

Moscow School District

Lena Whitmore School

May-June 2017

Monday	Tuesday	Wednesday	Thursday	Friday
May - 1 Chicken Sandwich Yogurt & PB Sand. Tossed Salad Chilled Fruit Milk Choices	May - 2 Chicken Corn Dog Yogurt & PB Sand. Veggies Apple Wedges Cookie Milk Choices	May - 3 Idaho Nachos Yogurt & PB Sand. Veggies Fresh Fruit Choices Tortilla Chips Milk Choices	May - 4 Pizza Yogurt & PB Sand. Tossed Salad Fresh Fruit Choices Milk Choices	May - 5 Chicken Nuggets Yogurt & PB Sand. Green Beans Pears Wheat Roll Milk Choices
May - 8 French Toast Sticks Pork Sausage Patty Yogurt & PB Sand. Hash Brown Potato Patty Veggies Applesauce Milk Choices	May - 9 Pizza Bread Stick Yogurt & PB Sand. Veggies Chilled Fruit Raisins	May - 10 Cheesy Chicken Rice Bake Yogurt & PB Sand. Veggies Chilled Fruit Milk Choices	May - 11 SPAGHETTI & MEATBALLS Yogurt & PB Sand. Steamed Broccoli Orange Halves Roll Milk Choices	May - 12 Cheeseburger Hamburger Yogurt & PB Sand. Baked Beans Potato Wedges Fresh Fruit Choices Milk Choices
May - 15 Tangerine ChickenChunks Yogurt & PB Sand. Rice Steamed Vegetable Mix Chilled Fruit Milk Choices	May - 16 Soft Beef Taco Yogurt & PB Sand. Bean Dip Veggies Peaches Tortilla Chips Milk Choices	May - 17 Chicken Alfredo Yogurt & PB Sand. Tossed Salad Fresh Fruit Choices Roll Milk Choices	May - 18 Sub Sandwich Sub Sandwich Yogurt & PB Sand. Sun Chips Veggies Fresh Fruit Choices Milk Choices	May - 19 Hot Dog on a Bun Yogurt & PB Sand. Baked Beans Veggies Fresh Fruit Choices Milk Choices
May - 22 Chicken Nuggets Yogurt & PB Sand. Peas Pears Wheat Roll Milk Choices	May - 23 Pizza Yogurt & PB Sand. Tossed Salad Fresh Fruit Choices Milk Choices	May - 24 Macaroni & Cheese Yogurt & PB Sand. Veggies Fresh Fruit Choices Roll Milk Choices	May - 25 Meatball SUB Yogurt & PB Sand. Veggies Fresh Fruit Choices Milk Choices	May - 26 Roast Beef Sandwich Yogurt & PB Sand. Potato Wedges Fresh Fruit Choices Milk Choices
May - 29 NO SCHOOL TODAY	May - 30 Chicken Fajita Yogurt & PB Sand. Spanish Rice Corn Chilled Fruit Milk Choices	May - 31 NACHOS Yogurt & PB Sand. Refried Beans Veggies Fresh Fruit Choices Milk Choices	Jun - 1 CHOICE MENU DAY	Jun - 2 CHOICE MENU DAY
Jun - 5 CHOICE MENU DAY	Jun - 6 CHOICE MENU DAY	Jun - 7 CHOICE MENU DAY	Jun - 8 CHOICE MENU DAY	Jun - 9

This institution is an equal opportunity provider.

Menus are subject to change based on product availability.

A variety of milk is offered: fat free white, fat free chocolate and 1% white. A vegetarian option is available everyday.

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

Lena Whitmore School

Apr 26, 2017

May-June 2017

Monday	Tuesday	Wednesday	Thursday	Friday			
	Average	Weekly Target	% of Target	Average	% of Calories	Weekly Target	
Calories	634	550-650	100%	Sat. Fat	5.20 g	7.38%	<10.00%
Sodium	1048 mg	1230					

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** - denotes combined nutrient totals with either missing or incomplete nutrient data.*

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