

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

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Nov - 6 Cheesy Burger Bake Ham&Cheese onHoagie Steamed Carrots Tater Tots Chilled Peach Slices Assorted Fruit Juices Choclote Chip Cookie Chocolate Milk Fat Free Milk Low Fat Milk Mayonnaise Mustard Ketchup	Nov - 7 Stuffed Crust Pizza Loaded Baked Potato Tossed Salad w/Dressing Black-Eyed Peas Sliced Strawberries Assorted Fruit Juices Cornbread Chocolate Milk Vanilla Fat Free Milk Fat Free Milk	Nov - 8 Philly Cheese Steak Sandwich Chicken Nuggets Steamed Fresh Broccoli Spicy Fries Chilled Diced Pears Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Fat Free Milk Low Fat Milk Mayonnaise Mustard Ketchup	Nov - 9 HamburgerSteakw/Gravy Fish Sandwich Mashed Potatoes Seasoned Green Beans Fruit Cocktail Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Strawberry Milk Fat Free Milk Tartar Sauce Mustard Ketchup	Nov - 10 Turkey & Cheese on Bun Mandarin Chicken Baked Sweet Potato Mixed Vegetables Rosey Applesauce Assorted Fruit Juices Steamed Brown Rice Sugar Cookie Chocolate Milk Vanilla Fat Free Milk Fat Free Milk Mayonnaise Mustard	Avg Nutrients Target Cals... 781 100% Chol... 43* mg Sodium. 1384 mg Fiber.. 8.6 g Iron... 4.6* mg Calcium399.3* mg Vit A 6191* IU Vit C 71.7* mg Sugar 22.4*g 11.5%Cal Prot 30.1g 15.4%Cal Carb 119.1g 61.0%Cal T.Fat 21.7g 25.0%Cal S.Fat 6.8g 7.9%Cal
Nov - 13 Ham&Cheese onHoagie Corn Dog Pinto Beans Whole Kernel Corn Chilled Diced Pears Assorted Fruit Juices Choclote Chip Cookie Chocolate Milk Fat Free Milk Low Fat Milk Mayonnaise Mustard Ketchup	Nov - 14 Cheeseburger Soy Butter and Jelly Sandwich Steamed Carrots Spicy Fries Sliced Strawberries Assorted Fruit Juices Chocolate Milk Low Fat Milk Strawberry Milk Mayonnaise Mustard Ketchup	Nov - 15 Chicken Tenders Steak Fingers Cheesy Broccoli Tater Tots Chilled Peach Slices Assorted Fruit Juices WW Garlic Toast Chocolate Milk Fat Free Milk Low Fat Milk Mustard Ketchup	Nov - 16 Turkey & Dressing Baked Ham Seasoned Green Beans Mashed Potatoes Cranberry Sauce Whole Wheat Roll Apple Pie Chocolate Milk Low Fat Milk Low Fat Milk Strawberry Milk	Nov - 17 Vegetable Soup and Sandwich Combo Tossed Salad w/Dressing Banana Berry Blend Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk Sugar Cookie Saltine Crackers Mayonnaise Mustard	Avg Nutrients Target Cals... 759* 100% Chol... 44* mg Sodium. 1416* mg Fiber.. 10.2* g Iron... 4.4* mg Calcium423.5* mg Vit A 5076* IU Vit C 53.9* mg Sugar 21.0*g 11.1%Cal Prot 29.6*g 15.6%Cal Carb 118.8*g 62.6%Cal T.Fat 19.9*g 23.6%Cal S.Fat 5.8*g 6.8%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
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
Nov - 27 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	Nov - 28 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	Nov - 29 John Wayne Casserole Corn Dog Nuggets Whole Kernel Corn Pinto Beans Chilled Peach Slices Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Vanilla Fat Free Milk Fat Free Milk Ketchup Mustard	Nov - 30 Fish Nuggets BBQ Pork Sandwich French Fries Creamy Coleslaw Mandarin Fruit Cup Assorted Fruit Juices Hushpuppies Chocolate Milk Low Fat Milk Strawberry Milk Ketchup Tartar Sauce	Dec - 1 Chicken and Dumplings Ham&Cheese onHoagie SweetPotatoWaffleFries Mashed Potatoes Pineapple Tidbits Assorted Fruit Juices Choclate Chip Cookie Saltine Crackers Chocolate Milk Fat Free Milk Low Fat Milk Mayonnaise Mustard	Avg Nutrients Target Cals... 818* 100% Chol... 53* mg Sodium. 1407* mg Fiber.. 6.3* g Iron... 5.7* mg Calcium456.0* mg Vit A 3416* IU Vit C 51.2* mg Sugar 24.5*g 12.0%Cal Prot 32.2*g 15.7%Cal Carb 121.0*g 59.1%Cal T.Fat 23.7*g 26.1%Cal S.Fat 6.2*g 6.9%Cal

USDA is an equal opportunity provider and employer.

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