

Moscow School District
Moscow Junior High School
March 2010

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|---|
| Mar - 1 HAMBURGER ON A BUN OR DAILY CHOICES Potatoes / Chips Fresh Fruit Choices SALAD BAR Roll Wafer Cookie Milk Choices | Mar - 2 BURRITO OR DAILY CHOICES Refried Beans Fresh Fruit Choices SALAD BAR Tortilla Chips Roll Milk Choices | Mar - 3 HOT DOG ON A BUN GERMAN SAUSAGE/BUN OR DAILY CHOICES French Fries Fresh Fruit Choices SALAD BAR Roll APPLE CRISP Milk Choices | Mar - 4 SUPER SUB OR DAILY CHOICES CHIPS Fresh Fruit Choices SALAD BAR Roll Milk Choices | Mar - 5 Pizza Choices BREADSTICKS OR DAILY CHOICES Fresh Fruit Choices SALAD BAR Milk Choices |
| Mar - 8 CHICKEN PATTY ON BUN OR DAILY CHOICES Potatoes / Chips Fresh Fruit Choices SALAD BAR Roll Milk Choices | Mar - 9 CHICKEN FAJITAS OR DAILY CHOICES SPANISH RICE REFRIED BEANS Fresh Fruit Choices SALAD BAR Roll Milk Choices | Mar - 10 WAFFLES WITH SYRUP PORK SAUSAGE PATTY OR DAILY CHOICES Potato, Hash Brown STRAWBERRIES SALAD BAR Roll Milk Choices | Mar - 11 MACARONI AND CHEESE OR DAILY CHOICES Steamed Vegetables Fresh Fruit Choices Veggies SALAD BAR Roll Milk Choices | Mar - 12 Pizza Choices BREADSTICKS OR DAILY CHOICES Fresh Fruit Choices SALAD BAR Ice Cream Bar 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 PATTY ON BUN OR DAILY CHOICES Potatoes / Chips Fresh Fruit Choices SALAD BAR Roll Milk Choices | Mar - 23 SOFT TACO OR DAILY CHOICES REFRIED BEANS Fresh Fruit Choices SALAD BAR Roll Tortilla Chips Oatmeal Cookies Milk Choices | Mar - 24 MANDARIN CHICKEN Rice OR DAILY CHOICES Steamed Vegetables Fresh Fruit Choices SALAD BAR Roll Milk Choices | Mar - 25 SUPER SUB TUNA SALAD SANDWICH OR DAILY CHOICES CHIPS Fresh Fruit Choices SALAD BAR Roll Milk Choices | Mar - 26 Pizza Choices BREADSTICKS OR DAILY CHOICES Fresh Fruit Choices SALAD BAR Milk Choices |
| Mar - 29 HAMBURGER ON A BUN OR DAILY CHOICES Potatoes / Chips Fresh Fruit Choices SALAD BAR Roll Wafer Cookie Milk Choices | Mar - 30 SHREDDED TURKEY TACO OR DAILY CHOICES REFRIED BEANS Fresh Fruit Choices SALAD BAR Roll Tortilla Chips Milk Choices | Mar - 31 CHICKEN FAJITAS OR DAILY CHOICES Potatoes / Chips Fresh Fruit Choices SALAD BAR Roll Milk Choices | | |

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Menus subject to change based on product availability.

| | Average | Target | % of Target | | Average | % of Calories | Target |
|-------------|-----------|--------|-------------|----------|----------|---------------|---------|
| Calories | 800 | 825 | 97% | Protein | 29.81* g | 14.91% | 16.20 |
| Cholesterol | 35 mg | 100 | 35% | Carbohyd | 120.25 g | 60.13% | |
| Sodium | 1315 mg | 1650 | 80% | Tot. Fat | 23.75 g | 26.72% | <30.00% |
| Fiber | 10.10 g | 8.25 | 122% | Sat. Fat | 6.46 g | 7.27% | <10.00% |
| Iron | 5.02 mg | 4.50 | 111% | | | | |
| Calcium | 520.68 mg | 400.00 | 130% | | | | |
| Vitamin A | 2425 IU | 1500 | 162% | | | | |
| Vitamin C | 27.22* mg | 18.35 | 148% | | | | |

NOTE: * - Denotes missing or incomplete Nutrient Data.