

Chickasaw County School District
Houlka Attendance Center

Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
May - 1 Sausage and Biscuit Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Assorted Jelly	May - 2 Assorted Cereals Cheese Omelet Toasted Bagel Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk StrawberryCreamCheese	May - 3 Sausage Pancake Stick Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk Pancake Syrup	May - 4 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	May - 5 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... 447 99% Chol... 36 mg Sodium... 527 mg Fiber... 3.8 g Iron... 3.1 mg Calcium 425.5 mg Prot 14.9g 13.3%Cal Carb 79.7g 71.3%Cal T.Fat 8.1g 16.3%Cal S.Fat 2.7g 5.4%Cal
May - 8 Sausage and Biscuit Strawberry Poptarts Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Assorted Jelly	May - 9 Poptarts Breakfast Sausage Pizza Toasted Bagel Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk StrawberryCreamCheese	May - 10 Assorted Cereals Sausage Pancake Stick Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk Pancake Syrup	May - 11 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	May - 12 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... 492 100% Chol... 20 mg Sodium... 559 mg Fiber... 4.6 g Iron... 3.0 mg Calcium 440.4 mg Prot 15.6g 12.7%Cal Carb 89.6g 72.9%Cal T.Fat 8.5g 15.5%Cal S.Fat 2.7g 5.0%Cal
May - 15 Sausage and Biscuit Strawberry Poptarts Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Assorted Jelly	May - 16 Assorted Cereals Breakfast Burrito Toasted Bagel Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk StrawberryCreamCheese	May - 17 Sausage Pancake Stick Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk Pancake Syrup	May - 18 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	May - 19 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
May - 22	May - 23	May - 24	May - 25	May - 26	Avg Nutrients Target
Sausage and Biscuit	Assorted Cereals	Sausage Pancake Stick	Pancakes w/	Manager's Choice	Cals... 359* 80%
Assorted Cereals	Breakfast Sausage Pizza	Assorted Cereals	Bacon Strips		Chol... 15* mg
Fresh Fruit Bowl	Toasted Bagel	Fresh Fruit Bowl	Choice of Strawberry &		Sodium. 428* mg
Assorted Fruit Juices	Fresh Fruit Bowl	Assorted Fruit Juices	Raspberry Yogurts		Fiber.. 3.2* g
Chocolate Milk	Assorted Fruit Juices	Chocolate Milk	Graham Crackers		Iron... 2.4* mg
Fat Free Milk	Chocolate Milk	Strawberry Milk	Fresh Fruit Bowl		Calcium339.4* mg
Low Fat Milk	Fat Free Milk	Low Fat Milk	Assorted Fruit Juices		Prot 11.9*g 13.3%Cal
Assorted Jelly	Low Fat Milk	Pancake Syrup	Chocolate Milk		Carb 65.3*g 72.8%Cal
	StrawberryCreamCheese		Fat Free Milk		T.Fat 6.0*g 15.0%Cal
			Low Fat Milk		S.Fat 1.9*g 4.8%Cal
			Pancake Syrup		

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