

Chickasaw County School District
Houlka Attendance Center

Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Nov - 6 Sausage and Biscuit Strawberry Poptarts Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Assorted Jelly	Nov - 7 Assorted Cereals Breakfast Burrito Toasted Bagel Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Chocolate Milk Fat Free Milk Low Fat Milk StrawberryCreamCheese	Nov - 8 Sausage Pancake Stick Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk Pancake Syrup	Nov - 9 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	Nov - 10 Chicken & Biscuit Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Assorted Jelly	Avg Nutrients Target Cals... 468* 100% Chol... 24* mg Sodium. 510* mg Fiber... 4.5* g Iron... 3.0* mg Calcium417.3* mg Vit A 1141* IU Vit C 50.6* mg Sugar 20.3*g 17.3%Cal Prot 14.9*g 12.7%Cal Carb 85.8*g 73.4%Cal T.Fat 7.9*g 15.1%Cal S.Fat 2.5*g 4.8%Cal
Nov - 13 Sausage and Biscuit Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Assorted Jelly	Nov - 14 Breakfast Sausage Pizza Assorted Cereals Toasted Bagel Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Chocolate Milk Fat Free Milk Low Fat Milk StrawberryCreamCheese	Nov - 15 Sausage Pancake Stick Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk Pancake Syrup	Nov - 16 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	Nov - 17 Chicken & Biscuit Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Assorted Jelly	Avg Nutrients Target Cals... 457* 100% Chol... 21* mg Sodium. 539* mg Fiber... 4.6* g Iron... 2.8* mg Calcium323.7* mg Vit A 996* IU Vit C 49.6* mg Sugar 19.1*g 16.7%Cal Prot 13.8*g 12.1%Cal Carb 81.1*g 71.0%Cal T.Fat 9.3*g 18.4%Cal S.Fat 2.7*g 5.3%Cal
Nov - 20	Nov - 21	Nov - 22	Nov - 23	Nov - 24	Avg Nutrients Target Cals... *N/A* Chol... *N/A* mg Sodium. *N/A* mg Fiber... *N/A* g Iron... *N/A* mg Calcium *N/A* mg Vit A *N/A* IU Vit C *N/A* mg Sugar *N/A*g *N/A*%Cal Prot *N/A*g *N/A*%Cal Carb *N/A*g *N/A*%Cal T.Fat *N/A*g *N/A*%Cal S.Fat *N/A*g *N/A*%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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Houlka Attendance Center

Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Nov - 27	Nov - 28	Nov - 29	Nov - 30	Dec - 1	Avg Nutrients Target
Sausage and Biscuit	Assorted Cereals	Sausage Pancake Stick	French Toast Sticks	Chicken & Biscuit	Cals... 465* 100%
Assorted Cereals	Cheese Omelet	Assorted Cereals	Choice of Strawberry &	Assorted Cereals	Chol... 35* mg
Fresh Fruit Bowl	Whole Grain Biscuit	Fresh Fruit Bowl	Raspberry Yogurts	Fresh Fruit Bowl	Sodium... 530* mg
Assorted Fruit Juices	Toasted Bagel	Assorted Fruit Juices	Graham Crackers	Assorted Fruit Juices	Fiber... 4.2* g
Chocolate Milk	Fresh Fruit Bowl	Chocolate Milk	Fresh Fruit Bowl	Chocolate Milk	Iron... 3.2* mg
Fat Free Milk	Assorted Fruit Juices	Strawberry Milk	Assorted Fruit Juices	Fat Free Milk	Calcium...410.2* mg
Low Fat Milk	Chocolate Milk	Low Fat Milk	Chocolate Milk	Low Fat Milk	Vit A 1213* IU
Assorted Jelly	Fat Free Milk	Pancake Syrup	Fat Free Milk	Assorted Jelly	Vit C 50.7* mg
	Low Fat Milk		Low Fat Milk		Sugar 20.6*g 17.7%Cal
	Strawberry Cream Cheese		Pancake Syrup		Prot 14.8*g 12.7%Cal
	Assorted Jelly				Carb 83.5*g 71.8%Cal
					T.Fat 8.6*g 16.6%Cal
					S.Fat 2.6*g 5.0%Cal

USDA is an equal opportunity provider and employer.

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