

**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>
Oct - 2 Sausage and Biscuit Strawberry Poptarts Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Assorted Jelly	Oct - 3 Assorted Cereals Breakfast Burrito Toasted Bagel Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk StrawberryCreamCheese	Oct - 4 Sausage Pancake Stick Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk Pancake Syrup	Oct - 5 Chicken & Biscuit Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Assorted Jelly	Oct - 6	Avg Nutrients Target Cals... 468 100% Chol... 28 mg Sodium. 538 mg Fiber... 4.9 g Iron... 3.4 mg Calcium 414.3 mg Vit A 1212 IU Vit C 51.6 mg Sugar 18.7*g 16.0%Cal Prot 15.1g 12.9%Cal Carb 84.1g 71.9%Cal T.Fat 8.7g 16.7%Cal S.Fat 3.0g 5.7%Cal
Oct - 9	Oct - 10	Oct - 11 Sausage Pancake Stick Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk Pancake Syrup	Oct - 12 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	Oct - 13 Chicken & Biscuit Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Assorted Jelly	Avg Nutrients Target Cals... 462* 100% Chol... 18* mg Sodium. 487* mg Fiber... 4.1* g Iron... 2.9* mg Calcium 413.1* mg Vit A 1070* IU Vit C 50.1* mg Sugar 21.5*g 18.6%Cal Prot 14.1*g 12.2%Cal Carb 86.6*g 74.9%Cal T.Fat 7.3*g 14.2%Cal S.Fat 2.0*g 3.9%Cal
Oct - 16 Sausage and Biscuit Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Assorted Jelly	Oct - 17 Breakfast Sausage Pizza Assorted Cereals Toasted Bagel Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk StrawberryCreamCheese	Oct - 18 Sausage Pancake Stick Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk Pancake Syrup	Oct - 19 Assorted Cereals 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	Oct - 20 Chicken & Biscuit Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Assorted Jelly	Avg Nutrients Target Cals... 453* 100% Chol... 20* mg Sodium. 514* mg Fiber... 4.3* g Iron... 2.8* mg Calcium 412.6* mg Vit A 1100* IU Vit C 50.4* mg Sugar 20.3*g 17.9%Cal Prot 14.9*g 13.2%Cal Carb 82.4*g 72.8%Cal T.Fat 7.7*g 15.4%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.**

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Oct - 23 Sausage and Biscuit Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Assorted Jelly	Oct - 24 Assorted Cereals Cheese Omelet Toasted Bagel Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Chocolate Milk Fat Free Milk Low Fat Milk StrawberryCreamCheese	Oct - 25 Sausage Pancake Stick Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk Pancake Syrup	Oct - 26 French Toast Sticks Choice of Strawberry & Raspberry Yogurts Graham Crackers Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Pancake Syrup	Oct - 27 Chicken & Biscuit Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Assorted Jelly	Avg Nutrients Target Cals... 453* 100% Chol... 36* mg Sodium. 507* mg Fiber.. 4.1* g Iron... 3.1* mg Calcium411.9* mg Vit A 1134* IU Vit C 50.7* mg Sugar 20.3*g 17.9%Cal 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
Oct - 30 Sausage and Biscuit Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Assorted Jelly	Oct - 31 Assorted Cereals Breakfast Sausage Pizza Toasted Bagel Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Chocolate Milk Fat Free Milk Low Fat Milk StrawberryCreamCheese	Nov - 1 Sausage Pancake Stick Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk Pancake Syrup	Nov - 2 French Toast Sticks Choice of Strawberry & Raspberry Yogurts Graham Crackers Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Pancake Syrup	Nov - 3 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

USDA is an equal opportunity provider and employer.

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