekly Target</b>                      <b>% of Target</b></p>			<p><b>Average</b>                      <b>% Calories</b>                      <b>Weekly Target</b></p>	
<p><b>Calories</b>                      626                      550-650                      100</p>			<p><b>Saturated Fat</b>                      5.04 g                      7.2%                      &lt; 10.00 %</p>	
<p><b>Sodium</b>                      1108 mg                      &lt; 1230 mg</p>				