

# Moscow Charter School Lunch Menu

# January 2019



Monday		Tuesday		Wednesday		Thursday		Friday	
7		8		9		10		11	
Macaroni + Cheese Peas Peaches Milk choices		Chicken Nuggets Sweet Potato fries Fresh Fruit Milk choices		Hot Dog on Whole grain bun Sun chips Apricots Fresh Vegetables Milk choices		Nachos Refried beans Apple slices Milk choices		Spaghetti + Meatballs Broccoli Strawberries Milk choices	
14		15		16		17		18	
French Toast Sticks Sausage/Egg patty* Seasoned potatoes Berries Milk choices		Hamburger or cheeseburger Lettuce/tomato Baked beans Apple slices Milk choices		Ham + Cheese Melt Potato Wedges Fresh fruit Milk choices		Yummy Cheese Sandwich Tomato soup Chilled Fruit Fresh Vegetables Milk choices		Sausage* or Cheese Pizza Fresh fruit Steamed broccoli Milk choices	
21		22		23		24		25	
No School Today		Bean + cheese burrito Refried beans, salsa, + tortilla chips Chilled Fruit Milk choices		Corndog Nuggets Carrots Fresh Fruit Milk Choices		Pepperoni Pizza stick Fresh Vegetables Pears Oatmeal cookie Milk choices		No School Today	
28		29		30		31			
Baked Fish Sticks Potato Wedges Coleslaw Peaches Milk choices		Chili + Cornbread Fruit cocktail Carrot Milk choices		Turkey Sandwich with lettuce + tomato Fresh fruit + vegetables Goldfish Crackers Milk choices		Teriyaki Chicken Carrots Rice Fresh Fruit Milk choices		This month enjoy fresh oranges, kiwi, grapes, and pears!	
<b>Average</b>		<b>Weekly Target</b>		<b>% of Target</b>		<b>Average</b>		<b>Weekly Target</b>	
Calories Sodium		607 924 mg		600-700 < 1230 mg		100		Saturated Fat 4.9g < 10.00 % 7.3%	

This institution is an equal opportunity provider.

Menus are subject to change based on product availability.

A selection of milk including fat free chocolate, fat free + 1% white is offered daily. A vegetarian option is available every day. The alternative to the main entrée item is a peanut butter sandwich and yogurt.

- Sausage on the menu: Turkey breakfast sausage is available instead of pork sausage. The sausage on the pizza is a chicken/beef blend.