

# Moscow School District

March 2010

McDonald School

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 YUMMY CHEESE SAND. or PEANUT BUTTER SAND Tomato Soup Chilled Fruit Veggies Milk Choices	Mar - 4 MANDARIN CHICKEN or SALAD BAR Rice Steamed Vegetables Chilled Fruit Fortune Cookie Milk Choices	Mar - 5 PIZZA or PEANUT BUTTER SAND Tossed Salad Pineapple Bread Stick Milk Choices
Mar - 8 Chicken Pattie /Bun or PEANUT BUTTER SAND Steamed Vegetables Fresh Fruit Choices Milk Choices BROWNIES	Mar - 9 CRISP BEEF TACO or YOGURT Corn Chilled Fruit Tortilla Chips Milk Choices	Mar - 10 BREADSTICKS / SAUCE STRING CHEESE STICK or PEANUT BUTTER SAND Tossed Salad 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 Chilled Fruit Veggies Ice Cream Bar Milk Choices
Mar - 15 NO SCHOOL TODAY	Mar - 16 NO SCHOOL TODAY	Mar - 17 NO SCHOOL TODAY	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 Spaghetti and Meat Sauce or YOGURT Tossed Salad Orange Halves Italian Bread Milk Choices	Mar - 24 HOT DOG ON A BUN or PEANUT BUTTER SAND Tater Tots Fresh Fruit Choices Sugar Cookie 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 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	724	664	109%	Protein	29.14* g	16.10%	9.77
Cholesterol	54 mg	100	54%	Carbohyd	107.73 g	59.51%	
Sodium	1217 mg	1328	92%	Tot. Fat	20.80 g	25.85%	<30.00%
Fiber	7.67* g	6.64	115%	Sat. Fat	6.42* g	7.98%	<10.00%
Iron	4.56* mg	3.47	131%				
Calcium	505.37* mg	286.00	177%				
Vitamin A	5752* IU	1119	514%				
Vitamin C	20.30* mg	15.24	133%				

NOTE: \* - Denotes missing or incomplete Nutrient Data.