

# Moscow School District

Moscow Charter School

December 2017

Monday	Tuesday	Wednesday	Thursday	Friday
				Dec - 1  French Toast Sticks Pork Sausage Patty Yogurt & PB Sand. Veggies Applesauce Milk Choices
Dec - 4  Chicken Nuggets Yogurt & PB Sand. Green Beans Pears Roll Milk Choices	Dec - 5  BBQ Pork Sandwich Yogurt & PB Sand. Baked Beans Veggies Chilled Fruit Milk Choices	Dec - 6  Idaho Nachos Yogurt & PB Sand. Tossed Salad Fresh Fruit Choices Tortilla Chips Milk Choices	Dec - 7  HAM AND CHEESE MELT Yogurt & PB Sand. Sun Chips Veggies Fresh Fruit Choices Milk Choices	Dec - 8  Pizza Yogurt & PB Sand. Tossed Salad Fresh Fruit Choices Milk Choices
Dec - 11  Cheeseburger Hamburger Yogurt & PB Sand. Baked Beans Fresh Fruit Choices Milk Choices	Dec - 12  Oven Baked Fish Sticks Yogurt & PB Sand. Twisted Baked Potatoes Fruit mix Roll Milk Choices	Dec - 13  SOUPED UP SLOPPY JOES Yogurt & PB Sand. Corn Fresh Fruit Choices Milk Choices	Dec - 14  Chicken Sandwich Yogurt & PB Sand. Veggies Chilled Fruit Milk Choices	Dec - 15  Cheese Pull-A-Part Yogurt & PB Sand. Veggies 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	636	600-650	100%	Sat. Fat	5.04 g	7.13%	<10.00%
Sodium	1012 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.**