

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

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Sep - 4	Sep - 5 Lemon Pepper Chicken Beef Stroganoff Over Rice 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	Sep - 6 Hot Dog Cheeseburger Steamed Carrots Sweet Potato Waffle Fries Chilled Peach Slices Assorted Fruit Juices Chocolate Chip Cookie Chocolate Milk Fat Free Milk Low Fat Milk Mayonnaise Mustard Ketchup	Sep - 7 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	Sep - 8 Fish Sandwich Grilled Chicken Sandwich Southern Turnip Greens Oven Fries Applesauce Assorted Fruit Juices Chocolate Milk Strawberry Milk Fat Free Milk Ketchup Mustard Tartar Sauce Mayonnaise	Avg Nutrients Target Cals... 649 100% Chol... 63 mg Sodium... 1079 mg Fiber... 6.4 g Iron... 4.0 mg Calcium 391.1* mg Vit A 3678 IU Vit C 34.4 mg Sugar 12.2*g 7.5%Cal Prot 31.3g 19.3%Cal Carb 88.4g 54.4%Cal T.Fat 19.5g 27.0%Cal S.Fat 5.5g 7.6%Cal
Sep - 11 Chicken Fajita 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	Sep - 12 Chef Salad Chicken Nuggets Steamed Fresh Broccoli Mashed Potatoes Chilled Diced Pears Assorted Fruit Juices WW Garlic Toast Chocolate Milk Fat Free Milk Low Fat Milk Mustard Ketchup	Sep - 13 Seafood Basket BBQ Rib Sandwich French Fries Creamy Coleslaw Chilled Peach Slices Assorted Fruit Juices Hushpuppies Chocolate Milk Low Fat Milk Strawberry Milk Ketchup Tartar Sauce	Sep - 14 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	Sep - 15 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... 648 100% Chol... 53* mg Sodium... 1080 mg Fiber... 7.3 g Iron... 3.8* mg Calcium 336.6* mg Vit A 5849* IU Vit C 44.9* mg Sugar 12.2*g 7.5%Cal Prot 28.8g 17.8%Cal Carb 93.2g 57.6%Cal T.Fat 18.1g 25.2%Cal S.Fat 5.0g 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

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Sep - 18	Sep - 19	Sep - 20	Sep - 21	Sep - 22	Avg Nutrients Target
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 Ketchup Mustard	Bacon Cheese Burger Chef Salad Spicy Fries Steamed Fresh Broccoli Pineapple Tidbits Assorted Fruit Juices Chocolate Chip Cookie Chocolate Milk Fat Free Milk Low Fat Milk Saltine Crackers Mayonnaise Mustard Ketchup	Pizza in a Bread Bowl Chicken Tenders Black-Eyed Peas Mashed Potatoes Apple Delicious Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Fat Free Milk Low Fat Milk Ketchup Hot Sauce	Ham&Cheese onHoagie Chicken Alfredo Steamed Carrots Green Peas Chilled Peach Slices Assorted Fruit Juices WW Garlic Toast Chocolate Milk Strawberry Milk Fat Free Milk Mustard Mayonnaise	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	Cals... 645 100% Chol... 57* mg Sodium. 1226 mg Fiber... 8.6 g Iron... 4.4* mg Calcium329.8* mg Vit A 2569* IU Vit C 50.8* mg Sugar 17.1*g 10.6%Cal Prot 31.1g 19.3%Cal Carb 95.7g 59.3%Cal T.Fat 15.8g 22.0%Cal S.Fat 5.0g 7.0%Cal
Sep - 25	Sep - 26	Sep - 27	Sep - 28	Sep - 29	Avg Nutrients Target
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	Chef Salad Stuffed Crust Pizza Tossed Salad w/Dressing Steamed Carrots Banana Berry Blend Assorted Fruit Juices Steamed Brown Rice Chocolate Milk Vanilla Fat Free Milk Low Fat Milk	Chicken Stir Fry Over Rice Pigs in a Blanket 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	Chicken Nachos HamburgerSteakw/Gravy SweetPotatoWaffleFries Mashed Potatoes Pineapple Tidbits Assorted Fruit Juices Whole Wheat Roll Chocolate Chip Cookie Chocolate Milk Fat Free Milk Low Fat Milk	Fish Nuggets BBQ Pork Sandwich Creamy Coleslaw Baked Beans Mandarin Fruit Cup Assorted Fruit Juices Hushpuppies Chocolate Milk Strawberry Milk Fat Free Milk Ketchup Tartar Sauce	Cals... 650 100% Chol... 66* mg Sodium. 1214* mg Fiber... 6.4 g Iron... 3.8* mg Calcium336.3* mg Vit A 4060* IU Vit C 51.2* mg Sugar 17.0*g 10.4%Cal Prot 28.6g 17.6%Cal Carb 97.3g 59.9%Cal T.Fat 16.9g 23.3%Cal S.Fat 4.9*g 6.7%Cal

USDA is an equal opportunity provider and employer.

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