


Moscow Charter School Lunch Menu

August/September 2019

Monday	Tuesday	Wednesday	Thursday	Friday
		28	29	30
		Cheeseburger or Hamburger Baked beans Tossed green salad Apple Slices Milk choices	Sub Sandwich- turkey or cheese Cheese Crackers Fresh Vegetables Cantaloupe Milk choice	Chicken nuggets Twisty Taters Carrots Fresh baked roll Grapes Milk choices
2	3	4	5	6
No School Labor Day	Turkey Hotdog Carrot sticks, roasted chickpeas Fresh plum Milk choices	Nachos (beef & cheese) Refried Beans + Salsa Corn Fresh Fruit Milk choices	Chicken patty sandwich Fresh vegetables Apple slices Milk choices	Cheese or sausage pizza Tossed green salad Fresh peach slices Milk Choices
9	10	11	12	13
Corn Dog Nuggets Twisty taters Green beans Fresh fruit Milk choices	Quesadilla Seasoned black beans Spanish rice Corn Fresh fruit Milk choices	Sub Sandwich- turkey or cheese Fresh Vegetables + Fruit Baked chips Milk choice	Hamburger or cheeseburger Potato wedges Baby carrots Apple slices Milk choices	Cheese pizza pull-apart Steamed vegetables Fruit cocktail Milk choices
16	17	18	19	20
Chicken Nuggets Twisty Taters Cucumber slices Chilled fruit Fresh baked roll Milk choices	Bean + cheese burrito Fresh Vegetables Tropical fruit medley Milk Choices	Chicken drumstick Baked beans Baby carrots Watermelon Fresh Baked Roll Milk choices	Cheese + Sausage Pasta Bake Italian breadstick Fresh fruit+ vegetables Milk Choices	Pizza Stuffwich (beef) Grapes Seasoned broccoli Milk Choices
23	24	25	26	27
French Toast Sticks Egg patty Seasoned Potatoes Applesauce Milk choices	Soft beef taco Chips + salsa Fresh vegetables + fruit Milk Choices	Yummy Cheesebread + Tomato soup Fresh vegetables + fruit Milk choices	Tangerine Chicken Rice- white or brown Steamed broccoli Fresh fruit Fortune cookie Milk Choices	Fresh baked breadsticks + marinara sauce Cheese stick Green beans Chilled fruit Milk Choices
30	Average	Weekly Target	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 every day. The alternative choice to the main entrée item is a peanut butter sandwich and cheese stick.	
Hamburger or cheeseburger Potato wedges Baby carrots Apple slices Milk choices	Calories 644 Sodium 1009 mg Saturated Fat 5.82 g (8.14%)	600-650 < 1230 mg < 10.00 %		

This institution is an equal opportunity provider.