

# Moscow Charter School Lunch Menu

## May-June 2019



Monday		Tuesday		Wednesday		Thursday		Friday			
<b>Join us for summer lunch!</b> <b>June 10-August 23</b> <b>11:30 am- 12:30 pm</b> <b>Lena Whitmore Elementary</b> <b>Kids eat free!</b>				1		2		3			
				Chicken Nuggets Twisted Baked Potatoes Apple Slices + Apple crisp Milk choices		Cheese or sausage pizza Pineapple tidbits Tossed green salad Milk choices		Hamburger or cheeseburger Peaches Artic Dip + veggies Milk choices			
6		7		8		9		10			
French Toast Sticks Egg or Sausage Patty Applesauce Seasoned Potatoes Milk choices		Soft Beef taco Tortilla chips + bean dip Tropical fruit mix Milk choices		Corn dog nuggets Apple wedges Fresh veggies + dip Milk Choices		Creamy Mac + Cheese Fresh pears Carrot sticks Fresh baked roll Milk choices		Pepperoni Pizza Stick Tossed green salad Gobonzo's Fruit cocktail Milk Choices			
13		14		15		16		17			
Cheese Breadstick + Marinara sauce Fresh fruit Fresh vegetables Milk choices		Chicken + cheese rollup Corn Fresh Pears Milk choices		Hotdog on bun Twisted Baked Potatoes Carrots/celery sticks Fresh fruit Oatmeal cookie Milk choices		Fish sticks Potato wedges Coleslaw Apple wedges Milk choices		Pizza Pocket Veggies + Hummus Chilled Fruit Milk choices			
20		21		22		Sack Lunch 23		24			
French Toast Sticks Egg or Sausage Patty Applesauce Seasoned Potatoes Milk choices		BBQ Beef Sandwich Baked beans Tossed green salad Peaches Milk choices		Chicken Alfredo Fresh Strawberries Green beans Milk choices		Uncrustable Sandwich Carrots/celery sticks Cranberries Animal crackers Milk choices		Tangerine Chicken + brown rice Steamed broccoli Mandarin Oranges Fortune Cookie Milk choices			
27		28		29		30		31			
No School Memorial Day 		Popcorn Chicken Twisted Baked potatoes Apple wedges Milk choices		Hamburger or cheeseburger Cherry tomatoes+ Cucumber slices Chilled Fruit Baked chips Milk choices		Beef, bean, + cheese burrito Corn Peaches Milk choices		Chicken Patty Sandwich Carrots + Hummus Chilled fruit Milk choices			
<u>June 3</u> Hamburger or cheeseburger Tossed green salad Peaches Baked chips Milk choices		<u>June 4</u> Chicken Nuggets Twisted Baked Potatoes Fresh Fruit Milk choices		<u>June 5</u> Last Day of School Uncrustable Sandwich Fruit Cup Carrot Sticks Goldfish Crackers Milk choices		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.  The sausage on the pizza is a chicken/beef blend. Turkey breakfast sausage is available.					
Average		Weekly Target		% of Target						Average	
Calories 639		600-650		100		Saturated Fat 5.39g		< 10.00 %		7.6 %	
Sodium 1020 mg		< 1230 mg									