

Moscow School District

Aug-Sept 2011

Aug 25, 2011

Paradise Creek HS

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Monday	Tuesday	Wednesday	Thursday	Friday
		Aug - 31 HAMBURGER ON A BUN Chilled Fruit Veggies Animal Crackers Milk Choices	Sep - 1 CHICKEN NUGGET Steamed Vegetables Chilled Fruit Wheat Roll Milk Choices	Sep - 2 PIZZA Tossed Salad Chilled Fruit Milk Choices
Sep - 5 NO SCHOOL TODAY	Sep - 6 PANCAKES WITH SYRUP SAUSAGE PATTY Potato Wedges Chilled Fruit Milk Choices	Sep - 7 BREADSTICKS / SAUCE STRING CHEESE STICK Tossed Salad Chilled Fruit Milk Choices	Sep - 8 SLOPPY JOE ON A ROLL Veggies Chilled Fruit Potato Chips Milk Choices	Sep - 9 CORN DOG Steamed Vegetables Chilled Fruit Sugar Cookie Milk Choices
Sep - 12 CHICKEN PATTY/BUN Steamed Vegetables Fresh Fruit Choices Milk Choices	Sep - 13 SOFT TACO Corn Chilled Fruit Tortilla Chips Milk Choices	Sep - 14 CHICKEN FAJITAS Veggies Fresh Fruit Choices Tortilla Chips Milk Choices	Sep - 15 YUMMY CHEESE SAND. Tomato Soup Chilled Fruit Veggies Milk Choices	Sep - 16 HAMBURGER ON A BUN Chilled Fruit Veggies Ice Cream Bar Milk Choices
Sep - 19 FRENCH TOAST SAUSAGE PATTY Potato Wedges Chilled Fruit Milk Choices	Sep - 20 CHICKEN FAJITAS SPANISH RICE Veggies Chilled Fruit Milk Choices	Sep - 21 MACARONI AND CHEESE Steamed Vegetables Chilled Fruit Roll Milk Choices	Sep - 22 SUB SANDWICH Chilled Fruit Veggies Potato Chips Milk Choices	Sep - 23 PIZZA Tossed Salad Pineapple Bread Stick Milk Choices
Sep - 26 CHICKEN PATTY/BUN Steamed Vegetables Fresh Fruit Choices Milk Choices	Sep - 27 BURRITO Corn Veggies Chilled Fruit Milk Choices	Sep - 28 Spaghetti and Meat Sauce Tossed Salad Orange Halves Bread Stick Milk Choices	Sep - 29 QUESADILLA Veggies Chilled Fruit Tortilla Chips Bean Dip Milk Choices	Sep - 30 HOT DOG Baked Beans Chilled Fruit Veggies 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.

	Average	Target	% of Target		Average	% of Calories	Target
Calories	792	846	94%	Protein	32.81 g	16.56%	16.70
Cholesterol	55 mg	100	55%	Carbohyd	126.45 g	63.84%	
Sodium	1442 mg	1734	83%	Tot. Fat	19.49 g	22.13%	<=30.00%
Fiber	10.42 g	8.60	121%	Sat. Fat	6.50* g	7.38%	<10.00%
Iron	5.66 mg	4.50	126%				
Calcium	553.82 mg	400.00	138%				
Vitamin A	8081* IU	1500	539%				
Vitamin C	28.48* mg	19.18	149%				

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.