

Chickasaw County School District
Houlka Attendance Center
K-8th Grade

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
May - 1	May - 2	May - 3	May - 4	May - 5	Avg Nutrients Target
Italian Rotini Casserole BBQ Pulled Pork Burger Whole Kernel Corn Baked Beans Chilled Peach Slices Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Vanilla Fat Free Milk Fat Free Milk	Ham and Cheese Wrap Corn Dog Nuggets Steamed Carrots Tater Tots Pineapple Tidbits Assorted Fruit Juices Chocolate Chip Cookie Chocolate Milk Fat Free Milk Low Fat Milk Mayonnaise Mustard Ketchup	Tuna Salad in Bread Bow Chicken Nuggets Black-Eyed Peas Sweet Potato Waffle Fries Assorted Fruit Juices Rosey Applesauce Whole Wheat Roll Chocolate Milk Fat Free Milk Low Fat Milk Ketchup	Hamburger Steak w/Gravy Lemon Pepper Chicken Seasoned Green Beans Mashed Potatoes Mandarin Fruit Cup Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Strawberry Milk Fat Free Milk Ketchup	Fish Sandwich Grilled Chicken Sandwich Southern Turnip Greens Oven Fries Apple Delicious Assorted Fruit Juices Chocolate Milk Strawberry Milk Fat Free Milk Ketchup Mustard Tartar Sauce Mayonnaise	Cals... 650 100% Chol... 57 mg Sodium. 1056 mg Fiber... 7.6 g Iron... 4.3 mg Calcium 354.9 mg Prot 30.9g 19.0%Cal Carb 92.2g 56.7%Cal T.Fat 18.0g 24.9%Cal S.Fat 4.8g 6.7%Cal
May - 8	May - 9	May - 10	May - 11	May - 12	Avg Nutrients Target
Tuna Salad with Crackers Taco Salad w/Chips Pinto Beans Tossed Salad w/Dressing Mandarin Fruit Cup Assorted Fruit Juices Chocolate Chip Cookie Chocolate Milk Fat Free Milk Low Fat Milk Hot Sauce	Ham a/Cheese Sandwich Lemon Pepper Chicken Steamed Fresh Broccoli Mashed Potatoes Chilled Diced Pears Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Fat Free Milk Low Fat Milk Mayonnaise Mustard Ketchup	BBQ Pork Sandwich Seafood Basket French Fries Creamy Coleslaw Chilled Peach Slices Assorted Fruit Juices Chocolate Milk Low Fat Milk Strawberry Milk Ketchup	Turkey & Cheese Hoagie Spaghetti Steamed Carrots Southern Turnip Greens Fruit Cocktail Assorted Fruit Juices Hushpuppies Chocolate Milk Low Fat Milk Strawberry Milk Ketchup Hot Sauce Tartar Sauce	SBJ Un crustable Sandwi Mandarin Chicken Seasoned Green Beans Baked Sweet Potato Rosey Applesauce Assorted Fruit Juices Steamed Brown Rice Chocolate Milk Vanilla Fat Free Milk Fat Free Milk	Cals... 622 100% Chol... 54* mg Sodium. 1009 mg Fiber... 6.3 g Iron... 3.3* mg Calcium 343.7* mg Prot 28.2g 18.1%Cal Carb 86.4g 55.6%Cal T.Fat 18.5g 26.8%Cal S.Fat 5.4g 7.8%Cal

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

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May - 15 Grilled Chicken Sandwich Beef Stroganoff Over Rice Sweet Potato Waffle Fries Seasoned Green Beans Chilled Peach Slices Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Fat Free Milk Low Fat Milk Mayonnaise Mustard Ketchup	May - 16 Stuffed Crust Pizza Hot Dog Steamed Carrots Steamed Fresh Broccoli Pineapple Tidbits Assorted Fruit Juices Chocolate Chip Cookie Chocolate Milk Fat Free Milk Low Fat Milk Ketchup Mustard Mayonnaise	May - 17 Tuna Salad with Crackers Chicken Tenders Cheesy Broccoli Spicy Fries Apple Delicious Assorted Fruit Juices WW Garlic Toast Chocolate Milk Fat Free Milk Low Fat Milk Ketchup Hot Sauce	May - 18 Fish Sandwich Chicken Alfredo Southern Turnip Greens Green Peas Chilled Peach Slices Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Strawberry Milk Fat Free Milk Ketchup Mustard Tartar Sauce Mayonnaise	May - 19 Loaded Fajita Potato Sliced Turkey with Gravy Pinto Beans Mashed Potatoes Mandarin Fruit Cup Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Fat Free Milk Low Fat Milk	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: right;">Avg Nutrients</td> <td style="text-align: right;">Target</td> </tr> <tr> <td style="text-align: right;">Cals...</td> <td style="text-align: right;">628 100%</td> </tr> <tr> <td style="text-align: right;">Chol...</td> <td style="text-align: right;">58* mg</td> </tr> <tr> <td style="text-align: right;">Sodium.</td> <td style="text-align: right;">1229 mg</td> </tr> <tr> <td style="text-align: right;">Fiber...</td> <td style="text-align: right;">7.5 g</td> </tr> <tr> <td style="text-align: right;">Iron...</td> <td style="text-align: right;">4.3* mg</td> </tr> <tr> <td style="text-align: right;">Calcium</td> <td style="text-align: right;">336.5* mg</td> </tr> <tr> <td style="text-align: right;">Prot</td> <td style="text-align: right;">30.9g 19.7%Cal</td> </tr> <tr> <td style="text-align: right;">Carb</td> <td style="text-align: right;">88.7g 56.5%Cal</td> </tr> <tr> <td style="text-align: right;">T.Fat</td> <td style="text-align: right;">16.9g 24.1%Cal</td> </tr> <tr> <td style="text-align: right;">S.Fat</td> <td style="text-align: right;">4.6g 6.6%Cal</td> </tr> </table>	Avg Nutrients	Target	Cals...	628 100%	Chol...	58* mg	Sodium.	1229 mg	Fiber...	7.5 g	Iron...	4.3* mg	Calcium	336.5* mg	Prot	30.9g 19.7%Cal	Carb	88.7g 56.5%Cal	T.Fat	16.9g 24.1%Cal	S.Fat	4.6g 6.6%Cal
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May - 22 Turkey & Cheese Hoagie BBQ Honey Chicken Bites Seasoned Green Beans Pinto Beans Chilled Diced Pears Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Mayonnaise Mustard	May - 23 Cheeseburger Spicy Fries Steamed Carrots Tropical Apples Assorted Fruit Juices Chocolate Milk Vanilla Fat Free Milk Low Fat Milk Mayonnaise Mustard Ketchup	May - 24 Italian Rotini Casserole Whole Kernel Corn Baked Beans Chilled Peach Slices Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Vanilla Fat Free Milk Fat Free Milk	May - 25 Stuffed Crust Pizza Steamed Carrots Tater Tots Pineapple Tidbits Assorted Fruit Juices Chocolate Chip Cookie Chocolate Milk Fat Free Milk Low Fat Milk Mayonnaise Mustard Ketchup	May - 26 Manager's Choice	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: right;">Avg Nutrients</td> <td style="text-align: right;">Target</td> </tr> <tr> <td style="text-align: right;">Cals...</td> <td style="text-align: right;">552* 92%</td> </tr> <tr> <td style="text-align: right;">Chol...</td> <td style="text-align: right;">39* mg</td> </tr> <tr> <td style="text-align: right;">Sodium.</td> <td style="text-align: right;">1028* mg</td> </tr> <tr> <td style="text-align: right;">Fiber...</td> <td style="text-align: right;">5.0* g</td> </tr> <tr> <td style="text-align: right;">Iron...</td> <td style="text-align: right;">4.1* mg</td> </tr> <tr> <td style="text-align: right;">Calcium</td> <td style="text-align: right;">346.8* mg</td> </tr> <tr> <td style="text-align: right;">Prot</td> <td style="text-align: right;">25.5*g 18.4%Cal</td> </tr> <tr> <td style="text-align: right;">Carb</td> <td style="text-align: right;">76.8*g 55.7%Cal</td> </tr> <tr> <td style="text-align: right;">T.Fat</td> <td style="text-align: right;">16.7*g 27.2%Cal</td> </tr> <tr> <td style="text-align: right;">S.Fat</td> <td style="text-align: right;">5.2*g 8.5%Cal</td> </tr> </table>	Avg Nutrients	Target	Cals...	552* 92%	Chol...	39* mg	Sodium.	1028* mg	Fiber...	5.0* g	Iron...	4.1* mg	Calcium	346.8* mg	Prot	25.5*g 18.4%Cal	Carb	76.8*g 55.7%Cal	T.Fat	16.7*g 27.2%Cal	S.Fat	5.2*g 8.5%Cal
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