

Chickasaw County School District
Houlka Attendance Center

Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Feb - 5 Sausage and Biscuit Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Assorted Jelly	Feb - 6 Assorted Cereals Breakfast Burrito Toasted Bagel Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Chocolate Milk Fat Free Milk Low Fat Milk StrawberryCreamCheese	Feb - 7 Sausage Pancake Stick Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk Pancake Syrup	Feb - 8 French Toast Sticks Choice of Strawberry & Raspberry Yogurts Graham Crackers Cheese Omelet Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Pancake Syrup	Feb - 9 Chicken & Biscuit Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Assorted Jelly	Avg Nutrients Target Cals... 461 100% Chol... 32 mg Sodium. 513 mg Fiber... 4.5 g Iron... 3.2 mg Calcium 398.9 mg Vit A 1105 IU Vit C 51.9 mg Sugar 19.7*g 17.1%Cal Prot 14.8g 12.8%Cal Carb 83.5g 72.4%Cal T.Fat 8.2g 16.0%Cal S.Fat 2.5g 4.9%Cal
Feb - 12 Sausage and Biscuit Strawberry Poptarts Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Assorted Jelly	Feb - 13 Assorted Cereals Cheese Omelet Whole Grain Biscuit Toasted Bagel Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Chocolate Milk Fat Free Milk Low Fat Milk StrawberryCreamCheese	Feb - 14 Sausage Pancake Stick Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk Pancake Syrup	Feb - 15 French Toast Sticks Choice of Strawberry & Raspberry Yogurts Graham Crackers Breakfast Burrito Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Pancake Syrup	Feb - 16 Chicken & Biscuit Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Assorted Jelly	Avg Nutrients Target Cals... 478 100% Chol... 38 mg Sodium. 538 mg Fiber... 4.4 g Iron... 3.0 mg Calcium 421.3 mg Vit A 1155 IU Vit C 50.5 mg Sugar 20.4*g 17.0%Cal Prot 15.3g 12.8%Cal Carb 85.5g 71.5%Cal T.Fat 9.0g 16.9%Cal S.Fat 3.0g 5.6%Cal
Feb - 19 Sausage and Biscuit Strawberry Poptarts Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Assorted Jelly	Feb - 20 Assorted Cereals Breakfast Burrito Toasted Bagel Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Chocolate Milk Fat Free Milk Low Fat Milk StrawberryCreamCheese	Feb - 21 Sausage Pancake Stick Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk Pancake Syrup	Feb - 22 French Toast Sticks Choice of Strawberry & Raspberry Yogurts Graham Crackers Cheese Omelet Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Pancake Syrup	Feb - 23 Chicken & Biscuit Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Assorted Jelly	Avg Nutrients Target Cals... 466 100% Chol... 32 mg Sodium. 507 mg Fiber... 4.6 g Iron... 2.6 mg Calcium 398.5 mg Vit A 1113 IU Vit C 51.1 mg Sugar 19.7*g 16.9%Cal Prot 14.8g 12.7%Cal Carb 84.3g 72.3%Cal T.Fat 8.3g 16.1%Cal S.Fat 2.6g 5.1%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

Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Feb - 26	Feb - 27	Feb - 28	Mar - 1	Mar - 2	Avg Nutrients Target
Sausage and Biscuit	Assorted Cereals	Sausage Pancake Stick	French Toast Sticks	Chicken & Biscuit	Cals... 483 100%
Strawberry Poptarts	Cheese Omelet	Assorted Cereals	Choice of Strawberry &	Assorted Cereals	Chol... 39 mg
Fresh Fruit Bowl	Whole Grain Biscuit	Fresh Fruit Bowl	Raspberry Yogurts	Fresh Fruit Bowl	Sodium... 565 mg
Assorted Fruit Juices	Toasted Bagel	Assorted Fruit Juices	Graham Crackers	Assorted Fruit Juices	Fiber... 4.4 g
Chocolate Milk	Fresh Fruit Bowl	Chocolate Milk	Breakfast Burrito	Chocolate Milk	Iron... 2.8 mg
Fat Free Milk	Assorted Fruit Juices	Strawberry Milk	Fresh Fruit Bowl	Fat Free Milk	Calcium 393.0 mg
Low Fat Milk	Chocolate Milk	Low Fat Milk	Assorted Fruit Juices	Low Fat Milk	Vit A 1108 IU
Assorted Jelly	Fat Free Milk	Pancake Syrup	Chocolate Milk	Assorted Jelly	Vit C 50.1 mg
	Low Fat Milk		Fat Free Milk		Sugar 19.5*g 16.1%Cal
	StrawberryCreamCheese		Low Fat Milk		Prot 15.4g 12.8%Cal
			Pancake Syrup		Carb 83.9g 69.5%Cal
					T.Fat 10.2g 18.9%Cal
					S.Fat 3.3g 6.2%Cal

USDA is an equal opportunity provider and employer.

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