

Moscow School District

St Mary's School Grades 6-8

January 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 1 NO SCHOOL TODAY	Jan - 2 Cheeseburger Hamburger Yogurt & PB Sand. Twisted Baked Potatoes Fresh Fruit Choices Milk Choices	Jan - 3 Chicken Nuggets Yogurt & PB Sand. Steamed Carrots Pears Wheat Roll Milk Choices	Jan - 4 Hot Dog Yogurt & PB Sand. Baked Beans Veggies Fresh Fruit Choices Milk Choices	Jan - 5 Pizza Yogurt & PB Sand. Tossed Salad Fresh Fruit Choices Milk Choices
Jan - 8 French Toast Sticks Pork Sausage Patty Yogurt & PB Sand. Veggies Applesauce Milk Choices	Jan - 9 Soft Beef Taco Yogurt & PB Sand. Veggies Peaches Bean Dip Tortilla Chips Milk Choices	Jan - 10 Tangerine Glazed Chicken Rice Yogurt & PB Sand. Stir Fried Vegetables Chilled Fruit Milk Choices	Jan - 11 Chicken Drumstick Yogurt & PB Sand. Broccoli Spiced Apple Slices Roll Milk Choices	Jan - 12 SPAGHETTI & MEATBALLS Yogurt & PB Sand. Tossed Salad Orange Roll Milk Choices
Jan - 15 NO SCHOOL TODAY	Jan - 16 Chicken Sandwich Yogurt & PB Sand. Baked Beans Veggies Chilled Fruit Milk Choices	Jan - 17 Corn Dog Nuggets Yogurt & PB Sand. Veggies Apples, Fresh Cheese Crackers Milk Choices	Jan - 18 Sub Sandwich Yogurt & PB Sand. Sun Chips Veggies Fresh Fruit Choices Milk Choices	Jan - 19 Pizza Yogurt & PB Sand. Tossed Salad Fresh Fruit Choices Milk Choices
Jan - 22 Chicken Nuggets Yogurt & PB Sand. Green Beans Pears Wheat Roll Milk Choices	Jan - 23 Oven Baked Fish Sticks Yogurt & PB Sand. Veggies Chilled Fruit Roll Milk Choices	Jan - 24 Pepperoni Pizza Sticks Yogurt & PB Sand. Veggies Chilled Fruit Raisins Milk Choices	Jan - 25 Cheesy Chicken Rice Bake Yogurt & PB Sand. Steamed Broccoli Veggies Chilled Fruit Milk Choices	Jan - 26 NO SCHOOL TODAY
Jan - 29 French Toast Sticks Pork Sausage Patty Yogurt & PB Sand. Veggies Applesauce Milk Choices	Jan - 30 Cheeseburger Hamburger Yogurt & PB Sand. Corn Fresh Fruit Choices Milk Choices	Jan - 31 BEEF SHEPHARD'S PIE Yogurt & PB Sand. Green Beans Chilled Fruit 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	652	600-700	100%	Sat. Fat	5.35 g	7.39%	<10.00%
Sodium	1051 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.