

Chickasaw County School District
Houlka Attendance Center
K4-8th Grade

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Feb - 5 Cheesy Chicken Fiesta over Rice BBQ Pulled Pork Burger Steamed Broccoli Spears Creamy Coleslaw Chilled Pear Halves Assorted Fruit Juices WW Garlic Toast Chocolate Milk Low Fat Milk Strawberry Milk	Feb - 6 Sliced Turkey with Gravy Fish Nuggets Black-Eyed Peas Mashed Potatoes Mandarin Fruit Cup Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Vanilla Fat Free Milk Fat Free Milk Ketchup Tartar Sauce	Feb - 7 Hot Dog Stuffed Crust Pizza Steamed Carrots Tossed Salad w/Dressing Chilled Peach Slices Assorted Fruit Juices Chocolate Chip Cookie Chocolate Milk Fat Free Milk Low Fat Milk Mayonnaise Mustard Ketchup	Feb - 8 Chicken Patty Sandwich Country Fried Steak CrispySweetPotatoCubes Seasoned Green Beans Mandarin Fruit Cup Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Strawberry Milk Fat Free Milk Ketchup Mayonnaise Mustard	Feb - 9 Vegetable Soup and Sandwich Combo Green Peas Oven Fries Applesauce Assorted Fruit Juices Chocolate Milk Strawberry Milk Fat Free Milk Ketchup Mustard Mayonnaise	Avg Nutrients Target Cals... 641 100% Chol... 47 mg Sodium. 1169 mg Fiber... 7.2 g Iron... 4.2 mg Calcium416.1* mg Vit A 3614 IU Vit C 33.9 mg Sugar 13.1*g 8.1%Cal Prot 30.0g 18.7%Cal Carb 92.2g 57.5%Cal T.Fat 17.6g 24.8%Cal S.Fat 5.2g 7.3%Cal
Feb - 12 Chicken Fajita Wrap Taco Salad w/Chips Pinto Beans Whole Kernel Corn Mandarin Fruit Cup Assorted Fruit Juices Chocolate Chip Cookie Chocolate Milk Fat Free Milk Low Fat Milk Hot Sauce Mayonnaise Mustard	Feb - 13 Ham&Cheese onHoagie 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 Mayonnaise	Feb - 14 Seafood Basket BBQ Turkey Sandwich French Fries Creamy Coleslaw Chilled Peach Slices Assorted Fruit Juices Hushpuppies Chocolate Milk Low Fat Milk Strawberry Milk Ketchup Tartar Sauce	Feb - 15 Turkey & Cheese Hoagie Spaghetti Steamed Carrots Green Peas Fruit Cocktail Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Low Fat Milk Strawberry Milk Mayonnaise Mustard	Feb - 16 Taco Soup Assorted Sandwiches Seasoned Green Beans Baked Sweet Potato Rosey Applesauce Assorted Fruit Juices Saltine Crackers Chocolate Milk Vanilla Fat Free Milk Fat Free Milk Mayonnaise Mustard	Avg Nutrients Target Cals... 648 100% Chol... 58 mg Sodium. 1195 mg Fiber... 7.3 g Iron... 4.1 mg Calcium351.2* mg Vit A 4664* IU Vit C 37.4 mg Sugar 13.6*g 8.4%Cal Prot 30.2g 18.6%Cal Carb 90.7g 56.0%Cal T.Fat 19.0g 26.4%Cal S.Fat 5.5g 7.6%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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K4-8th Grade

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Feb - 19	Feb - 20	Feb - 21	Feb - 22	Feb - 23	Avg Nutrients Target
Corn Dog Spaghetti SweetPotatoWaffleFries Seasoned Green Beans Chilled Diced Pears Assorted Fruit Juices WW Garlic Toast Chocolate Milk Fat Free Milk Low Fat Milk Ketchup Mustard	Bacon Cheese Burger Loaded Baked Potato Spicy Fries Steamed Fresh Broccoli Pineapple Tidbits Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Fat Free Milk Low Fat Milk Mayonnaise Mustard Ketchup	Stuffed Crust Pizza Chicken Tenders Black-Eyed Peas Mashed Potatoes Apple Delicious Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Fat Free Milk Low Fat Milk Ketchup Hot Sauce	Mandarin Chicken Ham&Cheese onHoagie Steamed Carrots Green Peas Chilled Peach Slices Assorted Fruit Juices WW Garlic Toast Chocolate Milk Strawberry Milk Fat Free Milk Mustard Mayonnaise	Cheesy Breadsticks/Chili BBq Honey Chicken Bites Whole Kernel Corn Pinto Beans Mandarin Fruit Cup Assorted Fruit Juices Choclate Chip Cookie Chocolate Milk Fat Free Milk Low Fat Milk	Cals... 648 100% Chol... 51* mg Sodium. 1170 mg Fiber... 8.4 g Iron... 4.4* mg Calcium312.4* mg Vit A 2576* IU Vit C 54.9* mg Sugar 16.5*g 10.2%Cal Prot 31.1g 19.2%Cal Carb 92.9g 57.4%Cal T.Fat 17.1g 23.8%Cal S.Fat 5.3g 7.4%Cal
Feb - 26	Feb - 27	Feb - 28	Mar - 1	Mar - 2	Avg Nutrients Target
BBQ Pulled Pork Burger Fish Sandwich Creamy Coleslaw Pinto Beans Chilled Diced Pears Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Tartar Sauce Ketchup	HamburgerSteak w/Grav TurkeyCheeseHoagie w/Chips Mashed Potatoes Seasoned Green Beans Tropical Apples Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Vanilla Fat Free Milk Low Fat Milk Mayonnaise Mustard	Beefy Nachos Grande Tuna Salad with Crackers Whole Kernel Corn Green Peas Chilled Peach Slices Assorted Fruit Juices Sugar Cookie Saltine Crackers Chocolate Milk Vanilla Fat Free Milk Fat Free Milk	Chicken Spaghetti Ham a/Cheese Sandwich SweetPotatoWaffleFries Steamed Carrots Pineapple Tidbits Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Fat Free Milk Low Fat Milk Mayonnaise Mustard	Corn Dog Nuggets GrilledChickenSandwich Spicy Fries Baked Beans Mandarin Fruit Cup Assorted Fruit Juices Chocolate Milk Strawberry Milk Fat Free Milk Ketchup Mustard Mayonnaise	Cals... 638* 100% Chol... 52* mg Sodium. 1037* mg Fiber... 6.2* g Iron... 4.1* mg Calcium367.4* mg Vit A 2705* IU Vit C 31.8* mg Sugar 12.9*g 8.1%Cal Prot 29.0*g 18.1%Cal Carb 94.4*g 59.2%Cal T.Fat 16.6*g 23.4%Cal S.Fat 4.7*g 6.6%Cal

USDA is an equal opportunity provider and employer.

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