

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

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 SweetPotatoWaffleFries Chilled Peach Slices Assorted Fruit Juices Choclate Chip Cookie Chocolate Milk Fat Free Milk Low Fat Milk Mayonnaise Mustard Ketchup	Sep - 7 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	Sep - 8 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... 821 100% Chol... 65 mg Sodium... 1468 mg Fiber... 8.8 g Iron... 4.6 mg Calcium430.1* mg Vit A 4667 IU Vit C 55.4 mg Sugar 20.5*g 10.0%Cal Prot 32.9g 16.0%Cal Carb 120.8g 58.8%Cal T.Fat 24.1g 26.4%Cal S.Fat 6.2g 6.8%Cal
Sep - 11 Chicken Fajita 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	Sep - 12 Chef Salad 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	Sep - 13 Seafood Basket BBQ Rib Sandwich French Fries Creamy Coleslaw Chilled Peach Slices Assorted Fruit Juices Hushpuppies Saltine Crackers Chocolate Milk Low Fat 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 Ketchup Hot Sauce Tartar Sauce Mayonnaise Mustard	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... 818 100% Chol... 52* mg Sodium... 1318 mg Fiber... 10.8 g Iron... 4.9* mg Calcium435.6* mg Vit A 7634* IU Vit C 86.5* mg Sugar 25.7*g 12.6%Cal Prot 32.0g 15.7%Cal Carb 128.6g 62.9%Cal T.Fat 20.7g 22.7%Cal S.Fat 5.6g 6.2%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
Sep - 18 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	Sep - 19 Bacon Cheese Burger Chef Salad Spicy Fries 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	Sep - 20 Pizza in a Bread Bowl Chicken Tenders Black-Eyed Peas Mashed Potatoes Apple Delicious Assorted Fruit Juices WW Garlic Toast Chocolate Milk Fat Free Milk Low Fat Milk Ketchup Hot Sauce	Sep - 21 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	Sep - 22 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... 779 100% Chol... 60* mg Sodium... 1486 mg Fiber... 11.2 g Iron... 5.4* mg Calcium373.3* mg Vit A 4003* IU Vit C 69.0* mg Sugar 24.9*g 12.8%Cal Prot 35.1g 18.0%Cal Carb 114.9g 59.0%Cal T.Fat 20.5g 23.6%Cal S.Fat 6.0g 7.0%Cal
Sep - 25 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	Sep - 26 Chef Salad Stuffed Crust Pizza Tossed Salad w/Dressing Steamed Carrots Tropical Apples Assorted Fruit Juices Chocolate Milk Vanilla Fat Free Milk Low Fat Milk Saltine Crackers	Sep - 27 Chicken Stir Fry Over Rice Pigs in a Blanket Whole Kernel Corn Green Peas Chilled Peach Slices Assorted Fruit Juices WW Garlic Toast Saltine Crackers Chocolate Milk Vanilla Fat Free Milk Fat Free Milk	Sep - 28 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 - 29 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... 754 100% Chol... 56* mg Sodium... 1289* mg Fiber... 6.8 g Iron... 4.6* mg Calcium464.8* mg Vit A 3491* IU Vit C 51.4* mg Sugar 24.6*g 13.1%Cal Prot 31.6g 16.8%Cal Carb 110.2g 58.5%Cal T.Fat 21.1g 25.2%Cal S.Fat 6.0*g 7.1%Cal

USDA is an equal opportunity provider and employer.

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