

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

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Oct - 2 Hot Dog Cheeseburger Steamed Carrots Spicy Fries Chilled Peach Slices Assorted Fruit Juices Choclate 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 GrilledChickenSandwich Tossed Salad w/Dressing SweetPotatoWaffleFries Applesauce Assorted Fruit Juices WW Garlic Toast Chocolate Milk Strawberry Milk Fat Free Milk Ketchup Mustard Mayonnaise	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... 802 100% Chol... 66 mg Sodium... 1471 mg Fiber.. 8.2 g Iron... 4.3 mg Calcium423.0* mg Vit A 4592 IU Vit C 55.3 mg Sugar 20.5*g 10.2%Cal Prot 32.6g 16.2%Cal Carb 118.2g 58.9%Cal T.Fat 23.8g 26.7%Cal S.Fat 6.5g 7.3%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 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 Ketchup Hot Sauce Tartar Sauce Mayonnaise Mustard	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... 835 100% Chol... 49* mg Sodium... 1343 mg Fiber.. 12.6 g Iron... 5.9* mg Calcium453.5* mg Vit A 8357* IU Vit C 101.9* mg Sugar 25.9*g 12.4%Cal Prot 35.1g 16.8%Cal Carb 128.4g 61.5%Cal T.Fat 21.2g 22.8%Cal S.Fat 6.1g 6.6%Cal

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

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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Oct - 16 Ham&Cheese onHoagie Taco Salad w/Chips Pinto Beans Whole Kernel Corn Chilled Diced Pears Assorted Fruit Juices Choclate 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 Whole Wheat Roll Fruit Cocktail Assorted Fruit Juices Chocolate Milk Strawberry Milk Fat Free Milk Ketchup	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 Oven Fries Creamy Coleslaw Mandarin Fruit Cup Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Hot Sauce Mayonnaise Mustard	Avg Nutrients Target Cals... 794 100% Chol... 63* mg Sodium. 1261 mg Fiber.. 11.2 g Iron... 5.2* mg Calcium406.6* mg Vit A 7474* IU Vit C 80.3* mg Sugar 23.0*g 11.6%Cal Prot 35.4g 17.9%Cal Carb 115.7g 58.3%Cal T.Fat 22.1g 25.0%Cal S.Fat 6.8g 7.7%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 Tropical Apples 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 Saltine Crackers Chocolate Milk Low Fat Milk Strawberry Milk Ketchup Tartar Sauce	Oct - 27 Veg.BeefSoupw/Sandwic SweetPotatoWaffleFries Mashed Potatoes Pineapple Tidbits Assorted Fruit Juices Whole Wheat Roll Choclate Chip Cookie Chocolate Milk Fat Free Milk Low Fat Milk	Avg Nutrients Target Cals... 793 100% Chol... 49* mg Sodium. 1413 mg Fiber.. 7.2 g Iron... 4.8* mg Calcium481.9* mg Vit A 3719* IU Vit C 52.3* mg Sugar 26.7*g 13.5%Cal Prot 29.3g 14.8%Cal Carb 119.4g 60.3%Cal T.Fat 22.9g 26.0%Cal S.Fat 6.3g 7.2%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... 833 100%
Ham&Cheese onHoagie	Beef Stroganoff	GrilledChickenSandwich	BBQ Pork Sandwich	Cheesy Breadsticks/Chili	Chol... 67* mg
Spicy Fries	Over Rice	Tossed Salad w/Dressing	Baked Beans	Steamed Carrots	Sodium.. 1529 mg
Steamed Fresh Broccoli	Whole Kernel Corn	SweetPotatoWaffleFries	Creamy Coleslaw	SweetPotatoWaffleFries	Fiber... 9.5 g
Pineapple Tidbits	Steamed Broccoli Spears	Applesauce	Blueberries with Whipped	Chilled Peach Slices	Iron... 4.7* mg
Assorted Fruit Juices	Mandarin Fruit Cup	Assorted Fruit Juices	Topping	Assorted Fruit Juices	Calcium427.3* mg
Whole Wheat Roll	Assorted Fruit Juices	WW Garlic Toast	Assorted Fruit Juices	Chocolate Chip Cookie	Vit A 5229* IU
Chocolate Chip Cookie	Whole Wheat Roll	Chocolate Milk	Chocolate Milk	Chocolate Milk	Vit C 69.3* mg
Chocolate Milk	Chocolate Milk	Strawberry Milk	Strawberry Milk	Fat Free Milk	Sugar 21.3*g 10.2%Cal
Fat Free Milk	Vanilla Fat Free Milk	Fat Free Milk	Fat Free Milk	Low Fat Milk	Prot 34.0g 16.3%Cal
Low Fat Milk	Fat Free Milk	Ketchup	Ketchup	Mayonnaise	Carb 120.5g 57.8%Cal
Mayonnaise	Barbecue Sauce	Mustard	Mustard	Mustard	T.Fat 25.6g 27.6%Cal
Mustard	Ranch Dressing	Mayonnaise	Tartar Sauce	Ketchup	S.Fat 7.3g 7.9%Cal
	Ketchup		Mayonnaise		

USDA is an equal opportunity provider and employer.

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