

Chickasaw County School District
Houlka Attendance Center

Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Aug - 7 Sausage and Biscuit Strawberry Poptarts Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Assorted Jelly	Aug - 8 Assorted Cereals Cheese Omelet Toasted Bagel Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Chocolate Milk Fat Free Milk Low Fat Milk StrawberryCreamCheese	Aug - 9 Assorted Cereals Sausage Pancake Stick Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk Pancake Syrup	Aug - 10 French Toast Sticks Choice of Strawberry & Raspberry Yogurts Graham Crackers String Cheese Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Pancake Syrup	Aug - 11 Chicken & Biscuit Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Assorted Jelly	Avg Nutrients Target Cals... 474* 100% Chol... 40* mg Sodium. 543* mg Fiber... 4.3* g Iron... 3.0* mg Calcium418.0* mg Vit A 1188* IU Vit C 50.4* mg Sugar 20.4*g 17.2%Cal Prot 15.5*g 13.0%Cal Carb 84.0*g 70.8%Cal T.Fat 9.0*g 17.1%Cal S.Fat 2.9*g 5.5%Cal
Aug - 14 Sausage and Biscuit Strawberry Poptarts Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Assorted Jelly	Aug - 15 Assorted Cereals Breakfast Burrito Toasted Bagel Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Chocolate Milk Fat Free Milk Low Fat Milk StrawberryCreamCheese	Aug - 16 Sausage Pancake Stick Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk Pancake Syrup	Aug - 17 French Toast Sticks Choice of Strawberry & Raspberry Yogurts Graham Crackers String Cheese Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Pancake Syrup	Aug - 18 Chicken & Biscuit Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Assorted Jelly	Avg Nutrients Target Cals... 468* 100% Chol... 24* mg Sodium. 510* mg Fiber... 4.5* g Iron... 3.0* mg Calcium417.3* mg Vit A 1141* IU Vit C 50.6* mg Sugar 20.3*g 17.3%Cal Prot 14.9*g 12.7%Cal Carb 85.8*g 73.4%Cal T.Fat 7.9*g 15.1%Cal S.Fat 2.5*g 4.8%Cal
Aug - 21 Sausage and Biscuit Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Assorted Jelly	Aug - 22 Assorted Cereals Breakfast Sausage Pizza Toasted Bagel Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Chocolate Milk Fat Free Milk Low Fat Milk StrawberryCreamCheese	Aug - 23 Sausage Pancake Stick Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk Pancake Syrup	Aug - 24 French Toast Sticks Choice of Strawberry & Raspberry Yogurts Graham Crackers String Cheese Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Pancake Syrup	Aug - 25 Chicken & Biscuit Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Assorted Jelly	Avg Nutrients Target Cals... 460* 100% Chol... 20* mg Sodium. 527* mg Fiber... 4.4* g Iron... 3.2* mg Calcium419.9* mg Vit A 1132* IU Vit C 50.7* mg Sugar 20.3*g 17.6%Cal Prot 15.0*g 13.0%Cal Carb 84.0*g 73.0%Cal T.Fat 7.8*g 15.3%Cal S.Fat 2.4*g 4.7%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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Houlka Attendance Center

Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Aug - 28	Aug - 29	Aug - 30	Aug - 31	Sep - 1	Avg Nutrients Target
Sausage and Biscuit	Assorted Cereals	Sausage Pancake Stick	French Toast Sticks	Chicken & Biscuit	Cals... 453* 100%
Assorted Cereals	Cheese Omelet	Assorted Cereals	Choice of Strawberry &	Assorted Cereals	Chol... 36* mg
Fresh Fruit Bowl	Toasted Bagel	Fresh Fruit Bowl	Raspberry Yogurts	Fresh Fruit Bowl	Sodium. 507* mg
Assorted Fruit Juices	Fresh Fruit Bowl	Assorted Fruit Juices	Graham Crackers	Assorted Fruit Juices	Fiber... 4.1* g
Chocolate Milk	Assorted Fruit Juices	Chocolate Milk	Fresh Fruit Bowl	Chocolate Milk	Iron... 3.1* mg
Fat Free Milk	Chocolate Milk	Strawberry Milk	Assorted Fruit Juices	Fat Free Milk	Calcium411.9* mg
Low Fat Milk	Fat Free Milk	Low Fat Milk	Chocolate Milk	Low Fat Milk	Vit A 1134* IU
Assorted Jelly	Low Fat Milk	Pancake Syrup	Fat Free Milk	Assorted Jelly	Vit C 50.7* mg
	StrawberryCreamCheese		Low Fat Milk		Sugar 20.3*g 17.9%Cal
			Pancake Syrup		Prot 14.7*g 13.0%Cal
					Carb 81.4*g 71.9%Cal
					T.Fat 8.1*g 16.2%Cal
					S.Fat 2.5*g 5.1%Cal

This institution is an equal opportunity provider.

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