

Moscow School District

Aug-Sept 2011

Aug 24, 2011

McDonald School

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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 CHOICE MENU DAY | 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 CHOICE MENU DAY | 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 Veggies Chilled Fruit Tortilla Chips Milk Choices | Sep - 28 CHOICE MENU DAY | Sep - 29 Spaghetti and Meat Sauce or YOGURT Tossed Salad Orange Halves 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 | 698 | 664 | 105% | Protein | 29.31 g | 16.79% | 10.00 |
| Cholesterol | 52 mg | 100 | 52% | Carbohyd | 104.33 g | 59.77% | |
| Sodium | 1257 mg | 1328 | 95% | Tot. Fat | 19.56 g | 25.21% | <=30.00% |
| Fiber | 7.16 g | 6.64 | 108% | Sat. Fat | 6.10* g | 7.86% | <10.00% |
| Iron | 4.55 mg | 3.50 | 130% | | | | |
| Calcium | 493.16 mg | 286.00 | 172% | | | | |
| Vitamin A | 4368* IU | 1120 | 390% | | | | |
| Vitamin C | 18.11* mg | 15.00 | 121% | | | | |

***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.