

Moscow School District

Moscow Middle School

November 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		Nov - 1 Chicken Nuggets or Daily Choice Twisted Baked Potatoes Fresh Veggie Bar Fresh Fruit Choices Roll Milk Choices	Nov - 2 NO SCHOOL TODAY	Nov - 3 NO SCHOOL TODAY
Nov - 6 Chicken Tender Strips or Daily Choice Steamed Carrots Fresh Fruit Choices Fresh Veggie Bar Roll Milk Choices	Nov - 7 NACHOS or Daily Choice Refried Beans Fresh Veggie Bar Milk Choices	Nov - 8 Chicken Nuggets or Daily Choice Twisted Baked Potatoes Fresh Veggie Bar Fresh Fruit Choices Roll Milk Choices	Nov - 9 SPAGHETTI & MEATBALLS or Daily Choices Fresh Fruit Choices Fresh Veggie Bar BREADSTICKS / SAUCE Milk Choices	Nov - 10 Beef & Bean Chili or Daily Choice Fresh Veggie Bar Fresh Fruit Choices Cinnamon Roll Milk Choices
Nov - 13 Chicken Quesadilla or Daily Choice Spanish Rice Fresh Fruit Choices Fresh Veggie Bar Bean Dip Milk Choices	Nov - 14 Fresh Hot Pizza or Daily Choices Fresh Fruit Choices Fresh Veggie Bar Sugar Cookie Milk Choices	Nov - 15 Chicken Nuggets or Daily Choice Twisted Baked Potatoes Fresh Veggie Bar Fresh Fruit Choices Roll Milk Choices	Nov - 16 French Toast Sticks or Daily Choice Pork Sausage Patty Hash Brown Potato Patty Fresh Fruit Choices Fresh Veggie Bar Milk Choices	Nov - 17 Meatball SUB or Daily Choice Fresh Veggie Bar Fresh Fruit Choices 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 Soft Beef Taco or Daily Choice Fresh Fruit Choices Fresh Veggie Bar Bean Dip Tortilla Chips Milk Choices	Nov - 28 Fresh Hot Pizza or Daily Choices Fresh Fruit Choices Fresh Veggie Bar Sugar Cookie Milk Choices	Nov - 29 Chicken Nuggets or Daily Choice Twisted Baked Potatoes Fresh Veggie Bar Fresh Fruit Choices Roll Milk Choices	Nov - 30 Ham & Cheese Sandwich or Daily Choices Sun Chips Fresh Fruit Choices Fresh Veggie Bar 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	708	600-700	101%	Sat. Fat	5.21 g	6.62%	<10.00%
Sodium	1161 mg	1360					

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.