

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

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Aug - 7	Aug - 8	Aug - 9	Aug - 10	Aug - 11	Avg Nutrients Target
Lemon Pepper Chicken Stuffed Crust Pizza Whole Kernel Corn Steamed Broccoli Spears Mandarin Fruit Cup Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Vanilla Fat Free Milk Fat Free Milk Barbecue Sauce Ranch Dressing Ketchup	Hot Dog Cheeseburger Steamed Carrots SweetPotatoWaffleFries Chilled Peach Slices Assorted Fruit Juices Chocolate Chip Cookie Chocolate Milk Fat Free Milk Low Fat Milk Mayonnaise Mustard Ketchup	Tuna Salad in Bread Bow Cheesy Chicken Fiesta over Rice Mixed Vegetables Tater Tots Assorted Fruit Juices Rosey Applesauce Saltine Crackers Chocolate Milk Fat Free Milk Low Fat Milk Ketchup	Italian Rotini Casserole Chicken Patty Sandwich Seasoned Green Beans Mashed Potatoes Mandarin Fruit Cup Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Strawberry Milk Fat Free Milk Ketchup Mayonnaise Mustard	Fish Sandwich GrilledChickenSandwich Southern Turnip Greens Oven Fries Applesauce Assorted Fruit Juices Chocolate Milk Strawberry Milk Fat Free Milk Ketchup Mustard Tartar Sauce Mayonnaise	Cals... 652 100% Chol... 62 mg Sodium. 1111 mg Fiber... 5.9 g Iron... 4.0 mg Calcium424.5* mg Vit A 3291 IU Vit C 33.0 mg Sugar 12.1*g 7.4%Cal Prot 31.9g 19.6%Cal Carb 88.4g 54.2%Cal T.Fat 19.6g 27.0%Cal S.Fat 6.1g 8.5%Cal
Aug - 14	Aug - 15	Aug - 16	Aug - 17	Aug - 18	Avg Nutrients Target
Ham and Cheese Wrap Taco Salad w/Chips Pinto Beans Whole Kernel Corn Mandarin Fruit Cup Assorted Fruit Juices Chocolate Chip Cookie Chocolate Milk Fat Free Milk Low Fat Milk Hot Sauce Mayonnaise Mustard	BBQ Pork Sandwich Chicken Nuggets Steamed Fresh Broccoli Mashed Potatoes Chilled Diced Pears Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Fat Free Milk Low Fat Milk Mustard Ketchup	Seafood Basket Tuna Salad with Crackers French Fries Creamy Coleslaw Chilled Peach Slices Assorted Fruit Juices Hushpuppies Chocolate Milk Low Fat Milk Strawberry Milk Ketchup Tartar Sauce	Turkey & Cheese Hoagie Spaghetti Steamed Carrots Tossed Salad w/Dressing Fruit Cocktail Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Low Fat Milk Strawberry Milk Mayonnaise Mustard Assorted Salad Dressing	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... 648 100% Chol... 51* mg Sodium. 1034 mg Fiber... 7.2 g Iron... 3.7* mg Calcium329.8* mg Vit A 5611* IU Vit C 44.4* mg Sugar 12.0*g 7.4%Cal Prot 28.7g 17.7%Cal Carb 92.5g 57.1%Cal T.Fat 18.5g 25.7%Cal S.Fat 5.1g 7.0%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.

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

Jul 24, 2017

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Aug - 21	Aug - 22	Aug - 23	Aug - 24	Aug - 25	Avg Nutrients Target
Corn Dog	Sliced Turkey with Gravy	Tuna Salad Sandwich	Ham&Cheese onHoagie	LoadedFajitaPotato	Cals... 647 100%
Beef Stroganoff	Chef Salad	Chicken Tenders	Chicken Alfredo	Mexican Burrito	Chol... 61* mg
Over Rice	Mashed Potatoes	Black-Eyed Peas	Steamed Carrots	Whole Kernel Corn	Sodium. 1247 mg
SweetPotatoWaffleFries	Steamed Fresh Broccoli	Spicy Fries	Green Peas	Tossed Salad w/Dressing	Fiber.. 8.9 g
Seasoned Green Beans	Pineapple Tidbits	Apple Delicious	Chilled Peach Slices	Mandarin Fruit Cup	Iron... 4.4* mg
Chilled Peach Slices	Assorted Fruit Juices	Assorted Fruit Juices	Assorted Fruit Juices	Assorted Fruit Juices	Calcium322.2* mg
Assorted Fruit Juices	Whole Wheat Roll	Saltine Crackers	Whole Wheat Roll	Whole Wheat Roll	Vit A 3546* IU
Steamed Brown Rice	Choclate Chip Cookie	Chocolate Milk	Chocolate Milk	Chocolate Milk	Vit C 58.8* mg
Chocolate Milk	Chocolate Milk	Fat Free Milk	Strawberry Milk	Fat Free Milk	Sugar 17.3*g 10.7%Cal
Fat Free Milk	Fat Free Milk	Low Fat Milk	Fat Free Milk	Low Fat Milk	Prot 31.4g 19.4%Cal
Low Fat Milk	Low Fat Milk	Ketchup	Mustard	Hot Sauce	Carb 96.5g 59.7%Cal
Ketchup		Hot Sauce	Mayonnaise	Salsa	T.Fat 15.4g 21.5%Cal
Mustard					S.Fat 4.5g 6.3%Cal
Aug - 28	Aug - 29	Aug - 30	Aug - 31	Sep - 1	Avg Nutrients Target
Turkey & Cheese Hoagie	Mandarin Chicken	Spaghetti	Chicken Nachos	Fish Nuggets	Cals... 645 100%
BBq Honey Chicken Bites	Stuffed Crust Pizza	Tuna Salad with Crackers	HamburgerSteakw/Gravy	BBQ Pork Sandwich	Chol... 45* mg
Seasoned Green Beans	Tossed Salad w/Dressing	Whole Kernel Corn	SweetPotatoWaffleFries	Creamy Coleslaw	Sodium. 1097 mg
Cheesy Broccoli	Steamed Carrots	French Fries	Mashed Potatoes	Baked Beans	Fiber.. 6.0 g
Chilled Diced Pears	Banana Berry Blend	Chilled Peach Slices	Pineapple Tidbits	Mandarin Fruit Cup	Iron... 3.7* mg
Assorted Fruit Juices	Assorted Fruit Juices	Assorted Fruit Juices	Assorted Fruit Juices	Assorted Fruit Juices	Calcium316.9* mg
Sugar Cookie	Steamed Brown Rice	WW Garlic Toast	Whole Wheat Roll	Assorted Fruit Juices	Vit A 3155* IU
Chocolate Milk	Chocolate Milk	Saltine Crackers	Choclate Chip Cookie	Hushpuppies	Vit C 45.6* mg
Fat Free Milk	Vanilla Fat Free Milk	Chocolate Milk	Chocolate Milk	Chocolate Milk	Sugar 17.3*g 10.7%Cal
Low Fat Milk	Low Fat Milk	Vanilla Fat Free Milk	Fat Free Milk	Strawberry Milk	Prot 28.3g 17.5%Cal
Mayonnaise		Fat Free Milk	Low Fat Milk	Fat Free Milk	Carb 98.3g 60.9%Cal
Mustard				Ketchup	T.Fat 16.0g 22.4%Cal
				Tartar Sauce	S.Fat 4.4g 6.1%Cal

This institution is an equal opportunity provider.

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