

Moscow School District

May-June 2010

Moscow High School

Monday	Tuesday	Wednesday	Thursday	Friday
May - 3 CHICKEN PATTY / BUN Pizza Choices Salads To Go Potatoes / Chips Fresh Fruit Choices Fresh Veggies Roll Milk Choices	May - 4 BURRITO Pizza Choices Salads To Go SPANISH RICE REFRIED BEANS Fresh Fruit Choices Fresh Veggies Roll Milk Choices	May - 5 Toasted Cheese Sandwich Tomato Soup Pizza Choices Salads To Go Potatoes / Chips Fresh Fruit Choices Fresh Veggies Roll Milk Choices	May - 6 NO SCHOOL TODAY	May - 7 NO SCHOOL TODAY
May - 10 Chicken Nuggets Pizza Choices Salads To Go Potatoes / Chips Fresh Fruit Choices Fresh Veggies Roll Milk Choices	May - 11 SOFT TACO Pizza Choices Salads To Go Corn Fresh Fruit Choices Fresh Veggies Roll Milk Choices	May - 12 BEEF STIR-FRY Rice Pizza Choices Salads To Go Fresh Fruit Choices Fresh Veggies Roll Milk Choices	May - 13 SPAGHETTI & MEAT SC. Pizza Choices Salads To Go Fresh Fruit Choices Fresh Veggies Roll Milk Choices	May - 14 HAMBURGER ON A BUN GERMAN SAUSAGE/BUN Pizza Choices Salads To Go Potatoes / Chips Baked Beans Fresh Fruit Choices Fresh Veggies Roll Milk Choices
May - 17 Hawaiian Chicken/Bun Pizza Choices Salads To Go Potatoes / Chips Fresh Fruit Choices Fresh Veggies Roll Milk Choices	May - 18 CHICKEN FAJITAS Pizza Choices Salads To Go SPANISH RICE REFRIED BEANS Fresh Fruit Choices Fresh Veggies Roll Milk Choices	May - 19 TURKEY GRAVY Mashed Potatoes Green Beans Pizza Choices Salads To Go Fresh Fruit Choices Fresh Veggies Roll Milk Choices	May - 20 BREADSTICKS / SAUCE Pizza Choices Salads To Go Fresh Fruit Choices Fresh Veggies Milk Choices	May - 21 HAMBURGER ON A BUN Fish Sandwich Pizza Choices Salads To Go Potatoes / Chips Baked Beans Fresh Fruit Choices Fresh Veggies Roll Milk Choices
May - 24 MANDARIN CHICKEN Rice Pizza Choices Salads To Go Fresh Fruit Choices Fresh Veggies Roll Milk Choices	May - 25 TACO PIE WITH BEANS Pizza Choices Salads To Go Corn Fresh Fruit Choices Fresh Veggies Roll Milk Choices	May - 26 Chili Pizza Choices Salads To Go Potatoes / Chips Fresh Fruit Choices Fresh Veggies Cinnamon Roll Milk Choices	May - 27 SUPER SUB Pizza Choices Salads To Go Potatoes / Chips Fresh Fruit Choices Fresh Veggies Roll Milk Choices	May - 28 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
May - 31 NO SCHOOL TODAY	Jun - 1 CHOICE MENU DAY	Jun - 2 CHOICE MENU DAY	Jun - 3 CHOICE MENU DAY	Jun - 4 CHOICE MENU DAY
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.

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	846	867	98%	Protein	34.61 g	16.37%	17.20
Cholesterol	47 mg	100	47%	Carbohyd	123.18 g	58.27%	
Sodium	1567 mg	1734	90%	Tot. Fat	25.60 g	27.24%	<30.00%
Fiber	13.56* g	8.60	158%	Sat. Fat	6.77 g	7.21%	<10.00%
Iron	5.57* mg	4.50	124%				
Calcium	564.67* mg	400.00	141%				
Vitamin A	18590 IU	1500	1239%				
Vitamin C	70.34* mg	20.00	352%				

NOTE: * - Denotes missing or incomplete Nutrient Data.