

# Moscow School District

Russell School  
Aug-Sept 2011

Aug 24, 2011

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Monday	Tuesday	Wednesday	Thursday	Friday
		Aug - 31 HAMBURGER ON A BUN or PEANUT BUTTER SAND Chilled Fruit Veggies Animal Crackers Milk Choices	Sep - 1 CHICKEN NUGGETS or YOGURT Steamed Vegetables Chilled Fruit Wheat Roll Milk Choices	Sep - 2 PIZZA or PEANUT BUTTER SAND Tossed Salad Chilled Fruit Milk Choices
Sep - 5 NO SCHOOL TODAY	Sep - 6 PANCAKES WITH SYRUP SAUSAGE PATTY or YOGURT Potato Wedges Chilled Fruit Milk Choices	Sep - 7 BREADSTICKS / SAUCE STRING CHEESE STICK or PEANUT BUTTER SAND Tossed Salad Chilled Fruit Milk Choices	Sep - 8 SLOPPY JOE ON A ROLL or YOGURT Veggies Chilled Fruit Potato Chips Milk Choices	Sep - 9 CORN DOG or PEANUT BUTTER SAND Steamed Vegetables Chilled Fruit Sugar Cookie Milk Choices
Sep - 12 Chicken Pattie or PEANUT BUTTER SAND Steamed Vegetables Fresh Fruit Choices Milk Choices	Sep - 13 SOFT TACO or YOGURT Corn Chilled Fruit Tortilla Chips Milk Choices	Sep - 14 CHICKEN FAJITAS or PEANUT BUTTER SAND Veggies Fresh Fruit Choices Milk Choices	Sep - 15 YUMMY CHEESE SAND. or YOGURT Tomato Soup Chilled Fruit Veggies Milk Choices	Sep - 16 HAMBURGER ON A BUN or PEANUT BUTTER SAND Chilled Fruit Veggies Ice Cream Bar Milk Choices
Sep - 19 FRENCH TOAST/SYRUP SAUSAGE PATTY or PEANUT BUTTER SAND Potato Wedges Chilled Fruit Milk Choices	Sep - 20 CHICKEN FAJITAS or YOGURT SPANISH RICE Veggies Chilled Fruit Milk Choices	Sep - 21 MACARONI AND CHEESE or PEANUT BUTTER SAND Steamed Vegetables Chilled Fruit Roll Milk Choices	Sep - 22 SUB SANDWICH or YOGURT Chilled Fruit Veggies Potato Chips Milk Choices	Sep - 23 PIZZA or PEANUT BUTTER SAND Tossed Salad Pineapple Bread Stick Milk Choices
Sep - 26 Chicken Pattie or PEANUT BUTTER SAND Steamed Vegetables Fresh Fruit Choices Milk Choices	Sep - 27 BURRITO or YOGURT Corn Veggies Chilled Fruit Milk Choices	Sep - 28 Spaghetti and Meat Sauce or PEANUT BUTTER SAND Tossed Salad Orange Halves Bread Stick Milk Choices	Sep - 29 QUESADILLA or YOGURT Veggies Chilled Fruit Tortilla Chips Bean Dip Milk Choices	Sep - 30 HOT DOG or PEANUT BUTTER SAND Baked Beans Chilled Fruit Veggies Milk Choices

USDA is an equal opportunity provider and employer.  
Menus subject to change based on product availability.  
A variety of milk is offered: fat free white, fat free chocolate and 1% white.

**\*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.

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	Monday	Tuesday	Wednesday	Thursday	Friday
	Average	Target	% of Target	Average	% of Calories
Calories	663	706	94%	28.62 g	17.27%
Cholesterol	49 mg	100	49%	98.27 g	59.31%
Sodium	1217 mg	1410	86%	18.63 g	25.30%
Fiber	7.04 g	7.00	101%	6.16* g	8.36%
Iron	4.11 mg	3.70	111%		
Calcium	507.39 mg	311.33	163%		
Vitamin A	4723* IU	1277	370%		
Vitamin C	17.11* mg	15.57	110%		

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