

Moscow School District

March 2010

Paradise Creek HS

Monday	Tuesday	Wednesday	Thursday	Friday
Mar - 1 FRENCH TOAST/SYRUP PORK SAUSAGE PATTY Potato, Hash Brown Spiced Apple Slices Milk Choices	Mar - 2 BURRITO Veggies Chilled Fruit Tortilla Chips Milk Choices	Mar - 3 HOT DOG ON A BUN French Fries Veggies Chilled Fruit Animal Crackers Milk Choices	Mar - 4 QUESADILLA Corn Veggies Chilled Fruit Milk Choices	Mar - 5 PIZZA Tossed Salad Pineapple Bread Stick Milk Choices
Mar - 8 Chicken Pattie /Bun Steamed Vegetables Fresh Fruit Choices Milk Choices Chocolate Cake	Mar - 9 CRISP BEEF TACO Corn Chilled Fruit Tortilla Chips Milk Choices	Mar - 10 BREADSTICKS / SAUCE STRING CHEESE STICK Tossed Salad Chilled Fruit Milk Choices	Mar - 11 MANDARIN CHICKEN Rice Steamed Vegetables Chilled Fruit Milk Choices	Mar - 12 HAMBURGER ON A BUN Chilled Fruit Veggies 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 Nuggets BROCCOLI Chilled Fruit Wheat Roll Milk Choices	Mar - 23 NACHOS Tossed Salad Orange Halves Milk Choices	Mar - 24 PIGS IN A BLANKET Baked Beans Fresh Fruit Choices Chocolate Pudding Milk Choices	Mar - 25 SUB SANDWICH Veggies Chilled Fruit Potato Chips Milk Choices	Mar - 26 PIZZA Tossed Salad Pineapple Bread Stick Milk Choices
Mar - 29 Chicken Pattie /Bun Steamed Vegetables Fresh Fruit Choices Milk Choices BROWNIES	Mar - 30 CHICKEN FAJITAS SPANISH RICE Veggies Chilled Fruit Milk Choices	Mar - 31 YUMMY CHEESE SAND. Chicken Noodle Soup Veggies Chilled Fruit Milk Choices		

USDA is an equal opportunity provider and employer.
Menus subject to change based on product availability.

	Average	Target	% of Target		Average	% of Calories	Target
Calories	838	846	99%	Protein	31.95* g	15.26%	16.70
Cholesterol	62 mg	100	62%	Carbohyd	135.49 g	64.71%	
Sodium	1428 mg	1734	82%	Tot. Fat	20.74 g	22.29%	<30.00%
Fiber	10.45 g	8.60	122%	Sat. Fat	6.57 g	7.06%	<10.00%
Iron	5.62 mg	4.50	125%				
Calcium	551.60 mg	400.00	138%				
Vitamin A	6932 IU	1500	462%				
Vitamin C	32.32* mg	19.18	169%				

NOTE: * - Denotes missing or incomplete Nutrient Data.