

Moscow School District

Russell School

May June 2010

Monday	Tuesday	Wednesday	Thursday	Friday
May - 3 FRENCH TOAST/SYRUP PORK SAUSAGE PATTY or PEANUT BUTTER SAND Potato, Hash Brown Cinnamon Applesauce Milk Choices	May - 4 BURRITO or YOGURT Veggies Chilled Fruit Tortilla Chips Milk Choices	May - 5 HAMBURGER ON A BUN or PEANUT BUTTER SAND Steamed Vegetables Fresh Fruit Choices Milk Choices	May - 6 NO SCHOOL TODAY	May - 7 NO SCHOOL TODAY
May - 10 PIGS IN A BLANKET or PEANUT BUTTER SAND Baked Beans Fresh Fruit Choices Chocolate Pudding Milk Choices	May - 11 SOFT TACO or YOGURT Corn Chilled Fruit Tortilla Chips Milk Choices	May - 12 MANDARIN CHICKEN Rice or PEANUT BUTTER SAND Steamed Vegetables Chilled Fruit Milk Choices	May - 13 SUB SANDWICH or YOGURT Veggies Chilled Fruit Potato Chips Milk Choices	May - 14 PIZZA or PEANUT BUTTER SAND Tossed Salad Pineapple Bread Stick Milk Choices
May - 17 Chicken Pattie /Bun or PEANUT BUTTER SAND Steamed Vegetables Fresh Fruit Choices Milk Choices BROWNIES	May - 18 CHICKEN FAJITAS or YOGURT SPANISH RICE Veggies Chilled Fruit Milk Choices	May - 19 CORN DOG or PEANUT BUTTER SAND Potato Chips Veggies Fresh Fruit Choices Milk Choices	May - 20 Sloppy Joes on Bun or YOGURT Tossed Salad Orange Halves Milk Choices	May - 21 HAMBURGER ON A BUN or PEANUT BUTTER SAND Potato Wedges Chilled Fruit Wafer Cookie Milk Choices
May - 24 CHICKEN NUGGETS or PEANUT BUTTER SAND BROCCOLI Chilled Fruit Wheat Roll Milk Choices	May - 25 CHOICE MENU DAY	May - 26 BREADSTICKS / SAUCE STRING CHEESE STICK or PEANUT BUTTER SAND Tossed Salad Chilled Fruit Milk Choices	May - 27 NACHOS or YOGURT Veggies Fresh Fruit Choices Milk Choices	May - 28 PIZZA or PEANUT BUTTER SAND Tossed Salad Pineapple Ice Cream Bar Milk Choices
May - 31 NO SCHOOL TODAY	Jun - 1 Chicken Pattie /Bun or YOGURT Steamed Vegetables Fresh Fruit Choices Milk Choices Animal Crackers	Jun - 2 CHICKEN FAJITAS or PEANUT BUTTER SAND Potato Chips Veggies Fresh Fruit Choices Fruitibbble Milk Choices	Jun - 3 SUB SANDWICH or YOGURT Veggies Chilled Fruit Potato Chips Milk Choices	Jun - 4 HOT DOG or PEANUT BUTTER SAND MACARONI AND CHEESE Chilled Fruit Veggies Milk Choices
Jun - 7 CHOICE MENU DAY	Jun - 8 CHOICE MENU DAY	Jun - 9 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	685	706	97%	Protein	29.08 g	16.97%	11.27
Cholesterol	49 mg	100	49%	Carbohyd	102.06 g	59.57%	
Sodium	1208 mg	1410	86%	Tot. Fat	19.10 g	25.09%	<30.00%
Fiber	7.44 g	7.00	106%	Sat. Fat	6.01 g	7.90%	<10.00%
Iron	4.21 mg	3.70	114%				
Calcium	515.18 mg	311.33	165%				
Vitamin A	4847 IU	1277	380%				
Vitamin C	20.40* mg	15.57	131%				

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.

Moscow School District

Russell School

May June 2010

Monday

Tuesday

Wednesday

Thursday

Friday

NOTE: * - Denotes missing or incomplete Nutrient Data.