

# Moscow School District

Moscow Charter School

Aug-September 2017

Monday	Tuesday	Wednesday	Thursday	Friday
	Aug - 29 French Toast Sticks Pork Sausage Patty Yogurt & PB Sand. Veggies Applesauce Milk Choices	Aug - 30 Cheeseburger Hamburger Yogurt & PB Sand. Potato Wedges Fresh Fruit Choices Milk Choices	Aug - 31 NACHOS Yogurt & PB Sand. Bean Dip Veggies Chilled Fruit Milk Choices	Sep - 1 Chicken Nuggets Yogurt & PB Sand. Green Beans Pears Roll Milk Choices
Sep - 4 NO SCHOOL TODAY	Sep - 5 Chicken Sandwich Yogurt & PB Sand. Baked Beans Veggies Chilled Fruit Milk Choices	Sep - 6 TURKEY AND CHEESE WR Yogurt & PB Sand. Sun Chips Veggies Fresh Fruit Choices Milk Choices	Sep - 7 BBQ Pork Sandwich Yogurt & PB Sand. Corn Chilled Fruit Milk Choices	Sep - 8 Pizza Yogurt & PB Sand. Tossed Salad Fresh Fruit Choices Milk Choices
Sep - 11 Chicken Corn Dog Yogurt & PB Sand. Veggies Apple Wedges Cookie Milk Choices	Sep - 12 Chicken Drumstick Yogurt & PB Sand. Broccoli Apple Crisp Roll Milk Choices	Sep - 13 Chicken Enchilada Bake Yogurt & PB Sand. Tossed Salad Fresh Fruit Choices Milk Choices	Sep - 14 Oven Baked Fish Sticks Yogurt & PB Sand. Twisted Baked Potatoes Fruit mix Roll Milk Choices	Sep - 15 Sub Sandwich Sub Sandwich Yogurt & PB Sand. Sun Chips Veggies Fresh Fruit Choices Milk Choices
Sep - 18 Pizza Bread Stick Yogurt & PB Sand. Veggies Chilled Fruit Raisins	Sep - 19 Chicken Fajita Yogurt & PB Sand. Spanish Rice Corn Chilled Fruit Milk Choices	Sep - 20 CHOICE MENU DAY Yogurt & PB Sand. Veggies Fresh Fruit Choices Milk Choices	Sep - 21 SPAGHETTI & MEATBALLS Yogurt & PB Sand. Tossed Salad Orange Halves Roll Milk Choices	Sep - 22 Cheeseburger Hamburger Yogurt & PB Sand. Baked Beans Potato Wedges Fresh Fruit Choices Milk Choices
Sep - 25 Chicken Nuggets Yogurt & PB Sand. Green Beans Pears Wheat Roll Milk Choices	Sep - 26 Soft Beef Taco Yogurt & PB Sand. Veggies Peaches Tortilla Chips Milk Choices	Sep - 27 Curly Lasagna Yogurt & PB Sand. Tossed Salad Fresh Fruit Choices Milk Choices	Sep - 28 Chicken Sandwich Yogurt & PB Sand. Broccoli and Carrots Chilled Fruit Milk Choices	Sep - 29 Hot Dog on a Bun Yogurt & PB Sand. Baked Beans Veggies Fresh Fruit Choices Milk Choices

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 everyday.

	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	627	600-650	100%	Sat. Fat	5.40 g	7.74%	<10.00%
Sodium	945 mg	1230					

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.

\* - denotes combined nutrient totals with either missing or incomplete nutrient data.

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**