

Moscow School District

Moscow Charter School

November 2017

Oct 18, 2017

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Monday	Tuesday	Wednesday	Thursday	Friday
		Nov - 1 NACHOS Yogurt & PB Sand. Bean Dip Veggies Fresh Fruit Choices Milk Choices	Nov - 2 NO SCHOOL TODAY	Nov - 3 NO SCHOOL TODAY
Nov - 6 Chicken Sandwich Yogurt & PB Sand. Corn Chilled Fruit Milk Choices	Nov - 7 Soft Beef Taco Yogurt & PB Sand. Veggies Peaches Bean Dip Tortilla Chips Milk Choices	Nov - 8 Philly Beef Sandwich Yogurt & PB Sand. Veggies Fresh Fruit Choices Milk Choices	Nov - 9 Chicken Drumstick Yogurt & PB Sand. Broccoli Spiced Apple Slices Roll Milk Choices	Nov - 10 Pizza Yogurt & PB Sand. Tossed Salad Fresh Fruit Choices Milk Choices
Nov - 13 Chicken Nuggets Yogurt & PB Sand. Green Beans Pears Wheat Roll Milk Choices	Nov - 14 Hot Dog on a Bun Yogurt & PB Sand. Baked Beans Veggies Fresh Fruit Choices Milk Choices	Nov - 15 Beef & Bean Chili Yogurt & PB Sand. Veggies Chilled Fruit Cinnamon Roll Milk Choices	Nov - 16 TURKEY GRAVY Yogurt & PB Sand. Mashed Potatoes Green Beans Chilled Fruit Roll Milk Choices	Nov - 17 Chicken Corn Dog Yogurt & PB Sand. Twisted Baked Potatoes Apple Wedges Milk Choices
Nov - 20 NO SCHOOL TODAY	Nov - 21 NO SCHOOL TODAY	Nov - 22 NO SCHOOL TODAY	Nov - 23 NO SCHOOL TODAY	Nov - 24 NO SCHOOL TODAY
Nov - 27 Cheeseburger Hamburger Yogurt & PB Sand. Potato Wedges Fresh Fruit Choices Milk Choices	Nov - 28 SPAGHETTI & MEATBALLS Yogurt & PB Sand. Tossed Salad Orange Halves Bread Stick Milk Choices	Nov - 29 Chicken Nuggets Yogurt & PB Sand. Green Beans Pears Wheat Roll Milk Choices	Nov - 30 Sub Sandwich Sub Sandwich Yogurt & PB Sand. Sun Chips 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	660	600-650	102%	Sat. Fat	5.14 g	7.01%	<10.00%
Sodium	1125 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.