

# Moscow School District

Aug-Sept 2011

Aug 24, 2011

## Moscow High School

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Monday	Tuesday	Wednesday	Thursday	Friday
		Aug - 31 CHICKEN PATTY / BUN Potatoes / Chips Fresh Fruit Choices Fresh Veggies Milk Choices Grab and Go/PB sand/Yog	Sep - 1 SOFT TACO Grab and Go/PB sand/Yog Corn Fresh Fruit Choices Fresh Veggies Milk Choices	Sep - 2 HAMBURGER ON A BUN Grab and Go/PB sand/Yog Potatoes / Chips Baked Beans Fresh Fruit Choices Fresh Veggies Milk Choices
Sep - 5 NO SCHOOL TODAY	Sep - 6 CHICKEN FAJITAS Grab and Go/PB sand/Yog SPANISH RICE REFRIED BEANS Fresh Fruit Choices Fresh Veggies Milk Choices	Sep - 7 SUPER SUB Grab and Go/PB sand/Yog Potatoes / Chips Fresh Fruit Choices Fresh Veggies Milk Choices	Sep - 8 Fish Sandwich Grab and Go/PB sand/Yog French Fries Fresh Fruit Choices Fresh Veggies Milk Choices	Sep - 9 HAMBURGER ON A BUN Grab and Go/PB sand/Yog Potatoes / Chips Baked Beans Fresh Fruit Choices Fresh Veggies Milk Choices
Sep - 12 CHICKEN PATTY / BUN Pizza Choices Potatoes / Chips Fresh Fruit Choices Fresh Veggies Milk Choices	Sep - 13 SOFT TACO Salads/Sandwiches To Go Corn Fresh Fruit Choices Fresh Veggies Milk Choices	Sep - 14 SPAGHETTI & MEAT SC. Pizza Choices Fresh Fruit Choices Fresh Veggies Italian Bread Milk Choices	Sep - 15 Chicken Teriyaki Bowl Rice Salads/Sandwiches To Go Fresh Fruit Choices Fresh Veggies Milk Choices	Sep - 16 BBQ PORK SANDWICH Salads/Sandwiches To Go Potatoes / Chips Baked Beans Fresh Fruit Choices Fresh Veggies Milk Choices
Sep - 19 CORN DOG Pizza Choices Potatoes / Chips Fresh Fruit Choices Fresh Veggies Milk Choices	Sep - 20 BEEF/BEAN ENCHILADA Salads/Sandwiches To Go SPANISH RICE REFRIED BEANS Fresh Fruit Choices Fresh Veggies Milk Choices	Sep - 21 SUPER SUB Pizza Choices Potatoes / Chips Fresh Fruit Choices Fresh Veggies Milk Choices	Sep - 22 CHICKEN AND NOODLES Salads/Sandwiches To Go Fresh Fruit Choices Fresh Veggies Roll Milk Choices	Sep - 23 HAMBURGER ON A BUN Salads/Sandwiches To Go Potatoes / Chips Baked Beans Fresh Fruit Choices Fresh Veggies Milk Choices
Sep - 26 CHICKEN NUGGET Pizza Choices Potatoes / Chips Fresh Fruit Choices Fresh Veggies Roll Milk Choices	Sep - 27 NACHOS Salads/Sandwiches To Go Corn Fresh Fruit Choices Fresh Veggies Milk Choices	Sep - 28 MACARONI AND CHEESE Pizza Choices Fresh Fruit Choices Fresh Veggies Italian Bread Milk Choices	Sep - 29 FRENCH DIP Salads/Sandwiches To Go Fresh Fruit Choices Fresh Veggies Milk Choices	Sep - 30 GERMAN SAUSAGE/BUN Salads/Sandwiches To Go Potatoes / Chips Baked Beans Fresh Fruit Choices Fresh 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.

**\*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.

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Monday	Tuesday	Wednesday	Thursday	Friday			
	Average	Target	% of Target	Average	% of Calories	Target	
Calories	805	867	93%	Protein	33.69 g	16.74%	17.20
Cholesterol	47 mg	100	47%	Carbohyd	114.50 g	56.89%	
Sodium	1605 mg	1734	93%	Tot. Fat	25.76 g	28.80%	<=30.00%
Fiber	12.94* g	8.60	150%	Sat. Fat	6.58 g	7.35%	<10.00%
Iron	6.02* mg	4.50	134%				
Calcium	542.71* mg	400.00	136%				
Vitamin A	17474* IU	1500	1165%				
Vitamin C	64.84 mg	20.00	324%				

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