

Moscow School District

Lena Whitmore School

May-June 2010

Monday	Tuesday	Wednesday	Thursday	Friday
May - 3 FRENCH TOAST/SYRUP PORK SAUSAGE PATTY or PEANUT BUTTER SAND Potato, Hash Brown Cinnamon Applesauce Milk Choices	May - 4 BURRITO or YOGURT Veggies Chilled Fruit Tortilla Chips Milk Choices	May - 5 YUMMY CHEESE SAND. or PEANUT BUTTER SAND Tomato Soup Green Beans Fresh Fruit Choices BROWNIES Milk Choices	May - 6 NO SCHOOL TODAY	May - 7 NO SCHOOL TODAY
May - 10 PIGS IN A BLANKET or PEANUT BUTTER SAND Baked Beans Fresh Fruit Choices Chocolate Pudding Milk Choices	May - 11 SOFT TACO or YOGURT Corn Chilled Fruit Tortilla Chips Milk Choices	May - 12 MANDARIN CHICKEN Rice or PEANUT BUTTER SAND Steamed Vegetables Chilled Fruit Milk Choices	May - 13 SUB SANDWICH or SALAD BAR Veggies Chilled Fruit Potato Chips Milk Choices	May - 14 PIZZA or PEANUT BUTTER SAND Tossed Salad Pineapple Bread Stick Milk Choices
May - 17 Chicken Pattie /Bun or PEANUT BUTTER SAND Steamed Vegetables Fresh Fruit Choices Milk Choices	May - 18 CHICKEN FAJITAS or YOGURT SPANISH RICE Veggies Chilled Fruit Milk Choices	May - 19 CORN DOG or PEANUT BUTTER SAND Potato Wedges Chilled Fruit Oatmeal Cookies Milk Choices	May - 20 Spaghetti and Meat Sauce or SALAD BAR Tossed Salad Orange Halves Italian Bread Milk Choices	May - 21 HAMBURGER ON A BUN or PEANUT BUTTER SAND Potato Wedges Chilled Fruit Wafer Cookie Milk Choices
May - 24 CHICKEN NUGGETS or PEANUT BUTTER SAND BROCCOLI Chilled Fruit Wheat Roll Milk Choices	May - 25 NACHOS or YOGURT Veggies Fresh Fruit Choices Fruitibble Milk Choices	May - 26 BREADSTICKS / SAUCE STRING CHEESE STICK or PEANUT BUTTER SAND Tossed Salad Chilled Fruit Milk Choices	May - 27 PIZZA or YOGURT Carrot Sticks Orange Halves Ice Cream Bar Milk Choices	May - 28 HOT DOG ON A BUN or PEANUT BUTTER SAND Potato Chips Veggies Chilled Fruit Milk Choices
May - 31 NO SCHOOL TODAY	Jun - 1 Chicken Pattie /Bun or YOGURT Steamed Vegetables Fresh Fruit Choices Milk Choices BROWNIES	Jun - 2 CHOICE MENU DAY	Jun - 3 SUB SANDWICH or YOGURT Veggies Chilled Fruit Potato Chips Milk Choices	Jun - 4 Pizza Choices or PEANUT BUTTER SAND Tossed Salad Fresh Fruit Choices Bread Stick Milk Choices
Jun - 7 CHOICE MENU DAY	Jun - 8 CHOICE MENU DAY	Jun - 9 CHOICE MENU DAY		

USDA is an equal opportunity provider and employer.
Menus subject to change based on product availability.

	Average	Target	% of Target		Average	% of Calories	Target
Calories	708	664	107%	Protein	29.45 g	16.63%	9.77
Cholesterol	51 mg	100	51%	Carbohyd	106.89 g	60.37%	
Sodium	1205 mg	1328	91%	Tot. Fat	19.48 g	24.75%	<30.00%
Fiber	7.92 g	6.64	119%	Sat. Fat	6.07 g	7.71%	<10.00%
Iron	4.53 mg	3.47	130%				
Calcium	509.89 mg	286.00	178%				
Vitamin A	4851 IU	1119	434%				
Vitamin C	22.09* mg	15.24	145%				

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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NOTE: * - Denotes missing or incomplete Nutrient Data.