

**Chickasaw County School District**  
**Houlka Attendance Center**

**Breakfast Menu**

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Jan - 8	Jan - 9 Sausage and Biscuit Strawberry Poptarts Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Assorted Jelly	Jan - 10 Assorted Cereals Sausage Pancake Stick Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk Pancake Syrup	Jan - 11 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	Jan - 12 Chicken & Biscuit Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Assorted Jelly	Avg Nutrients Target Cals... 482 100% Chol... 20 mg Sodium... 543 mg Fiber... 4.3 g Iron... 2.9 mg Calcium 423.4 mg Vit A 1212 IU Vit C 49.4 mg Sugar 21.2*g 17.6%Cal Prot 15.1g 12.5%Cal Carb 87.9g 73.0%Cal T.Fat 8.3g 15.5%Cal S.Fat 2.4g 4.6%Cal
Jan - 15	Jan - 16 Sausage and Biscuit Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Assorted Jelly	Jan - 17 Sausage Pancake Stick Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk Pancake Syrup	Jan - 18 Assorted Cereals 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	Jan - 19 Chicken & Biscuit Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Assorted Jelly	Avg Nutrients Target Cals... 479 100% Chol... 22 mg Sodium... 568 mg Fiber... 4.3 g Iron... 2.7 mg Calcium 320.5 mg Vit A 1047 IU Vit C 48.6 mg Sugar 20.2*g 16.8%Cal Prot 14.2g 11.8%Cal Carb 83.7g 70.0%Cal T.Fat 10.3g 19.4%Cal S.Fat 2.9g 5.5%Cal
Jan - 22 Sausage and Biscuit Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Assorted Jelly	Jan - 23 Assorted Cereals Cheese Omelet Whole Grain Biscuit Toasted Bagel Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk StrawberryCreamCheese Assorted Jelly	Jan - 24 Sausage Pancake Stick Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk Pancake Syrup	Jan - 25 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	Jan - 26 Chicken & Biscuit Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Assorted Jelly	Avg Nutrients Target Cals... 465 100% Chol... 35 mg Sodium... 530 mg Fiber... 4.2 g Iron... 3.2 mg Calcium 410.2 mg Vit A 1213 IU Vit C 50.7 mg Sugar 20.6*g 17.7%Cal Prot 14.8g 12.7%Cal Carb 83.5g 71.8%Cal T.Fat 8.6g 16.6%Cal S.Fat 2.6g 5.0%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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**Breakfast Menu**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Nutrients</b>
Jan - 29	Jan - 30	Jan - 31	Feb - 1	Feb - 2	Avg Nutrients    Target
Sausage and Biscuit	Assorted Cereals	Sausage Pancake Stick	French Toast Sticks	Chicken & Biscuit	Cals...    468*    100%
Strawberry Poptarts	Breakfast Burrito	Assorted Cereals	Choice of Strawberry &	Assorted Cereals	Chol...    24*    mg
Fresh Fruit Bowl	Toasted Bagel	Fresh Fruit Bowl	Raspberry Yogurts	Fresh Fruit Bowl	Sodium...    510*    mg
Assorted Fruit Juices	Fresh Fruit Bowl	Assorted Fruit Juices	Graham Crackers	Assorted Fruit Juices	Fiber...    4.5*    g
Chocolate Milk	Assorted Fruit Juices	Chocolate Milk	String Cheese	Chocolate Milk	Iron...    3.0*    mg
Fat Free Milk	Chocolate Milk	Strawberry Milk	Fresh Fruit Bowl	Fat Free Milk	Calcium... 417.3*    mg
Low Fat Milk	Fat Free Milk	Low Fat Milk	Assorted Fruit Juices	Low Fat Milk	Vit A    1141*    IU
Assorted Jelly	Low Fat Milk	Pancake Syrup	Chocolate Milk	Assorted Jelly	Vit C    50.6*    mg
	StrawberryCreamCheese		Fat Free Milk		Sugar    20.3*g    17.3%Cal
			Low Fat Milk		Prot    14.9*g    12.7%Cal
			Pancake Syrup		Carb    85.8*g    73.4%Cal
					T.Fat    7.9*g    15.1%Cal
					S.Fat    2.5*g    4.8%Cal

USDA is an equal opportunity provider and employer.

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