

# Moscow School District

March 2010

West Park School

Monday	Tuesday	Wednesday	Thursday	Friday
Mar - 1 BURRITO or PEANUT BUTTER SAND Veggies Chilled Fruit Tortilla Chips Milk Choices	Mar - 2 FRENCH TOAST/SYRUP PORK SAUSAGE PATTY or YOGURT Potato, Hash Brown Cinnamon Applesauce Milk Choices	Mar - 3 PIGS IN A BLANKET or PEANUT BUTTER SAND Baked Beans Fresh Fruit Choices Chocolate Pudding Milk Choices	Mar - 4 MANDARIN CHICKEN or YOGURT Rice Steamed Vegetables 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 Ice Cream Bar	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 YOGURT Potato Rounds Veggies Chilled Fruit Milk Choices	Mar - 12 HAMBURGER ON A BUN or PEANUT BUTTER SAND Chilled Fruit Veggies BROWNIES 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 TACO PIE WITH BEANS or PEANUT BUTTER SAND Tossed Salad Fresh Fruit Choices Milk Choices	Mar - 25 SUB SANDWICH or YOGURT Veggies Chilled Fruit Potato Chips Sugar Cookie 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	Mar - 30 CHICKEN FAJITAS or YOGURT SPANISH RICE Veggies Chilled Fruit Milk Choices	Mar - 31 HOT DOG ON A BUN or PEANUT BUTTER SAND Veggies Chilled Fruit YELLOW CAKE		

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	677	634	107%	Protein	27.66* g	16.34%	8.65
Cholesterol	50 mg	100	50%	Carbohyd	101.70 g	60.09%	
Sodium	1188 mg	1267	94%	Tot. Fat	18.88 g	25.10%	<30.00%
Fiber	7.32 g	6.34	115%	Sat. Fat	6.00 g	7.98%	<10.00%
Iron	4.33 mg	3.30	131%				
Calcium	506.32 mg	267.00	190%				
Vitamin A	4814 IU	1000	481%				
Vitamin C	19.07* mg	15.00	127%				

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