

Moscow School District

Moscow Charter School

January 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 1 NO SCHOOL TODAY	Jan - 2 Cheeseburger Hamburger Yogurt & PB Sand. Baked Beans Fresh Fruit Choices Milk Choices	Jan - 3 Chicken Nuggets Yogurt & PB Sand. Steamed Carrots Pears Wheat Roll Milk Choices	Jan - 4 Pizza Yogurt & PB Sand. Tossed Salad Fresh Fruit Choices Milk Choices	Jan - 5 Corn Dog Nuggets Yogurt & PB Sand. Veggies Apple Wedges Cheese Crackers Milk Choices
Jan - 8 French Toast Sticks Yogurt & PB Sand. Hash Brown Potato Patty Cucumber Slices Applesauce Milk Choices	Jan - 9 Fajita Beef Taco Yogurt & PB Sand. Veggies Peaches Bean Dip Tortilla Chips Milk Choices	Jan - 10 Tangerine Glazed Chicken Rice Yogurt & PB Sand. Steamed Vegetable Mix Chilled Fruit Milk Choices	Jan - 11 Curly Lasagna Yogurt & PB Sand. Tossed Salad Orange Halves Roll Milk Choices	Jan - 12 Chicken Drumstick Yogurt & PB Sand. Broccoli Spiced Apple Slices Roll Milk Choices
Jan - 15 NO SCHOOL TODAY	Jan - 16 Chicken Sandwich Yogurt & PB Sand. Baked Beans Veggies Chilled Fruit Milk Choices	Jan - 17 Sub Sandwich Sub Sandwich Yogurt & PB Sand. Sun Chips Veggies Fresh Fruit Choices Milk Choices	Jan - 18 Corn Dog Yogurt & PB Sand. Veggies Fresh Fruit Choices Goldfish Cheese Cracker Milk Choices	Jan - 19 Pizza Yogurt & PB Sand. Tossed Salad Fresh Fruit Choices Milk Choices
Jan - 22 Chicken Nuggets Yogurt & PB Sand. Green Beans Pears Wheat Roll Milk Choices	Jan - 23 Cheesy Chicken Rice Bake Yogurt & PB Sand. Veggies Chilled Fruit Milk Choices	Jan - 24 Pepperoni Pizza Sticks Yogurt & PB Sand. Veggies Chilled Fruit Raisins	Jan - 25 Hot Dog on a Bun Yogurt & PB Sand. Baked Beans Veggies Fresh Fruit Choices Milk Choices	Jan - 26 NO SCHOOL TODAY
Jan - 29 French Toast Sticks Pork Sausage Patty Yogurt & PB Sand. Veggies Applesauce Milk Choices	Jan - 30 Cheeseburger Hamburger Yogurt & PB Sand. Corn Fresh Fruit Choices Milk Choices	Jan - 31 Idaho Nachos Yogurt & PB Sand. Tossed Salad Fresh Fruit Choices Goldfish Graham Cracker 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	616	600-650	100%	Sat. Fat	5.36 g	7.83%	<10.00%
Sodium	982 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.