

Moscow School District

Lena Whitmore School

Aug 24, 2011

Aug-Sept 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 HAM and CHEESE BAGEL or PEANUT BUTTER SAND French Fries Fresh Fruit Choices Ice Cream Bar 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 Potato Rounds Chilled Fruit 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 Baked Chicken or PEANUT BUTTER SAND Mashed Potatoes Fresh Fruit Choices 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 NUGGET or PEANUT BUTTER SAND Steamed Vegetables Fresh Fruit Choices Roll Milk Choices	Sep - 27 BURRITO or YOGURT Veggies Chilled Fruit Tortilla Chips Milk Choices	Sep - 28 NACHOS or PEANUT BUTTER SAND Veggies Fresh Fruit Choices Milk Choices	Sep - 29 Spaghetti and Meat Sauce or YOGURT Tossed Salad Chilled Fruit Italian Bread 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.

	Average	Target	% of Target		Average	% of Calories	Target
Calories	676	664	102%	Protein	29.04 g	17.18%	10.00
Cholesterol	51 mg	100	51%	Carbohyd	99.33 g	58.76%	
Sodium	1240 mg	1328	93%	Tot. Fat	19.27 g	25.65%	<=30.00%
Fiber	7.11 g	6.64	107%	Sat. Fat	5.85* g	7.78%	<10.00%
Iron	4.25 mg	3.50	122%				
Calcium	476.58 mg	286.00	167%				
Vitamin A	3863* IU	1120	345%				
Vitamin C	15.29* mg	15.00	102%				

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.