

Chickasaw County School District

Houlka Attendance Center K4-8th Grade

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Jan - 8	Jan - 9 Cheesy Chicken Fiesta over Rice Country Fried Steak Sandwich Green Peas CrispySweetPotatoCubes Applesauce WW Garlic Toast Chocolate Milk Strawberry Milk Fat Free Milk Ketchup Mustard Mayonnaise	Jan - 10 Chicken Fajita Wrap Loaded Baked Potato Mexicali Corn Refried Beans Whole Wheat Roll Chilled Peach Slices Chocolate Milk Vanilla Fat Free Milk Low Fat Milk Salsa Hot Sauce	Jan - 11 Cheeseburger Corn Dog Nuggets Steamed Carrots Baked Potato Wedges Fruit Cocktail Chocolate Milk Low Fat Milk Strawberry Milk Mayonnaise Mustard Ketchup	Jan - 12 Sliced Turkey with Gravy BBQ Pulled Pork Burger Seasoned Green Beans Mashed Potatoes Hot Cinnamon Apples Sugar Cookie Whole Wheat Roll Chocolate Milk Strawberry Milk Fat Free Milk	Avg Nutrients Target Cals... 641 100% Chol... 57 mg Sodium. 1229* mg Fiber... 7.4 g Iron... 4.6 mg Calcium362.6* mg Vit A 3266* IU Vit C 17.0* mg Sugar 7.3*g 4.5%Cal Prot 30.8g 19.2%Cal Carb 90.1g 56.2%Cal T.Fat 18.1g 25.5%Cal S.Fat 6.5*g 9.2%Cal
Jan - 15	Jan - 16 Spaghetti Spicy Chicken Sandwich French Fries Steamed Carrots Mandarin Fruit Cup Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Low Fat Milk Strawberry Milk Ketchup Mayonnaise Mustard	Jan - 17 Macaroni & Cheese with Ham Slice Turkey & Cheese Hoagie Seasoned Green Beans CrispySweetPotatoCubes Applesauce Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Strawberry Milk Low Fat Milk Mayonnaise Mustard	Jan - 18 HamburgerSteak w/Grav Chicken Nuggets Pinto Beans Mashed Potatoes Chilled Diced Pears Assorted Fruit Juices WW Garlic Toast Chocolate Milk Fat Free Milk Low Fat Milk Mustard Ketchup	Jan - 19 Vegetable Soup and Sandwich Combo Steamed Fresh Broccoli Spicy Fries Chilled Peach Slices Assorted Fruit Juices Sugar Cookie Chocolate Milk Vanilla Fat Free Milk Low Fat Milk Ketchup	Avg Nutrients Target Cals... 648 100% Chol... 47 mg Sodium. 1200* mg Fiber... 8.7 g Iron... 4.0 mg Calcium335.2* mg Vit A 3537* IU Vit C 47.9* mg Sugar 13.7*g 8.5%Cal Prot 27.8g 17.2%Cal Carb 91.8g 56.6%Cal T.Fat 19.9g 27.7%Cal S.Fat 6.5*g 9.1%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.

Chickasaw County School District

Houlka Attendance Center K4-8th Grade

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Jan - 22	Jan - 23	Jan - 24	Jan - 25	Jan - 26	Avg Nutrients Target
Turkey & Cheese on Bun Mandarin Chicken CrispySweetPotatoCubes Green Peas Rosey Applesauce Assorted Fruit Juices Steamed Brown Rice Sugar Cookie Chocolate Milk Vanilla Fat Free Milk Fat Free Milk Mayonnaise Mustard	Chicken Spaghetti Ham&Cheese onHoagie Steamed Carrots Tater Tots Chilled Peach Slices Assorted Fruit Juices Choclote Chip Cookie Whole Wheat Roll Chocolate Milk Chocolate Milk Fat Free Milk Low Fat Milk Mayonnaise Mustard Ketchup	Stuffed Crust Pizza Taco Salad w/Chips Whole Kernel Corn Refried Beans Mandarin Fruit Cup Assorted Fruit Juices Chocolate Milk Vanilla Fat Free Milk Fat Free Milk Salsa Saltine Crackers	Lemon Pepper Chicken BBQ Turkey Sandwich Mashed Potatoes Steamed Broccoli Spears Fruit Cocktail Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Vanilla Fat Free Milk Fat Free Milk Ketchup	VegBeefSoup w/HotDog Baked Beans Creamy Coleslaw Apple Slices Assorted Fruit Juices Chocolate Milk Strawberry Milk Fat Free Milk Ketchup Mustard Mayonnaise	Cals... 650 100% Chol... 55* mg Sodium. 1147* mg Fiber.. 6.1 g Iron... 3.5* mg Calcium348.2* mg Vit A 3272* IU Vit C 39.7* mg Sugar 12.9*g 7.9%Cal Prot 29.4g 18.1%Cal Carb 91.9g 56.5%Cal T.Fat 18.7g 25.9%Cal S.Fat 5.9*g 8.2%Cal
Jan - 29	Jan - 30	Jan - 31	Feb - 1	Feb - 2	Avg Nutrients Target
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	Ham&Cheese onHoagie Corn Dog Pinto Beans Whole Kernel Corn Chilled Diced Pears Assorted Fruit Juices Choclote Chip Cookie Chocolate Milk Chocolate Milk Fat Free Milk Low Fat Milk Mayonnaise Mustard Ketchup	Cheeseburger GrilledChickenSandwich Steamed Carrots Spicy Fries Strawberries w/Topping Assorted Fruit Juices Chocolate Milk Low Fat Milk Strawberry Milk Mayonnaise Mustard Ketchup	HamburgerSteakw/Gravy Fish Sandwich Mashed Potatoes Southern Turnip Greens Fruit Cocktail Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Strawberry Milk Fat Free Milk Tartar Sauce Mustard Ketchup	Cheesy Breadsticks/Chili BBq Honey Chicken Bites CrispySweetPotatoCubes Steamed Fresh Broccoli Chilled Diced Pears Cheesy Breadstick Assorted Fruit Juices Chocolate Milk Vanilla Fat Free Milk Low Fat Milk Ketchup Mustard	Cals... 624 100% Chol... 50* mg Sodium. 1215* mg Fiber.. 7.2 g Iron... 4.0* mg Calcium363.3* mg Vit A 3465* IU Vit C 46.9* mg Sugar 12.3*g 7.9%Cal Prot 29.4g 18.8%Cal Carb 85.7g 54.9%Cal T.Fat 18.6g 26.8%Cal S.Fat 5.1*g 7.4%Cal

USDA is an equal opportunity provider and employer.

**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.