

Chickasaw County School District
Houlka Attendance Center

Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Apr - 3 Sausage and Biscuit Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Assorted Jelly	Apr - 4 Assorted Cereals Breakfast Sausage Pizza Toasted Bagel Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk StrawberryCreamCheese	Apr - 5 Sausage Pancake Stick Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk Pancake Syrup	Apr - 6 Pancakes w/ Bacon Strips Choice of Strawberry & Raspberry Yogurts Graham Crackers Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Pancake Syrup	Apr - 7 Chicken & Biscuit White Gravy Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Assorted Jelly	Avg Nutrients Target Cals... 455 100% Chol... 21 mg Sodium. 547 mg Fiber.. 4.1 g Iron... 3.2 mg Calcium 433.4 mg Prot 15.2g 13.4%Cal Carb 82.3g 72.3%Cal T.Fat 7.8g 15.5%Cal S.Fat 2.5g 5.0%Cal
Apr - 10 Sausage and Biscuit Strawberry Poptarts Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Assorted Jelly	Apr - 11 Poptarts Breakfast Sausage Pizza Toasted Bagel Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk StrawberryCreamCheese	Apr - 12 Assorted Cereals Sausage Pancake Stick Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk Pancake Syrup	Apr - 13 French Toast Sticks Choice of Strawberry & Raspberry Yogurts Graham Crackers Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Pancake Syrup	Apr - 14	Avg Nutrients Target Cals... 494 100% Chol... 18 mg Sodium. 550 mg Fiber.. 4.7 g Iron... 2.7 mg Calcium 432.9 mg Prot 15.4g 12.5%Cal Carb 90.7g 73.5%Cal T.Fat 8.3g 15.1%Cal S.Fat 2.6g 4.8%Cal
Apr - 17 Sausage and Biscuit Strawberry Poptarts Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Assorted Jelly	Apr - 18 Assorted Cereals Breakfast Burrito Toasted Bagel Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk StrawberryCreamCheese	Apr - 19 Sausage Pancake Stick Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk Pancake Syrup	Apr - 20 Pancakes w/ Scrambled Eggs Choice of Strawberry & Raspberry Yogurts Graham Crackers Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Pancake Syrup	Apr - 21 Chicken & Biscuit Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Assorted Jelly	Avg Nutrients Target Cals... 463 100% Chol... 34 mg Sodium. 514 mg Fiber.. 4.6 g Iron... 3.1 mg Calcium 424.9 mg Prot 15.1g 13.0%Cal Carb 85.0g 73.4%Cal T.Fat 7.6g 14.8%Cal S.Fat 2.5g 4.9%Cal

**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.

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Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Apr - 24	Apr - 25	Apr - 26	Apr - 27	Apr - 28	Avg Nutrients Target
Sausage and Biscuit	Assorted Cereals	Sausage Pancake Stick	Pancakes w/	Chicken & Biscuit	Cals... 455 100%
Assorted Cereals	Breakfast Sausage Pizza	Assorted Cereals	Bacon Strips	White Gravy	Chol... 21 mg
Fresh Fruit Bowl	Toasted Bagel	Fresh Fruit Bowl	Choice of Strawberry &	Assorted Cereals	Sodium. 547 mg
Assorted Fruit Juices	Fresh Fruit Bowl	Assorted Fruit Juices	Raspberry Yogurts	Fresh Fruit Bowl	Fiber.. 4.1 g
Chocolate Milk	Assorted Fruit Juices	Chocolate Milk	Graham Crackers	Assorted Fruit Juices	Iron... 3.2 mg
Fat Free Milk	Chocolate Milk	Strawberry Milk	Fresh Fruit Bowl	Chocolate Milk	Calcium 433.4 mg
Low Fat Milk	Fat Free Milk	Low Fat Milk	Assorted Fruit Juices	Fat Free Milk	Prot 15.2g 13.4%Cal
Assorted Jelly	Low Fat Milk	Pancake Syrup	Chocolate Milk	Low Fat Milk	Carb 82.3g 72.3%Cal
	StrawberryCreamCheese		Fat Free Milk	Assorted Jelly	T.Fat 7.8g 15.5%Cal
			Low Fat Milk		S.Fat 2.5g 5.0%Cal
			Pancake Syrup		

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient.*

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