

Moscow School District  
Moscow Junior High School  
May & June 2010

| Monday   | Tuesday   | Wednesday  | Thursday   | Friday   |
|--|---|--|--|--|
| May - 3<br>Hawaiian Chicken/Bun<br>OR DAILY CHOICES<br>French Fries<br>Fresh Fruit Choices<br>SALAD BAR<br>Roll<br>Milk Choices                    | May - 4<br>BURRITO<br>OR DAILY CHOICES<br>Refried Beans<br>Fresh Fruit Choices<br>SALAD BAR<br>Tortilla Chips<br>Roll<br>Milk Choices                       | May - 5<br>PIGS IN A BLANKET<br>OR DAILY CHOICES<br>Potato Wedges<br>Green Beans<br>Fresh Fruit Choices<br>SALAD BAR<br>Roll<br>CHERRY CRISP<br>Milk Choices | May - 6<br>NO SCHOOL TODAY   | May - 7<br>NO SCHOOL TODAY   |
| May - 10<br>HAMBURGER ON A BUN<br>OR DAILY CHOICES<br>Potatoes / Chips<br>Fresh Fruit Choices<br>SALAD BAR<br>Roll<br>Wafer Cookie<br>Milk Choices | May - 11<br>SOFT TACO<br>OR DAILY CHOICES<br>REFRIED BEANS<br>Fresh Fruit Choices<br>SALAD BAR<br>Roll<br>Tortilla Chips<br>Oatmeal Cookies<br>Milk Choices | May - 12<br>MANDARIN CHICKEN<br>Rice<br>OR DAILY CHOICES<br>Steamed Vegetables<br>Fresh Fruit Choices<br>SALAD BAR<br>Roll<br>Milk Choices                   | May - 13<br>SUPER SUB<br>OR DAILY CHOICES<br>CHIPS<br>Fresh Fruit Choices<br>SALAD BAR<br>Roll<br>Milk Choices                                   | May - 14<br>Pizza Choices<br>BREADSTICKS<br>OR DAILY CHOICES<br>Fresh Fruit Choices<br>SALAD BAR<br>Milk Choices |
| May - 17<br>CHICKEN PATTY ON BUN<br>OR DAILY CHOICES<br>French Fries<br>Fresh Fruit Choices<br>SALAD BAR<br>Roll<br>Milk Choices                   | May - 18<br>CHICKEN FAJITAS<br>OR DAILY CHOICES<br>Potatoes / Chips<br>Fresh Fruit Choices<br>SALAD BAR<br>Roll<br>Milk Choices                             | May - 19<br>Fish Sandwich<br>OR DAILY CHOICES<br>Potatoes / Chips<br>Fresh Fruit Choices<br>SALAD BAR<br>Roll<br>Milk Choices                                | May - 20<br>MACARONI AND CHEESE<br>OR DAILY CHOICES<br>Steamed Vegetables<br>Fresh Fruit Choices<br>Veggies<br>SALAD BAR<br>Roll<br>Milk Choices | May - 21<br>Pizza Choices<br>BREADSTICKS<br>OR DAILY CHOICES<br>Fresh Fruit Choices<br>SALAD BAR<br>Milk Choices |
| May - 24<br>HAMBURGER ON A BUN<br>OR DAILY CHOICES<br>Potatoes / Chips<br>Fresh Fruit Choices<br>SALAD BAR<br>Roll<br>Wafer Cookie<br>Milk Choices | May - 25<br>YUMMY CHEESE SAND.<br>OR DAILY CHOICES<br>Potatoes / Chips<br>Fresh Fruit Choices<br>SALAD BAR<br>Roll<br>Milk Choices                          | May - 26<br>TURKEY GRAVY<br>Mashed Potatoes<br>OR DAILY CHOICES<br>Fresh Fruit Choices<br>SALAD BAR<br>Roll<br>APPLE CRISP<br>Milk Choices                   | May - 27<br>SUPER SUB<br>OR DAILY CHOICES<br>CHIPS<br>Fresh Fruit Choices<br>SALAD BAR<br>Roll<br>Milk Choices                                   | May - 28<br>Pizza Choices<br>BREADSTICKS<br>OR DAILY CHOICES<br>Fresh Fruit Choices<br>SALAD BAR<br>Milk Choices |
| May - 31<br>NO SCHOOL TODAY  | Jun - 1<br>CHOICE MENU DAY  | Jun - 2<br>CHOICE MENU DAY   | Jun - 3<br>CHOICE MENU DAY   | Jun - 4<br>CHOICE MENU DAY   |
| Jun - 7<br>CHOICE MENU DAY   | Jun - 8<br>CHOICE MENU DAY  | Jun - 9<br>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.**

Moscow School District  
 Moscow Junior High School  
 May & June 2010

| Monday      | Tuesday   | Wednesday |             | Thursday | Friday               |
|-------------|-----------|-----------|-------------|----------|----------------------|
|             | Average   | Target    | % of Target | Average  | % of Calories Target |
| Calories    | 800       | 825       | 97%         | Protein  | 16.20                |
| Cholesterol | 35 mg     | 100       | 35%         | Carbohyd | 60.41%               |
| Sodium      | 1350 mg   | 1650      | 82%         | Tot. Fat | <30.00%              |
| Fiber       | 10.03 g   | 8.25      | 122%        | Sat. Fat | <10.00%              |
| Iron        | 4.97 mg   | 4.50      | 110%        |          |                      |
| Calcium     | 518.50 mg | 400.00    | 130%        |          |                      |
| Vitamin A   | 2449 IU   | 1500      | 163%        |          |                      |
| Vitamin C   | 25.53* mg | 18.35     | 139%        |          |                      |

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