

Moscow School District

Moscow Junior High School

Aug-Sept 2011

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|--|
| | | Aug - 31 HAMBURGER ON A BUN OR DAILY CHOICES Potatoes / Chips Fresh Fruit Choices SALAD BAR Milk Choices | Sep - 1 FRENCH TOAST/SYRUP OR DAILY CHOICES Hash Brown Potato Patty Fresh Fruit Choices SALAD BAR Milk Choices | Sep - 2 HOT DOG ON A BUN OR DAILY CHOICES Chip Choices Baked Beans Fresh Fruit Choices SALAD BAR Milk Choices |
| Sep - 5 NO SCHOOL TODAY | Sep - 6 BURRITO OR DAILY CHOICES SPANISH RICE Refried Beans Fresh Fruit Choices SALAD BAR Milk Choices | Sep - 7 CHILI OR DAILY CHOICES Fresh Fruit Choices SALAD BAR Cinn/Sugar Breadsticks Milk Choices | Sep - 8 SUPER SUB OR DAILY CHOICES Chip Choices Fresh Fruit Choices SALAD BAR Milk Choices | Sep - 9 PIZZA BREADSTICKS OR DAILY CHOICES Fresh Fruit Choices SALAD BAR Milk Choices |
| Sep - 12 CHICKEN PATTY ON BUN OR DAILY CHOICES Chip Choices Fresh Fruit Choices SALAD BAR Milk Choices | Sep - 13 CHICKEN FAJITAS OR DAILY CHOICES REFRIED BEANS Fresh Fruit Choices SALAD BAR Tortilla Chips Milk Choices | Sep - 14 CORN DOG OR DAILY CHOICES French Fries Fresh Fruit Choices SALAD BAR Roll Milk Choices | Sep - 15 SPAGHETTI & MEAT SC. OR DAILY CHOICES Fresh Fruit Choices SALAD BAR Italian Bread Milk Choices | Sep - 16 Chicken Teriyaki Bowl Rice OR DAILY CHOICES Fresh Fruit Choices SALAD BAR Milk Choices |
| Sep - 19 SLOPPY JOE ON A ROLL OR DAILY CHOICES Potato Rounds Fresh Fruit Choices SALAD BAR Milk Choices | Sep - 20 SOFT TACO OR DAILY CHOICES SPANISH RICE REFRIED BEANS Fresh Fruit Choices SALAD BAR Milk Choices | Sep - 21 CHICKEN NUGGET OR DAILY CHOICES Steamed Vegetables Fresh Fruit Choices SALAD BAR Roll Milk Choices | Sep - 22 SUPER SUB OR DAILY CHOICES Chip Choices Fresh Fruit Choices SALAD BAR Milk Choices | Sep - 23 PIGS IN A BLANKET OR DAILY CHOICES Chip Choices Baked Beans Fresh Fruit Choices SALAD BAR Milk Choices |
| Sep - 26 CHICKEN PATTY ON BUN OR DAILY CHOICES French Fries Fresh Fruit Choices SALAD BAR Milk Choices | Sep - 27 CRISP BEEF TACO OR DAILY CHOICES Corn Fresh Fruit Choices SALAD BAR Milk Choices | Sep - 28 Pizza Choices OR DAILY CHOICES Fresh Fruit Choices SALAD BAR Bread Stick Milk Choices | Sep - 29 MACARONI AND CHEESE OR DAILY CHOICES Fresh Fruit Choices SALAD BAR Roll Milk Choices | Sep - 30 MEAT BALLS OR DAILY CHOICES Steamed Vegetables Fresh Fruit Choices SALAD BAR Roll 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.

Moscow School District
 Moscow Junior High School
 Aug-Sept 2011

Aug 25, 2011

| Monday | Tuesday | Wednesday | Thursday | Friday | | | |
|-------------|-----------|-----------|-------------|----------|---------------|--------|----------|
| | Average | Target | % of Target | Average | % of Calories | Target | |
| Calories | 761 | 825 | 92% | Protein | 31.35 g | 16.48% | 16.20 |
| Cholesterol | 52 mg | 100 | 52% | Carbohyd | 110.12 g | 57.88% | |
| Sodium | 1429 mg | 1650 | 87% | Tot. Fat | 23.06 g | 27.27% | <=30.00% |
| Fiber | 9.69 g | 8.25 | 117% | Sat. Fat | 6.29 g | 7.44% | <10.00% |
| Iron | 4.91 mg | 4.50 | 109% | | | | |
| Calcium | 474.11 mg | 400.00 | 119% | | | | |
| Vitamin A | 2763* IU | 1500 | 184% | | | | |
| Vitamin C | 29.73* mg | 18.35 | 162% | | | | |

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