

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

| Monday  | Tuesday  | Wednesday   | Thursday  | Friday   | Nutrients  |
|---|--|---|---|--|--|
| May - 1<br>Italian Rotini Casserole<br>BBQ Pulled Pork Burger<br>Whole Kernel Corn<br>Baked Beans<br>Chilled Peach Slices<br>Assorted Fruit Juices<br>Whole Wheat Roll<br>Chocolate Milk<br>Vanilla Fat Free Milk<br>Fat Free Milk          | May - 2<br>Ham and Cheese Wrap<br>Corn Dog Nuggets<br>Steamed Carrots<br>Tater Tots<br>Pineapple Tidbits<br>Assorted Fruit Juices<br>Chocolate Chip Cookie<br>Chocolate Milk<br>Fat Free Milk<br>Low Fat Milk<br>Mayonnaise<br>Mustard<br>Ketchup                | May - 3<br>Tuna Salad in Bread Bow<br>Chicken Nuggets<br>Black-Eyed Peas<br>SweetPotatoWaffleFries<br>Assorted Fruit Juices<br>Rosey Applesauce<br>Whole Wheat Roll<br>Chocolate Milk<br>Fat Free Milk<br>Low Fat Milk<br>Ketchup | May - 4<br>HamburgerSteakw/Gravy<br>Lemon Pepper Chicken<br>Seasoned Green Beans<br>Mashed Potatoes<br>Mandarin Fruit Cup<br>Assorted Fruit Juices<br>Whole Wheat Roll<br>Chocolate Milk<br>Strawberry Milk<br>Fat Free Milk<br>Ketchup<br>Mustard  | May - 5<br>Fish Sandwich<br>GrilledChickenSandwich<br>Southern Turnip Greens<br>Oven Fries<br>Apple Delicious<br>Assorted Fruit Juices<br>Chocolate Milk<br>Strawberry Milk<br>Fat Free Milk<br>Ketchup<br>Mustard<br>Tartar Sauce<br>Mayonnaise | Avg Nutrients Target<br>Cals... 800 100%<br>Chol... 64 mg<br>Sodium... 1288 mg<br>Fiber... 9.4 g<br>Iron... 4.8 mg<br>Calcium 389.0 mg<br>Prot 32.8g 16.4%Cal<br>Carb 122.1g 61.0%Cal<br>T.Fat 21.2g 23.8%Cal<br>S.Fat 5.4g 6.1%Cal    |
| May - 8<br>Tuna Salad with Crackers<br>Taco Salad w/Chips<br>Pinto Beans<br>Tossed Salad w/Dressing<br>Mandarin Fruit Cup<br>Assorted Fruit Juices<br>Chocolate Chip Cookie<br>Chocolate Milk<br>Fat Free Milk<br>Low Fat Milk<br>Hot Sauce | May - 9<br>Ham a/Cheese Sandwich<br>Lemon Pepper Chicken<br>Steamed Fresh Broccoli<br>Mashed Potatoes<br>Chilled Diced Pears<br>Assorted Fruit Juices<br>Whole Wheat Roll<br>Chocolate Milk<br>Fat Free Milk<br>Low Fat Milk<br>Mayonnaise<br>Mustard<br>Ketchup | May - 10<br>BBQ Pork Sandwich<br>Seafood Basket<br>French Fries<br>Creamy Coleslaw<br>Chilled Peach Slices<br>Assorted Fruit Juices<br>Chocolate Milk<br>Low Fat Milk<br>Strawberry Milk<br>Ketchup                               | May - 11<br>Turkey & Cheese Hoagie<br>Spaghetti<br>Steamed Carrots<br>Southern Turnip Greens<br>Fruit Cocktail<br>Assorted Fruit Juices<br>Hushpuppies<br>Chocolate Milk<br>Low Fat Milk<br>Strawberry Milk<br>Ketchup<br>Hot Sauce<br>Tartar Sauce | May - 12<br>SBJ Un crustable Sandwi<br>Mandarin Chicken<br>Seasoned Green Beans<br>Baked Sweet Potato<br>Rosey Applesauce<br>Assorted Fruit Juices<br>Steamed Brown Rice<br>Chocolate Milk<br>Vanilla Fat Free Milk<br>Fat Free Milk             | Avg Nutrients Target<br>Cals... 807 100%<br>Chol... 65* mg<br>Sodium... 1193 mg<br>Fiber... 10.0 g<br>Iron... 4.4* mg<br>Calcium451.5* mg<br>Prot 33.3g 16.5%Cal<br>Carb 118.7g 58.8%Cal<br>T.Fat 22.9g 25.5%Cal<br>S.Fat 6.6g 7.3%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  |
|---|---|---|---|--|--|
| May - 15<br>Grilled Chicken Sandwich<br>Beef Stroganoff<br>Over Rice<br>Sweet Potato Waffle Fries<br>Seasoned Green Beans<br>Chilled Peach Slices<br>Assorted Fruit Juices<br>Whole Wheat Roll<br>Chocolate Milk<br>Fat Free Milk<br>Low Fat Milk<br>Mayonnaise<br>Mustard<br>Ketchup | May - 16<br>Stuffed Crust Pizza<br>Hot Dog<br>Steamed Carrots<br>Steamed Fresh Broccoli<br>Pineapple Tidbits<br>Assorted Fruit Juices<br>Chocolate Chip Cookie<br>Chocolate Milk<br>Fat Free Milk<br>Low Fat Milk<br>Ketchup<br>Mustard<br>Mayonnaise | May - 17<br>Tuna Salad with Crackers<br>Chicken Tenders<br>Cheesy Broccoli<br>Spicy Fries<br>Apple Delicious<br>Assorted Fruit Juices<br>WW Garlic Toast<br>Chocolate Milk<br>Fat Free Milk<br>Low Fat Milk<br>Ketchup<br>Hot Sauce | May - 18<br>Fish Sandwich<br>Chicken Alfredo<br>Southern Turnip Greens<br>Green Peas<br>Chilled Peach Slices<br>Assorted Fruit Juices<br>Whole Wheat Roll<br>Chocolate Milk<br>Strawberry Milk<br>Fat Free Milk<br>Ketchup<br>Mustard<br>Tartar Sauce<br>Mayonnaise | May - 19<br>Loaded Fajita Potato<br>Sliced Turkey with Gravy<br>Pinto Beans<br>Mashed Potatoes<br>Mandarin Fruit Cup<br>Assorted Fruit Juices<br>Whole Wheat Roll<br>Chocolate Milk<br>Fat Free Milk<br>Low Fat Milk | Avg Nutrients    Target<br>Cals...            628            84%<br>Chol...            58* mg<br>Sodium...        1229 mg<br>Fiber...           7.5 g<br>Iron...            4.3* mg<br>Calcium 336.5* mg<br>Prot                30.9g    19.7%Cal<br>Carb               88.7g    56.5%Cal<br>T.Fat              16.9g    24.1%Cal<br>S.Fat              4.6g     6.6%Cal       |
| May - 22<br>Turkey & Cheese Hoagie<br>BBQ Honey Chicken Bites<br>Seasoned Green Beans<br>Pinto Beans<br>Chilled Diced Pears<br>Assorted Fruit Juices<br>Chocolate Milk<br>Fat Free Milk<br>Low Fat Milk<br>Mayonnaise<br>Mustard  | May - 23<br>Cheeseburger<br>Spicy Fries<br>Steamed Carrots<br>Tropical Apples<br>Assorted Fruit Juices<br>Chocolate Milk<br>Vanilla Fat Free Milk<br>Low Fat Milk<br>Mayonnaise<br>Mustard<br>Ketchup   | May - 24<br>Italian Rotini Casserole<br>Whole Kernel Corn<br>Baked Beans<br>Chilled Peach Slices<br>Assorted Fruit Juices<br>Whole Wheat Roll<br>Chocolate Milk<br>Vanilla Fat Free Milk<br>Fat Free Milk                           | May - 25<br>Stuffed Crust Pizza<br>Steamed Carrots<br>Tater Tots<br>Pineapple Tidbits<br>Assorted Fruit Juices<br>Chocolate Chip Cookie<br>Chocolate Milk<br>Fat Free Milk<br>Low Fat Milk  | May - 26<br>Manager's Choice   | Avg Nutrients    Target<br>Cals...            611*           82%<br>Chol...            41* mg<br>Sodium...        1126* mg<br>Fiber...           6.1* g<br>Iron...            4.4* mg<br>Calcium 406.3* mg<br>Prot                27.2*g    17.8%Cal<br>Carb               88.2*g    57.7%Cal<br>T.Fat              17.4*g    25.6%Cal<br>S.Fat              5.8*g     8.6%Cal |

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