

# Moscow School District

West Park School

October 2017

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 2 Sub Sandwich Sub Sandwich Yogurt & PB Sand. Sun Chips Veggies Fresh Fruit Choices Milk Choices	Oct - 3 Cheeseburger Hamburger Yogurt & PB Sand. Baked Beans Fresh Fruit Choices Milk Choices	Oct - 4 Pizza Bread Stick Yogurt & PB Sand. Tossed Salad Pineapple Chunks Milk Choices	Oct - 5 NO SCHOOL TODAY	Oct - 6 NO SCHOOL TODAY
Oct - 9 French Toast Sticks Pork Sausage Patty Yogurt & PB Sand. Veggies Applesauce Milk Choices	Oct - 10 Swedish Meatballs Rotini Noodles Yogurt & PB Sand. Veggies Chilled Fruit Milk Choices	Oct - 11 Oven Baked Fish Sticks Yogurt & PB Sand. Twisted Baked Potatoes Fresh Fruit Choices Roll Milk Choices	Oct - 12 Chicken Drumstick Yogurt & PB Sand. Broccoli Spiced Apple Slices Cornbread Milk Choices	Oct - 13 Chicken Nuggets Yogurt & PB Sand. Green Beans Pears Roll Milk Choices
Oct - 16 Macaroni & Cheese Yogurt & PB Sand. Peas Chilled Fruit Bread Stick Milk Choices	Oct - 17 Soft Beef Taco Yogurt & PB Sand. Bean Dip Veggies Peaches Tortilla Chips Milk Choices	Oct - 18 Pizza Yogurt & PB Sand. Tossed Salad Fresh Fruit Choices Milk Choices	Oct - 19 Cheesy Chicken Rice Bake Yogurt & PB Sand. Veggies Chilled Fruit Milk Choices	Oct - 20 Chicken Sandwich Yogurt & PB Sand. Veggies Chilled Fruit Milk Choices
Oct - 23 Cheeseburger Hamburger Yogurt & PB Sand. Baked Beans Veggies Fresh Fruit Choices Milk Choices	Oct - 24 Chicken Nuggets Yogurt & PB Sand. Green Beans Pears Roll Milk Choices	Oct - 25 Tangerine Chicken Chunks Rice Yogurt & PB Sand. Steamed Vegetable Mix Chilled Fruit Milk Choices	Oct - 26 Sub Sandwich Sub Sandwich Yogurt & PB Sand. Sun Chips Veggies Fresh Fruit Choices Milk Choices	Oct - 27 Corn Dog Nuggets Yogurt & PB Sand. Veggies Apple Wedges Cheese Crackers Milk Choices
Oct - 30 GRILLED CHEESE SANDW Yogurt & PB Sand. Tomato Soup Veggies 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	612	550-650	100%	Sat. Fat	5.11 g	7.52%	<10.00%
Sodium	1028 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.**