

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

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Oct - 2 Hot Dog Cheeseburger Steamed Carrots Spicy Fries Chilled Peach Slices Assorted Fruit Juices Chocolate Chip Cookie Chocolate Milk Fat Free Milk Low Fat Milk Mayonnaise Mustard Ketchup	Oct - 3 Lemon Pepper Chicken Beef Stroganoff Over Rice Mashed Potatoes 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	Oct - 4 Italian Rotini Casserole Grilled Chicken Sandwich Tossed Salad w/Dressing Sweet Potato Waffle Fries Applesauce Assorted Fruit Juices WW Garlic Toast Chocolate Milk Strawberry Milk Fat Free Milk Ketchup Mayonnaise Mustard	Oct - 5 Fish Sandwich BBQ Pork Sandwich Baked Beans Creamy Coleslaw Blueberries with Whipped Topping Assorted Fruit Juices Chocolate Milk Strawberry Milk Fat Free Milk Ketchup Mustard Tartar Sauce Mayonnaise	Oct - 6 Avg Nutrients Target Cals... 631 100% Chol... 64 mg Sodium. 1048 mg Fiber... 5.9 g Iron... 3.6 mg Calcium 387.6* mg Vit A 3885 IU Vit C 34.6 mg Sugar 12.1*g 7.7%Cal Prot 30.8g 19.5%Cal Carb 85.7g 54.4%Cal T.Fat 19.0g 27.2%Cal S.Fat 5.6g 8.0%Cal	
Oct - 9	Oct - 10	Oct - 11 Chicken Nuggets Ham and Cheese Wrap Steamed Fresh Broccoli Mashed Potatoes Chilled Peach Slices Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Fat Free Milk Low Fat Milk Mayonnaise Mustard Ketchup	Oct - 12 Turkey & Cheese Hoagie Spaghetti Steamed Carrots Black-Eyed Peas Blueberries with Whipped Topping Assorted Fruit Juices Hushpuppies Chocolate Milk Low Fat Milk Strawberry Milk Mayonnaise Mustard Assorted Salad Dressing	Oct - 13 Stuffed Crust Pizza Mandarin Chicken Seasoned Green Beans Tossed Salad w/Dressing Rosey Applesauce Assorted Fruit Juices Steamed Brown Rice Sugar Cookie Chocolate Milk Vanilla Fat Free Milk Fat Free Milk Avg Nutrients Target Cals... 641 100% Chol... 40* mg Sodium. 1098 mg Fiber... 8.0 g Iron... 4.3* mg Calcium 345.5* mg Vit A 5933* IU Vit C 55.9* mg Sugar 13.8*g 8.6%Cal Prot 27.2g 17.0%Cal Carb 96.3g 60.0%Cal T.Fat 16.6g 23.3%Cal S.Fat 5.1g 7.2%Cal	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

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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 - 16 Ham&Cheese onHoagie Taco Salad w/Chips Pinto Beans Whole Kernel Corn Chilled Diced Pears Assorted Fruit Juices Choclote Chip Cookie Chocolate Milk Fat Free Milk Low Fat Milk Hot Sauce Mayonnaise Mustard	Oct - 17 HamburgerSteakw/Gravy Chicken Tenders Mashed Potatoes Steamed Fresh Broccoli Fruit Cocktail Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Strawberry Milk Fat Free Milk	Oct - 18 Hot Dog w/Chili Tuna Salad in Bread Bow Black-Eyed Peas Baked Sweet Potato Apple Delicious Assorted Fruit Juices Sugar Cookie Chocolate Milk Fat Free Milk Low Fat Milk Mayonnaise Mustard	Oct - 19 Chicken Spaghetti Ham&Cheese onHoagie Steamed Carrots Green Peas Chilled Peach Slices Assorted Fruit Juices WW Garlic Toast Chocolate Milk Strawberry Milk Fat Free Milk Mustard Mayonnaise	Oct - 20 BBQ Pulled Pork Burger Spicy Chicken Sandwich Creamy Coleslaw Oven Fries Mandarin Fruit Cup Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Hot Sauce Mayonnaise Mustard	Avg Nutrients Target Cals... 651 100% Chol... 60* mg Sodium. 1108 mg Fiber.. 7.6 g Iron... 4.0* mg Calcium364.6* mg Vit A 5110* IU Vit C 49.7* mg Sugar 14.8*g 9.1%Cal Prot 31.7g 19.5%Cal Carb 90.7g 55.7%Cal T.Fat 18.7g 25.9%Cal S.Fat 6.1g 8.4%Cal
Oct - 23 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	Oct - 24 Stuffed Crust Pizza Beefy Nachos Grande Tossed Salad w/Dressing Steamed Carrots Banana Berry Blend Assorted Fruit Juices Chocolate Milk Vanilla Fat Free Milk Low Fat Milk Salsa	Oct - 25 John Wayne Casserole Corn Dog Whole Kernel Corn Pinto Beans Chilled Peach Slices Assorted Fruit Juices Saltine Crackers Chocolate Milk Vanilla Fat Free Milk Fat Free Milk Ketchup Mustard	Oct - 26 Fish Nuggets BBQ Rib Sandwich French Fries Creamy Coleslaw Mandarin Fruit Cup Assorted Fruit Juices Cornbread Chocolate Milk Low Fat Milk Strawberry Milk Ketchup Tartar Sauce	Oct - 27 Veg.BeefSoupw/Sandwic SweetPotatoWaffleFries Raw Veggies with Dip Pineapple Tidbits Assorted Fruit Juices Choclote Chip Cookie Chocolate Milk Fat Free Milk Low Fat Milk	Avg Nutrients Target Cals... 637 100% Chol... 44* mg Sodium. 1178 mg Fiber.. 6.2 g Iron... 3.9* mg Calcium368.7* mg Vit A 3808* IU Vit C 41.4* mg Sugar 16.9*g 10.6%Cal Prot 25.6g 16.1%Cal Carb 93.4g 58.7%Cal T.Fat 18.6g 26.3%Cal S.Fat 5.3g 7.5%Cal

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Oct - 30	Oct - 31	Nov - 1	Nov - 2	Nov - 3	Avg Nutrients Target
Bacon Cheese Burger	Lemon Pepper Chicken	Italian Rotini Casserole	Fish Sandwich	Hot Dog	Cals... 649 100%
Ham&Cheese onHoagie	Beef Stroganoff	GrilledChickenSandwich	BBQ Pork Sandwich	Cheesy Breadsticks/Chili	Chol... 65* mg
Spicy Fries	Over Rice	Tossed Salad w/Dressing	Baked Beans	Steamed Carrots	Sodium. 1155 mg
Steamed Fresh Broccoli	Whole Kernel Corn	SweetPotatoWaffleFries	Creamy Coleslaw	Spicy Fries	Fiber... 6.2 g
Pineapple Tidbits	Steamed Broccoli Spears	Applesauce	Blueberries with Whipped	Chilled Peach Slices	Iron... 3.9* mg
Assorted Fruit Juices	Mandarin Fruit Cup	Assorted Fruit Juices	Topping	Assorted Fruit Juices	Calcium382.8* mg
Choclate Chip Cookie	Assorted Fruit Juices	WW Garlic Toast	Assorted Fruit Juices	Choclate Chip Cookie	Vit A 3606* IU
Chocolate Milk	Whole Wheat Roll	Chocolate Milk	Chocolate Milk	Chocolate Milk	Vit C 42.7* mg
Fat Free Milk	Chocolate Milk	Strawberry Milk	Strawberry Milk	Fat Free Milk	Sugar 13.0*g 8.0%Cal
Low Fat Milk	Vanilla Fat Free Milk	Fat Free Milk	Fat Free Milk	Low Fat Milk	Prot 31.5g 19.4%Cal
Saltine Crackers	Fat Free Milk	Ketchup	Ketchup	Mayonnaise	Carb 87.2g 53.7%Cal
Mayonnaise	Barbecue Sauce	Mayonnaise	Mustard	Mustard	T.Fat 20.4g 28.3%Cal
Mustard	Ranch Dressing	Mustard	Tartar Sauce	Ketchup	S.Fat 6.2g 8.6%Cal
Ketchup	Ketchup		Mayonnaise		

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