

# Moscow School District

Moscow Middle School

May-June 2017

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Apr 19, 2017

Monday	Tuesday	Wednesday	Thursday	Friday
May - 1 Chicken Sandwich or Daily Choice Baked Beans Fresh Fruit Choices Fresh Veggie Bar Milk Choices	May - 2 Fresh Hot Pizza or Daily Choices Fresh Fruit Choices Fresh Veggie Bar Bread Stick Milk Choices	May - 3 BBQ Pork Sandwich or Daily Choice Coleslaw Fresh Fruit Choices Fresh Veggie Bar Milk Choices	May - 4 SPAGHETTI & MEATBALLS or Daily Choices Fresh Fruit Choices Fresh Veggie Bar Roll Milk Choices	May - 5 Chicken Fajita or Daily Choice Refried Beans Fresh Fruit Choices Fresh Veggie Bar Tortilla Chips Milk Choices
May - 8 Hot Dog on a Bun or Daily Choice Baked Beans Fresh Fruit Choices Fresh Veggie Bar Milk Choices	May - 9 Soft Beef Taco or Daily Choice Fresh Fruit Choices Fresh Veggie Bar Tortilla Chips Milk Choices	May - 10 Chicken Nuggets or Daily Choice Twisted Baked Potatoes Fresh Veggie Bar Fresh Fruit Choices Roll Milk Choices	May - 11 Mandarin Orange Chicken Rice or Daily Choice Steamed Vegetable Mix Fresh Fruit Choices Fresh Veggie Bar Milk Choices	May - 12 BAKED POTATO/TOPPING or Daily Choice Broccoli Fresh Veggie Bar Fresh Fruit Choices Roll Milk Choices
May - 15 French Toast Sticks or Daily Choice Pork Sausage Patty Hash Brown Potato Patty Fresh Fruit Choices Fresh Veggie Bar Milk Choices	May - 16 Fresh Hot Pizza or Daily Choices Fresh Fruit Choices Fresh Veggie Bar Sugar Cookie Milk Choices	May - 17 Chicken Nuggets or Daily Choice Twisted Baked Potatoes Fresh Veggie Bar Fresh Fruit Choices Roll Milk Choices	May - 18 Sub Sandwich or Daily Choices Sun Chips Fresh Fruit Choices Fresh Veggie Bar Milk Choices	May - 19 Chicken Quesadilla or Daily Choice Bean Dip Fresh Fruit Choices Fresh Veggie Bar Tortilla Chips Milk Choices
May - 22 Cheese Pull-A-Part or Daily Choice Fresh Fruit Choices Fresh Veggie Bar Milk Choices	May - 23 Meatball SUB or Daily Choice Fresh Fruit Choices Fresh Veggie Bar Milk Choices	May - 24 Chicken Nuggets or Daily Choice Twisted Baked Potatoes Fresh Veggie Bar Fresh Fruit Choices Roll Milk Choices	May - 25 NACHOS or Daily Choice Refried Beans Fresh Veggie Bar Milk Choices	May - 26 Chicken Sandwich or Daily Choice Green Beans Fresh Fruit Choices Fresh Veggie Bar Milk Choices
May - 29 NO SCHOOL TODAY	May - 30 Fresh Hot Pizza or Daily Choices Fresh Fruit Choices Fresh Veggie Bar Bread Stick Milk Choices	May - 31 Chicken Tender Strips or Daily Choice Corn Fresh Fruit Choices Fresh Veggie Bar Roll Milk Choices	Jun - 1 CHOICE MENU DAY or Daily Choice Fresh Fruit Choices Fresh Veggie Bar Milk Choices	Jun - 2 CHOICE MENU DAY or Daily Choice Fresh Fruit Choices Fresh Veggie Bar Milk Choices
Jun - 5 CHOICE MENU DAY or Daily Choice Fresh Fruit Choices Fresh Veggie Bar Milk Choices	Jun - 6 CHOICE MENU DAY or Daily Choice Fresh Fruit Choices Fresh Veggie Bar Milk Choices	Jun - 7 CHOICE MENU DAY or Daily Choice Fresh Fruit Choices Fresh Veggie Bar Milk Choices	Jun - 8 Hot Dog on a Bun or Daily Choice Sun Chips Fresh Fruit Choices Carrot Sticks 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.

**\*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.**

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	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	614	600-700	100%	Sat. Fat	4.69 g	6.88%	<10.00%
Sodium	990 mg	1360					

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