

Moscow School District

Russell School

March 2010

Monday	Tuesday	Wednesday	Thursday	Friday
Mar - 1 FRENCH TOAST/SYRUP PORK SAUSAGE PATTY or PEANUT BUTTER SAND Potato, Hash Brown Spiced Apple Slices Milk Choices	Mar - 2 BURRITO or YOGURT Veggies Chilled Fruit Tortilla Chips Milk Choices	Mar - 3 HOT DOG ON A BUN or PEANUT BUTTER SAND French Fries Veggies Chilled Fruit Milk Choices	Mar - 4 QUESADILLA or YOGURT Corn Veggies Chilled Fruit 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 Chocolate Cake	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 MANDARIN CHICKEN or YOGURT Rice Steamed Vegetables 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 NACHOS or YOGURT Tossed Salad Orange Halves Milk Choices	Mar - 24 PIGS IN A BLANKET or PEANUT BUTTER SAND Baked Beans Fresh Fruit Choices Chocolate Pudding Milk Choices	Mar - 25 SUB SANDWICH or YOGURT 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 YUMMY CHEESE SAND. or PEANUT BUTTER SAND Chicken Noodle Soup Veggies 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	695	706	98%	Protein	28.72* g	16.54%	11.27
Cholesterol	52 mg	100	52%	Carbohyd	104.83 g	60.37%	
Sodium	1191 mg	1410	84%	Tot. Fat	19.09 g	24.74%	<30.00%
Fiber	7.30 g	7.00	104%	Sat. Fat	6.01 g	7.79%	<10.00%
Iron	4.27 mg	3.70	115%				
Calcium	526.35 mg	311.33	169%				
Vitamin A	4709 IU	1277	369%				
Vitamin C	18.11* mg	15.57	116%				

NOTE: * - Denotes missing or incomplete Nutrient Data.