

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

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Jan - 8	Jan - 9	Jan - 10	Jan - 11	Jan - 12	Avg Nutrients Target
	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	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	Cheeseburger Corn Dog Nuggets Steamed Carrots Baked Potato Wedges Fruit Cocktail Chocolate Milk Low Fat Milk Strawberry Milk Mayonnaise Mustard Ketchup	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	Cals... 773 100% Chol... 63 mg Sodium... 1418* mg Fiber... 9.8 g Iron... 5.0 mg Calcium470.2* mg Vit A 5922* IU Vit C 25.2* mg Sugar 8.4*g 4.3%Cal Prot 36.6g 18.9%Cal Carb 107.0g 55.4%Cal T.Fat 22.8g 26.6%Cal S.Fat 8.3*g 9.6%Cal
Jan - 15	Jan - 16	Jan - 17	Jan - 18	Jan - 19	Avg Nutrients Target
	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	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	HamburgerSteak w/Grav Chicken Nuggets Steamed Fresh Broccoli Mashed Potatoes Chilled Diced Pears Assorted Fruit Juices WW Garlic Toast Chocolate Milk Fat Free Milk Low Fat Milk Mustard Ketchup	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	Cals... 771 100% Chol... 53 mg Sodium... 1420* mg Fiber... 10.2 g Iron... 4.5 mg Calcium482.1* mg Vit A 7530* IU Vit C 74.6* mg Sugar 18.5*g 9.6%Cal Prot 32.1g 16.7%Cal Carb 109.5g 56.8%Cal T.Fat 24.2g 28.3%Cal S.Fat 8.1*g 9.4%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
Jan - 22 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	Jan - 23 Chicken Spaghetti Ham&Cheese onHoagie Steamed Carrots Tater Tots Chilled Peach Slices Assorted Fruit Juices Choclote Chip Cookie Whole Wheat Roll Chocolate Milk Fat Free Milk Low Fat Milk Mayonnaise Mustard Ketchup	Jan - 24 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	Jan - 25 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	Jan - 26 VegBeefSoup w/HotDog Baked Beans Creamy Coleslaw Apple Slices Assorted Fruit Juices Chocolate Milk Strawberry Milk Fat Free Milk Ketchup Mustard Mayonnaise	Avg Nutrients Target Cals... 797 100% Chol... 60* mg Sodium... 1419* mg Fiber... 8.6 g Iron... 4.4* mg Calcium432.2* mg Vit A 5515* IU Vit C 74.0* mg Sugar 20.6*g 10.3%Cal Prot 33.0g 16.5%Cal Carb 117.1g 58.8%Cal T.Fat 22.8g 25.8%Cal S.Fat 7.2*g 8.2%Cal
Jan - 29 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	Jan - 30 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	Jan - 31 Cheeseburger GrilledChickenSandwich Steamed Carrots Spicy Fries Strawberries w/Topping Assorted Fruit Juices Chocolate Milk Low Fat Milk Strawberry Milk Mayonnaise Mustard Ketchup	Feb - 1 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	Feb - 2 Cheesy Breadsticks/Chili BBq Honey Chicken Bites CrispySweetPotatoCubes Green Peas Cheesy Breadstick Chilled Diced Pears Assorted Fruit Juices Chocolate Milk Vanilla Fat Free Milk Low Fat Milk	Avg Nutrients Target Cals... 774 100% Chol... 51* mg Sodium... 1419* mg Fiber... 9.2 g Iron... 4.6* mg Calcium390.6* mg Vit A 3534* IU Vit C 55.1* mg Sugar 23.7*g 12.3%Cal Prot 31.6g 16.3%Cal Carb 114.0g 58.9%Cal T.Fat 22.3g 25.9%Cal S.Fat 5.8*g 6.7%Cal

USDA is an equal opportunity provider and employer.

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