

Moscow School District

Lena Whitmore School

March 2010

Monday	Tuesday	Wednesday	Thursday	Friday
Mar - 1 FRENCH TOAST/SYRUP PORK SAUSAGE PATTY or PEANUT BUTTER SAND Potato, Hash Brown Cinnamon Applesauce Milk Choices	Mar - 2 BURRITO or YOGURT Veggies Chilled Fruit Tortilla Chips Milk Choices	Mar - 3 PIGS IN A BLANKET or PEANUT BUTTER SAND Baked Beans Fresh Fruit Choices Chocolate Pudding Milk Choices	Mar - 4 YUMMY CHEESE SAND. or SALAD BAR Tomato Soup Chilled Fruit Veggies Milk Choices	Mar - 5 PIZZA or PEANUT BUTTER SAND Green Beans STRAWBERRIES Ice Cream Bar Milk Choices
Mar - 8 Chicken Pattie /Bun or PEANUT BUTTER SAND Steamed Vegetables Fresh Fruit Choices Milk Choices BROWNIES	Mar - 9 NACHOS or YOGURT Corn Chilled Fruit Fruitibble Milk Choices	Mar - 10 MANDARIN CHICKEN or PEANUT BUTTER SAND Rice Steamed Vegetables Chilled Fruit Milk Choices	Mar - 11 QUESADILLA or SALAD BAR Potato Rounds Veggies Chilled Fruit Milk Choices	Mar - 12 HAMBURGER ON A BUN or PEANUT BUTTER SAND French Fries Chilled Fruit Veggies Milk Choices
Mar - 15 NO SCHOOL TODAY	Mar - 16 NO SCHOOL TODAY	Mar - 17 CHOICE MENU DAY	Mar - 18 NO SCHOOL TODAY	Mar - 19 NO SCHOOL TODAY
Mar - 22 CHICKEN NUGGETS or PEANUT BUTTER SAND BROCCOLI Chilled Fruit Wheat Roll Milk Choices	Mar - 23 CHILI or YOGURT Veggies Fresh Fruit Choices Cinnamon Roll Milk Choices	Mar - 24 SLOPPY JOE ON A ROLL or PEANUT BUTTER SAND Tater Tots Apple Wedges Ice Cream Bar Milk Choices	Mar - 25 SUB SANDWICH or SALAD BAR Veggies Chilled Fruit Potato Chips Milk Choices	Mar - 26 PIZZA or PEANUT BUTTER SAND Tossed Salad Pineapple Bread Stick Milk Choices
Mar - 29 Chicken Pattie /Bun or PEANUT BUTTER SAND Steamed Vegetables Fresh Fruit Choices Milk Choices BROWNIES	Mar - 30 CHICKEN FAJITAS or YOGURT SPANISH RICE Veggies Chilled Fruit Milk Choices	Mar - 31 BREADSTICKS / SAUCE STRING CHEESE STICK or PEANUT BUTTER SAND 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	724	664	109%	Protein	28.93* g	15.97%	9.77
Cholesterol	52 mg	100	52%	Carbohydr	110.49 g	61.01%	
Sodium	1243 mg	1328	94%	Tot. Fat	19.84 g	24.65%	<30.00%
Fiber	8.48* g	6.64	128%	Sat. Fat	6.34* g	7.88%	<10.00%
Iron	4.60* mg	3.47	133%				
Calcium	502.71* mg	286.00	176%				
Vitamin A	5295* IU	1119	473%				
Vitamin C	20.31* mg	15.24	133%				

NOTE: * - Denotes missing or incomplete Nutrient Data.