

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

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Aug - 7 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	Aug - 8 Hot Dog Cheeseburger Steamed Carrots SweetPotatoWaffleFries Chilled Peach Slices Assorted Fruit Juices Choclate Chip Cookie Chocolate Milk Fat Free Milk Low Fat Milk Mayonnaise Mustard Ketchup	Aug - 9 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	Aug - 10 Italian Rotini Casserole Chicken Patty Sandwich Seasoned Green Beans French Fries Applesauce Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Strawberry Milk Fat Free Milk Ketchup Mustard Mayonnaise	Aug - 11 Fish Sandwich GrilledChickenSandwich Southern Turnip Greens Oven Fries Apple Delicious Assorted Fruit Juices Chocolate Milk Strawberry Milk Fat Free Milk Ketchup Mustard Tartar Sauce Mayonnaise	Avg Nutrients Target Cals... 843 100% Chol... 62 mg Sodium... 1544 mg Fiber.. 8.4 g Iron... 4.8 mg Calcium473.4* mg Vit A 4206 IU Vit C 54.1 mg Sugar 20.4*g 9.7%Cal Prot 33.9g 16.1%Cal Carb 124.0g 58.8%Cal T.Fat 24.8g 26.5%Cal S.Fat 7.1g 7.6%Cal
Aug - 14 Ham and Cheese Wrap Taco Salad w/Chips Pinto Beans Whole Kernel Corn Mandarin Fruit Cup Assorted Fruit Juices Choclate Chip Cookie Chocolate Milk Fat Free Milk Low Fat Milk Hot Sauce Mayonnaise Mustard	Aug - 15 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	Aug - 16 Seafood Basket Tuna Salad with Crackers French Fries Creamy Coleslaw Chilled Peach Slices Assorted Fruit Juices Hushpuppies Saltine Crackers Chocolate Milk Low Fat Milk Strawberry Milk Ketchup Tartar Sauce	Aug - 17 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 Ketchup Hot Sauce Tartar Sauce Mayonnaise Mustard	Aug - 18 SBJ Uncrustable 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	Avg Nutrients Target Cals... 848 100% Chol... 56* mg Sodium... 1281 mg Fiber.. 11.0 g Iron... 5.1* mg Calcium428.1* mg Vit A 7540* IU Vit C 85.6* mg Sugar 24.1*g 11.4%Cal Prot 33.7g 15.9%Cal Carb 129.4g 61.1%Cal T.Fat 22.7g 24.1%Cal S.Fat 5.9g 6.3%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.

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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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Aug - 21 Corn Dog Beef Stroganoff Over Rice SweetPotatoWaffleFries Seasoned Green Beans Chilled Peach Slices Assorted Fruit Juices Steamed Brown Rice Chocolate Milk Fat Free Milk Low Fat Milk Mayonnaise Mustard Ketchup	Aug - 22 Sliced Turkey with Gravy Chef Salad Mashed Potatoes Steamed Fresh Broccoli Pineapple Tidbits Assorted Fruit Juices Whole Wheat Roll Chocolate Chip Cookie Chocolate Milk Fat Free Milk Low Fat Milk Assorted Salad Dressing	Aug - 23 Tuna Salad Sandwich Chicken Tenders Black-Eyed Peas Spicy Fries Apple Delicious Assorted Fruit Juices WW Garlic Toast Chocolate Milk Fat Free Milk Low Fat Milk Ketchup Hot Sauce	Aug - 24 Ham&Cheese onHoagie Chicken Alfredo Steamed Carrots Green Peas Chilled Peach Slices Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Strawberry Milk Fat Free Milk Mustard Mayonnaise	Aug - 25 LoadedFajitaPotato Mexican Burrito Whole Kernel Corn Tossed Salad w/Dressing Mandarin Fruit Cup Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Fat Free Milk Low Fat Milk Hot Sauce Salsa	Avg Nutrients Target Cals... 752 100% Chol... 63* mg Sodium... 1487 mg Fiber... 11.1 g Iron... 5.1* mg Calcium351.4* mg Vit A 3715* IU Vit C 69.7* mg Sugar 24.9*g 13.3%Cal Prot 33.5g 17.8%Cal Carb 112.0g 59.6%Cal T.Fat 19.1g 22.9%Cal S.Fat 5.3g 6.4%Cal
Aug - 28 Turkey & Cheese Hoagie BBq Honey Chicken Bites Seasoned Green Beans Cheesy Broccoli Chilled Diced Pears Assorted Fruit Juices Sugar Cookie Chocolate Milk Fat Free Milk Low Fat Milk Mayonnaise Mustard	Aug - 29 Mandarin Chicken Stuffed Crust Pizza Tossed Salad w/Dressing Steamed Carrots Tropical Apples Assorted Fruit Juices Steamed Brown Rice Chocolate Milk Vanilla Fat Free Milk Low Fat Milk	Aug - 30 Spaghetti Tuna Salad with Crackers Whole Kernel Corn French Fries Chilled Peach Slices Assorted Fruit Juices WW Garlic Toast Saltine Crackers Chocolate Milk Vanilla Fat Free Milk Fat Free Milk	Aug - 31 Chicken Nachos HamburgerSteak w/Grav SweetPotatoWaffleFries Mashed Potatoes Pineapple Tidbits Assorted Fruit Juices Whole Wheat Roll Chocolate Chip Cookie Chocolate Milk Fat Free Milk Low Fat Milk	Sep - 1 Fish Nuggets BBQ Pork Sandwich Creamy Coleslaw Baked Beans Mandarin Fruit Cup Assorted Fruit Juices Hushpuppies Chocolate Milk Fat Free Milk Strawberry Milk Tartar Sauce Ketchup	Avg Nutrients Target Cals... 758 100% Chol... 54* mg Sodium... 1212 mg Fiber... 6.6 g Iron... 4.1* mg Calcium416.7* mg Vit A 3475* IU Vit C 52.7* mg Sugar 25.4*g 13.4%Cal Prot 32.4g 17.1%Cal Carb 113.9g 60.1%Cal T.Fat 19.5g 23.1%Cal S.Fat 5.3g 6.3%Cal

This institution is an equal opportunity provider.

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