

**Chickasaw County School District**  
**Houlka Attendance Center**

**Breakfast Menu**

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Sep - 4 Holiday	Sep - 5 Sausage and Biscuit Strawberry Poptarts Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Assorted Jelly	Sep - 6 Assorted Cereals Sausage Pancake Stick Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk Pancake Syrup	Sep - 7 Breakfast Burrito 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	Sep - 8 Chicken & Biscuit Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Assorted Jelly	Avg Nutrients    Target Cals...            385*            85% Chol...            22* mg Sodium.           456* mg Fiber...           3.5* g Iron...            2.4* mg Calcium340.5* mg Vit A            996* IU Vit C            39.7* mg Sugar 16.0*g    16.6%Cal Prot 12.6*g     13.1%Cal Carb 68.9*g    71.6%Cal T.Fat 6.9*g     16.3%Cal S.Fat 2.3*g     5.3%Cal
Sep - 11 Sausage and Biscuit Strawberry Poptarts Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Assorted Jelly	Sep - 12 Assorted Cereals Breakfast Burrito Toasted Bagel Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk StrawberryCreamCheese	Sep - 13 Sausage Pancake Stick Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk Pancake Syrup	Sep - 14 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	Sep - 15 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
Sep - 18 Sausage and Biscuit Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Assorted Jelly	Sep - 19 Assorted Cereals Breakfast Sausage Pizza Toasted Bagel Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk StrawberryCreamCheese	Sep - 20 Sausage Pancake Stick Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk Pancake Syrup	Sep - 21 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	Sep - 22 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.**

**Chickasaw County School District**  
**Houlka Attendance Center**

**Breakfast Menu**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Nutrients</b>
Sep - 25	Sep - 26	Sep - 27	Sep - 28	Sep - 29	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

USDA is an equal opportunity provider and employer.

*\*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.