

# Moscow School District

March 2010

## Moscow High School

Monday	Tuesday	Wednesday	Thursday	Friday
Mar - 1 Hawaiian Chicken/Bun Pizza Choices Salads To Go Potatoes / Chips Fresh Fruit Choices Fresh Veggies Roll Milk Choices	Mar - 2 BURRITO Pizza Choices Salads To Go SPANISH RICE REFRIED BEANS Fresh Fruit Choices Fresh Veggies Roll Milk Choices	Mar - 3 TURKEY GRAVY Mashed Potatoes Pizza Choices Steamed Vegetables Salads To Go Fresh Fruit Choices Fresh Veggies Roll CHERRY CRISP Milk Choices	Mar - 4 BREADSTICKS / SAUCE Pizza Choices Salads To Go Fresh Fruit Choices Fresh Veggies Milk Choices	Mar - 5 HAMBURGER ON A BUN GERMAN SAUSAGE/BUN Pizza Choices Salads To Go Potatoes / Chips Baked Beans Fresh Fruit Choices Fresh Veggies Roll Milk Choices
Mar - 8 CHICKEN PATTY / BUN Pizza Choices Salads To Go Potatoes / Chips Fresh Fruit Choices Fresh Veggies Roll Milk Choices	Mar - 9 SOFT TACO Pizza Choices Salads To Go Corn Fresh Fruit Choices Fresh Veggies Roll Milk Choices	Mar - 10 SPAGHETTI & MEAT SC. Pizza Choices Salads To Go Fresh Fruit Choices Fresh Veggies Roll Milk Choices	Mar - 11 SUPER SUB Pizza Choices Salads To Go Potatoes / Chips Fresh Fruit Choices Fresh Veggies Roll Milk Choices	Mar - 12 HAMBURGER ON A BUN Fish Sandwich Pizza Choices Salads To Go Potatoes / Chips Baked Beans Fresh Fruit Choices Fresh Veggies Roll 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 Pizza Choices Salads To Go Potatoes / Chips Fresh Fruit Choices Fresh Veggies Roll Milk Choices	Mar - 23 CHICKEN FAJITAS Pizza Choices Salads To Go SPANISH RICE REFRIED BEANS Fresh Fruit Choices Fresh Veggies Roll Milk Choices	Mar - 24 CHILI Pizza Choices Potatoes / Chips Salads To Go Fresh Fruit Choices Fresh Veggies CORNBREAD Milk Choices	Mar - 25 MACARONI AND CHEESE Pizza Choices Salads To Go Fresh Fruit Choices Fresh Veggies Italian Bread Milk Choices	Mar - 26 HAMBURGER ON A BUN BARBECUED BEEF ON A R Pizza Choices Salads To Go Potatoes / Chips Baked Beans Fresh Fruit Choices Fresh Veggies Roll Milk Choices
Mar - 29 CHICKEN PATTY / BUN Pizza Choices Salads To Go Potatoes / Chips Fresh Fruit Choices Fresh Veggies Roll Milk Choices	Mar - 30 TACO PIE WITH BEANS Pizza Choices Salads To Go Corn Fresh Fruit Choices Fresh Veggies Roll Milk Choices	Mar - 31 CHICKEN FAJITAS Pizza Choices Potatoes / Chips Salads To Go Fresh Fruit Choices Fresh Veggies Roll 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	865	867	100%	Protein	35.14 g	16.26%	17.20
Cholesterol	46 mg	100	46%	Carbohyd	125.99 g	58.29%	
Sodium	1600 mg	1734	92%	Tot. Fat	26.22 g	27.30%	<30.00%
Fiber	14.16* g	8.60	165%	Sat. Fat	6.94 g	7.23%	<10.00%
Iron	5.67* mg	4.50	126%				
Calcium	584.95* mg	400.00	146%				
Vitamin A	16389 IU	1500	1093%				
Vitamin C	70.10* mg	20.00	350%				

# Moscow School District

March 2010

Moscow High School

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

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