

Moscow School District

Moscow High School

November 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		Nov - 1 Chicken Alfredo Salads/Sandwiches/Pizza Steamed Broccoli Fresh Fruit Choices Veggie Bar Roll Milk Choices	Nov - 2 NO SCHOOL TODAY	Nov - 3 NO SCHOOL TODAY
Nov - 6 Spicy Chicken Sandwich Salads/Sandwiches/Pizza Veggie Bar Fresh Fruit Choices Milk Choices	Nov - 7 NACHOS Salads/Sandwiches/Pizza Refried Beans Veggie Bar Fresh Fruit Choices Milk Choices	Nov - 8 French Toast Sticks Salads/Sandwiches/Pizza Pork Sausage Patty Hash Brown Potato Patty Fresh Fruit Choices Fresh Veggie Bar Milk Choices	Nov - 9 SPAGHETTI & MEAT SC. Salads/Sandwiches/Pizza Fresh Fruit Choices Veggie Bar Italian Bread Milk Choices	Nov - 10 Chicken Tender Strips Salads/Sandwiches/Pizza Fresh Fruit Choices Veggie Bar Roll Milk Choices
Nov - 13 Chicken Nuggets Salads/Sandwiches/Pizza Broccoli Fresh Fruit Choices Veggie Bar Roll Milk Choices	Nov - 14 CHICKEN FAJITAS Salads/Sandwiches/Pizza Seasoned Black Beans Fresh Fruit Choices Veggie Bar Milk Choices	Nov - 15 Turkey Gravy Salads/Sandwiches/Pizza Mashed Potatoes Green Beans Fresh Fruit Choices Veggie Bar Roll Milk Choices	Nov - 16 Tangerine Glazed Chicken Salads/Sandwiches/Pizza Rice Steamed Vegetable Mix Fresh Fruit Choices Veggie Bar Milk Choices	Nov - 17 Cheeseburger Salads/Sandwiches/Pizza Twisted Baked Potatoes Fresh Fruit Choices Veggie Bar Milk Choices
Nov - 20 NO SCHOOL TODAY	Nov - 21 NO SCHOOL TODAY	Nov - 22 NO SCHOOL TODAY	Nov - 23 NO SCHOOL TODAY	Nov - 24 NO SCHOOL TODAY
Nov - 27 Chicken Nuggets Salads/Sandwiches/Pizza Corn Fresh Fruit Choices Veggie Bar Roll Milk Choices	Nov - 28 Pork Carnitas Salads/Sandwiches/Pizza Spanish Rice Seasoned Black Beans Fresh Fruit Choices Veggie Bar Milk Choices	Nov - 29 Taco Soup Salads/Sandwiches/Pizza Fresh Fruit Choices Veggie Bar Roll Milk Choices	Nov - 30 Oven Baked Fish Sticks Salads/Sandwiches/Pizza Twisted Baked Potatoes Coleslaw Fresh Fruit Choices Veggie Bar Roll Milk Choices	

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.

	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	778	750-850	100%	Sat. Fat	5.97 g	6.90%	<10.00%
Sodium	1415 mg	1420					

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.