

Moscow School District

Russell School
October 2017

Sep 20, 2017

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Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 2 Cheeseburger Hamburger Yogurt & PB Sand. Baked Beans Fresh Fruit Choices Milk Choices	Oct - 3 Sub Sandwich Sub Sandwich Yogurt & PB Sand. Sun Chips Veggies Fresh Fruit Choices Milk Choices	Oct - 4 Pizza Yogurt & PB Sand. Tossed Salad Fresh Fruit Choices Milk Choices	Oct - 5 NO SCHOOL TODAY	Oct - 6 NO SCHOOL TODAY
Oct - 9 Chicken Nuggets Yogurt & PB Sand. Green Beans Pears Roll Milk Choices	Oct - 10 NACHOS Yogurt & PB Sand. Bean Dip Veggies Chilled Fruit Milk Choices	Oct - 11 French Toast Sticks Pork Sausage Patty Yogurt & PB Sand. Veggies Applesauce Milk Choices	Oct - 12 Oven Baked Fish Sticks Yogurt & PB Sand. Twisted Baked Potatoes Fresh Fruit Choices Roll Milk Choices	Oct - 13 BBQ Pork Sandwich Yogurt & PB Sand. Corn Chilled Fruit Milk Choices
Oct - 16 Chicken Sandwich Yogurt & PB Sand. Veggies Chilled Fruit Milk Choices	Oct - 17 Soft Beef Taco Yogurt & PB Sand. Bean Dip Veggies Peaches Tortilla Chips Milk Choices	Oct - 18 Chicken Drumstick Yogurt & PB Sand. Broccoli Spiced Apple Slices Roll Milk Choices	Oct - 19 Macaroni & Cheese Yogurt & PB Sand. Peas Chilled Fruit Bread Stick Milk Choices	Oct - 20 Cheeseburger Hamburger Yogurt & PB Sand. Potato Wedges Fresh Fruit Choices Milk Choices
Oct - 23 Chicken Nuggets Yogurt & PB Sand. Steamed Carrots Pears Roll Milk Choices	Oct - 24 POTATO TOT CASSEROLE Yogurt & PB Sand. Green Beans Chilled Fruit Roll Milk Choices	Oct - 25 Corn Dog Nuggets Yogurt & PB Sand. Baked Beans Veggies Apple Wedges Cheese Crackers Milk Choices	Oct - 26 Tangerine Chicken Chunks Rice Yogurt & PB Sand. Steamed Vegetable Mix Chilled Fruit Milk Choices	Oct - 27 Sub Sandwich Sub Sandwich Yogurt & PB Sand. Sun Chips Veggies Fresh Fruit Choices Milk Choices
Oct - 30 Cheeseburger Hamburger Yogurt & PB Sand. Potato Wedges Fresh Fruit Choices Milk Choices	Oct - 31 Hot Dog on a Bun Yogurt & PB Sand. Baked Beans Veggies Fresh Fruit Choices 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	645	550-650	100%	Sat. Fat	5.29 g	7.39%	<10.00%
Sodium	963 mg	1230					

***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.