

Chickasaw County School District

Houlka Attendance Center K-8th Grade

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Apr - 3 Cheesy Chicken Fiesta over Rice Stuffed Crust Pizza Whole Kernel Corn Pinto Beans Chilled Diced Pears Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Saltine Crackers Mayonnaise Mustard Hot Sauce	Apr - 4 Chef Salad Bacon Cheese Burger Steamed Carrots Oven Fries Tropical Apples Assorted Fruit Juices Saltine Crackers Chocolate Milk Low Fat Milk Strawberry Milk Assorted Salad Dressing Mayonnaise Ketchup Mustard	Apr - 5 Turkey & Cheese Hoagie LoadedFajitaPotato Black-Eyed Peas Tossed Salad w/Dressing Assorted Fruit Juices Chilled Peach Slices Whole Wheat Roll Chocolate Milk Fat Free Milk Low Fat Milk Ketchup	Apr - 6 Tuna Salad with Crackers Italian Rotini Casserole SweetPotatoWaffleFries Steamed Fresh Broccoli Rosey Applesauce Assorted Fruit Juices WW Garlic Toast Chocolate Milk Low Fat Milk Strawberry Milk	Apr - 7 Ham and Cheese Wrap Corn Dog Nuggets Southern Turnip Greens Tater Tots Pineapple Tidbits Assorted Fruit Juices Choclate Chip Cookie Chocolate Milk Fat Free Milk Low Fat Milk Mayonnaise Mustard Ketchup Hot Sauce	Avg Nutrients Target Cals... 626 100% Chol... 51 mg Sodium. 1232 mg Fiber... 5.5 g Iron... 4.6 mg Calcium391.3* mg Prot 30.2g 19.3%Cal Carb 89.1g 57.0%Cal T.Fat 16.9g 24.3%Cal S.Fat 5.9g 8.5%Cal
Apr - 10 Turkey and Cheese Wrap Chicken Spaghetti Steamed Fresh Broccoli Green Peas Applesauce Sugar Cookie Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Mayonnaise Mustard	Apr - 11 Tuna Salad in Bread Bow Hot Dog w/Chili Spicy Fries Steamed Carrots Chilled Peach Slices Assorted Fruit Juices Saltine Crackers Chocolate Milk Vanilla Fat Free Milk Low Fat Milk Mayonnaise Mustard Ketchup	Apr - 12 Ham&Cheese onHoagie HamburgerSteak w/Grav Seasoned Green Beans Mashed Potatoes Blueberries with Whipped Topping Applesauce Whole Wheat Roll Chocolate Milk Strawberry Milk Fat Free Milk Ketchup Mustard Mayonnaise	Apr - 13 Italian Rotini Casserole Seafood Basket Baked Beans Creamy Coleslaw Chilled Peaches Pineapple Tidbits Hushpuppies Chocolate Milk Fat Free Milk Low Fat Milk Hot Sauce Ketchup	Apr - 14 Avg Nutrients Target Cals... 704 108% Chol... 70 mg Sodium. 1268 mg Fiber... 7.9 g Iron... 4.6 mg Calcium324.4* mg Prot 32.2g 18.3%Cal Carb 92.8g 52.7%Cal T.Fat 23.5g 30.1%Cal S.Fat 7.4g 9.4%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.

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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Apr - 17	Apr - 18	Apr - 19	Apr - 20	Apr - 21	Avg Nutrients Target
Chef Salad	GrilledChickenSandwich	Tuna Salad with Crackers	Spaghetti	LoadedFajitaPotato	Cals... 650 100%
Mandarin Chicken	Beef Stroganoff	Chicken Tenders	Fish Nuggets	Ham a/Cheese Sandwich	Chol... 54* mg
Green Beans	Over Rice	Cheesy Broccoli	Steamed Carrots	Kidney Beans	Sodium. 1175 mg
Tossed Salad w/Dressing	SweetPotatoWaffleFries	Mashed Potatoes	Southern Turnip Greens	Whole Kernel Corn	Fiber... 7.3 g
Applesauce	Green Peas	Apple Delicious	Fruit Cocktail	Mandarin Fruit Cup	Iron... 4.3* mg
Assorted Fruit Juices	Chilled Peach Slices	Assorted Fruit Juices	Assorted Fruit Juices	Assorted Fruit Juices	Calcium315.8* mg
Steamed Brown Rice	Assorted Fruit Juices	WW Garlic Toast	Hushpuppies	Whole Wheat Roll	Prot 30.6g 18.9%Cal
Oatmeal Raisin Cookie	Whole Wheat Roll	Saltine Crackers	Chocolate Milk	Chocolate Milk	Carb 94.9g 58.4%Cal
Chocolate Milk	Chocolate Milk	Chocolate Milk	Low Fat Milk	Fat Free Milk	T.Fat 16.6g 23.0%Cal
Vanilla Fat Free Milk	Fat Free Milk	Fat Free Milk	Strawberry Milk	Low Fat Milk	S.Fat 3.9g 5.4%Cal
Low Fat Milk	Low Fat Milk	Low Fat Milk	Ketchup	Mayonnaise	
Assorted Salad Dressing	Mayonnaise	Ketchup	Hot Sauce	Mustard	
	Mustard	Hot Sauce	Tartar Sauce	Margarine	
	Ketchup			Sour Cream	
Apr - 24	Apr - 25	Apr - 26	Apr - 27	Apr - 28	Avg Nutrients Target
Turkey & Cheese Hoagie	Cheeseburger	Tuna Salad in Bread Bow	Stuffed Crust Pizza	Fish Sandwich	Cals... 648 100%
BBq Honey Chicken Bites	Chef Salad	Chicken Nuggets	Hot Dog	Chicken Alfredo	Chol... 52* mg
Seasoned Green Beans	Spicy Fries	Seasoned Green Beans	SweetPotatoWaffleFries	Southern Turnip Greens	Sodium. 1225 mg
Pinto Beans	Steamed Carrots	Mashed Potatoes	Steamed Fresh Broccoli	Green Peas	Fiber... 6.8 g
Chilled Diced Pears	Tropical Apples	Mandarin Fruit Cup	Pineapple Tidbits	Chilled Peach Slices	Iron... 4.4* mg
Assorted Fruit Juices	Assorted Fruit Juices	Assorted Fruit Juices	Assorted Fruit Juices	Assorted Fruit Juices	Calcium341.3* mg
Chocolate Milk	Saltine Crackers	Whole Wheat Roll	Choclate Chip Cookie	Whole Wheat Roll	Prot 29.1g 17.9%Cal
Fat Free Milk	Chocolate Milk	Chocolate Milk	Chocolate Milk	Chocolate Milk	Carb 91.3g 56.4%Cal
Low Fat Milk	Vanilla Fat Free Milk	Strawberry Milk	Fat Free Milk	Strawberry Milk	T.Fat 18.9g 26.3%Cal
Mayonnaise	Low Fat Milk	Fat Free Milk	Low Fat Milk	Fat Free Milk	S.Fat 4.9g 6.8%Cal
Mustard	Mayonnaise	Ketchup	Hot Sauce	Ketchup	
	Mustard		Ketchup	Mustard	
	Ketchup		Mustard	Tartar Sauce	
			Mayonnaise	Mayonnaise	

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