

Chickasaw County School District
Houlka Attendance Center
9th - 12th Grades

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 Saltine Crackers Chocolate Milk Chocolate Milk Fat Free Milk Low Fat Milk Hot Sauce	Apr - 4 Chef Salad Cheeseburger 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 Choclate Chip Cookie 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 Ketchup Mayonnaise Mustard	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 Tartar Sauce	Avg Nutrients Target Cals... 773 100% Chol... 60 mg Sodium... 1554 mg Fiber... 8.5 g Iron... 5.5 mg Calcium480.2* mg Prot 33.9g 17.5%Cal Carb 119.5g 61.8%Cal T.Fat 19.0g 22.1%Cal S.Fat 5.9g 6.9%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	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... 823 100% Chol... 71 mg Sodium... 1373 mg Fiber... 10.4 g Iron... 5.3 mg Calcium334.8* mg Prot 33.5g 16.3%Cal Carb 116.5g 56.6%Cal T.Fat 25.9g 28.3%Cal S.Fat 8.0g 8.7%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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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Apr - 17 Chef Salad Mandarin Chicken Green Beans Tossed Salad w/Dressing Applesauce Assorted Fruit Juices Steamed Brown Rice Oatmeal Raisin Cookie Chocolate Milk Vanilla Fat Free Milk Low Fat Milk Assorted Salad Dressing	Apr - 18 GrilledChickenSandwich Beef Stroganoff Over Rice SweetPotatoWaffleFries Green Peas Chilled Peach Slices Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Fat Free Milk Low Fat Milk Mayonnaise Mustard Ketchup	Apr - 19 Tuna Salad with Crackers Chicken Tenders Cheesy Broccoli Mashed Potatoes Apple Delicious Assorted Fruit Juices WW Garlic Toast Saltine Crackers Chocolate Milk Fat Free Milk Low Fat Milk Ketchup Hot Sauce	Apr - 20 Spaghetti Fish Nuggets Steamed Carrots Southern Turnip Greens Fruit Cocktail Assorted Fruit Juices Hushpuppies Chocolate Milk Low Fat Milk Strawberry Milk Ketchup Hot Sauce Tartar Sauce	Apr - 21 LoadedFajitaPotato Ham a/Cheese Sandwich Kidney Beans Whole Kernel Corn Mandarin Fruit Cup Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Fat Free Milk Low Fat Milk Mayonnaise Mustard Margarine Sour Cream	Avg Nutrients Target Cals... 845 100% Chol... 59* mg Sodium... 1407 mg Fiber... 12.2 g Iron... 5.4* mg Calcium440.3* mg Prot 36.4g 17.3%Cal Carb 132.2g 62.6%Cal T.Fat 19.3g 20.6%Cal S.Fat 4.8g 5.2%Cal
Apr - 24 Turkey & Cheese Hoagie BBq Honey Chicken Bites Seasoned Green Beans Pinto Beans Chilled Diced Pears Assorted Fruit Juices WW Garlic Toast Chocolate Milk Fat Free Milk Low Fat Milk Hot Sauce Mayonnaise Mustard	Apr - 25 Cheeseburger Chef Salad Spicy Fries Steamed Carrots Tropical Apples Assorted Fruit Juices Saltine Crackers Chocolate Milk Low Fat Milk Strawberry Milk Mayonnaise Ketchup Mustard	Apr - 26 Tuna Salad in Bread Bow Chicken Nuggets Black-Eyed Peas Mashed Potatoes Assorted Fruit Juices Mandarin Fruit Cup Whole Wheat Roll Chocolate Milk Fat Free Milk Low Fat Milk Ketchup	Apr - 27 Stuffed Crust Pizza Hot Dog SweetPotatoWaffleFries Steamed Fresh Broccoli Pineapple Tidbits Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Low Fat Milk Strawberry Milk Mayonnaise Mustard	Apr - 28 Fish Sandwich Chicken Alfredo Southern Turnip Greens Green Peas Chilled Peach Slices Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Fat Free Milk Low Fat Milk Mayonnaise Mustard Ketchup Hot Sauce Tartar Sauce	Avg Nutrients Target Cals... 767 100% Chol... 52* mg Sodium... 1420 mg Fiber... 8.5 g Iron... 4.8* mg Calcium440.4* mg Prot 32.8g 17.1%Cal Carb 113.7g 59.3%Cal T.Fat 20.9g 24.5%Cal S.Fat 5.6g 6.5%Cal

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