

Moscow School District

Lena Whitmore School

March 2009

Monday	Tuesday	Wednesday	Thursday	Friday
Mar - 2 CHICKEN PATTY ON BUN or PEANUT BUTTER SAND Steamed Vegetables Fresh Fruit Choices Animal Crackers Milk Choices	Mar - 3 SOFT TACO or YOGURT Steamed Vegetables Chilled Fruit Tortilla Chips Milk Choices	Mar - 4 PIGS IN A BLANKET or PEANUT BUTTER SAND Baked Beans Orange Halves Chocolate Pudding Milk Choices	Mar - 5 Spaghetti and Meat Sauce or SALAD BAR Carrot Sticks Grapes Ice Cream Bar Milk Choices	Mar - 6 PIZZA or PEANUT BUTTER SAND Tossed Salad Chilled Fruit Milk Choices
Mar - 9 CHICKEN NUGGETS or PEANUT BUTTER SAND Steamed Vegetables Pineapple Wheat Roll Milk Choices	Mar - 10 BREADSTICKS / SAUCE STRING CHEESE STICK or YOGURT Tossed Salad Chilled Fruit Milk Choices	Mar - 11 SLOPPY JOE ON A BUN or PEANUT BUTTER SAND Veggies Chilled Fruit Sugar Cookie Milk Choices	Mar - 12 Chicken Quesadilla or SALAD BAR Fresh Fruit Choice Refried Beans Tossed Salad Tortilla Chips Milk Choices	Mar - 13 SUB SANDWICH or PEANUT BUTTER SAND Potato Chips Fresh Fruit Choices Carrot/Celery Sticks Milk Choices
Mar - 16 NO SCHOOL TODAY	Mar - 17 NO SCHOOL TODAY	Mar - 18 NO SCHOOL TODAY	Mar - 19 NO SCHOOL TODAY	Mar - 20 NO SCHOOL TODAY
Mar - 23 Popcorn Chicken or PEANUT BUTTER SAND Potato Rounds Orange Halves Roll Milk Choices	Mar - 24 WAFFLES WITH SYRUP PORK SAUSAGE PATTY or YOGURT Potato Wedges Blueberries, Frozen Milk Choices	Mar - 25 PIZZA or PEANUT BUTTER SAND Veggies Pears DIRT PUDDING Milk Choices	Mar - 26 NACHOS or SALAD BAR Veggies Chilled Fruit Milk Choices	Mar - 27 HAMBURGER ON A BUN or PEANUT BUTTER SAND Potato Rounds Chilled Fruit Fruitibble Milk Choices
Mar - 30 CORN DOG or PEANUT BUTTER SAND Veggies Fresh Fruit Choices Wafer Cookie Milk Choices	Mar - 31 PIZZA or YOGURT Tossed Salad Chilled Fruit Milk Choices			

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	697	664	105%	Protein	29.56 g	16.96%	9.77
Cholesterol	61 mg	100	61%	Carbohyd	96.57 g	55.39%	
Sodium	1219 mg	1328	92%	Tot. Fat	23.08 g	29.79%	<30.00%
Fiber	8.19 g	6.64	123%	Sat. Fat	7.79 g	10.06%	<10.00%
Iron	4.52 mg	3.47	130%				
Calcium	489.30 mg	286.00	171%				
Vitamin A	4474 IU	1119	400%				
Vitamin C	16.68 mg	15.24	109%				