

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

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 Choclate 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 Applesauce Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Strawberry Milk Fat Free Milk Ketchup Mustard Mayonnaise	Feb - 9 Vegetable Soup and Sandwich Combo Green Peas Oven Fries Apple Delicious Assorted Fruit Juices Chocolate Milk Strawberry Milk Fat Free Milk Ketchup Mustard Mayonnaise	Avg Nutrients Target Cals... 753 100% Chol... 48 mg Sodium... 1402 mg Fiber.. 8.8 g Iron... 4.6 mg Calcium435.8* mg Vit A 4013 IU Vit C 53.5 mg Sugar 21.3*g 11.3%Cal Prot 31.1g 16.5%Cal Carb 116.7g 62.0%Cal T.Fat 19.1g 22.8%Cal S.Fat 5.5g 6.6%Cal
Feb - 12 Chicken Fajita Wrap Taco Salad w/Chips Pinto Beans Whole Kernel Corn Mandarin Fruit Cup Assorted Fruit Juices Choclate Chip Cookie Chocolate Milk Fat Free Milk Low Fat Milk Hot Sauce Mustard	Feb - 13 Ham&Cheese onHoagie Chicken Nuggets Steamed Fresh Broccoli Mashed Potatoes Chilled Diced Pears Assorted Fruit Juices Whole Wheat Roll 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 Ketchup Hot Sauce Tartar Sauce Mayonnaise Mustard	Feb - 16 Taco Soup Assorted Sandwiches Seasoned Green Beans Baked Sweet Potato Rosey Applesauce Assorted Fruit Juices Chocolate Milk Vanilla Fat Free Milk Fat Free Milk Mayonnaise Mustard	Avg Nutrients Target Cals... 772 100% Chol... 65 mg Sodium... 1306 mg Fiber.. 9.6 g Iron... 4.7 mg Calcium427.4* mg Vit A 5118* IU Vit C 66.1 mg Sugar 23.3*g 12.1%Cal Prot 33.1g 17.2%Cal Carb 111.8g 58.0%Cal T.Fat 22.0g 25.7%Cal S.Fat 5.9g 6.9%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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Feb - 19	Feb - 20	Feb - 21	Feb - 22	Feb - 23	Avg Nutrients Target
Corn Dog	Bacon Cheese Burger	Stuffed Crust Pizza	Mandarin Chicken	Cheesy Breadsticks/Chili	Cals... 783 100%
Spaghetti	Loaded Baked Potato	Chicken Tenders	Ham&Cheese onHoagie	BBq Honey Chicken Bites	Chol... 53* mg
SweetPotatoWaffleFries	Spicy Fries	Black-Eyed Peas	Steamed Carrots	Whole Kernel Corn	Sodium... 1417 mg
Seasoned Green Beans	Steamed Fresh Broccoli	Mashed Potatoes	Green Peas	Pinto Beans	Fiber... 11.3 g
Chilled Diced Pears	Pineapple Tidbits	Apple Delicious	Chilled Peach Slices	Mandarin Fruit Cup	Iron... 5.4* mg
Assorted Fruit Juices	Assorted Fruit Juices	Assorted Fruit Juices	Assorted Fruit Juices	Assorted Fruit Juices	Calcium410.5* mg
WW Garlic Toast	Whole Wheat Roll	WW Garlic Toast	WW Garlic Toast	Choclate Chip Cookie	Vit A 4661* IU
Chocolate Milk	Chocolate Milk	Chocolate Milk	Chocolate Milk	Chocolate Milk	Vit C 85.1* mg
Fat Free Milk	Fat Free Milk	Fat Free Milk	Strawberry Milk	Fat Free Milk	Sugar 24.3*g 12.4%Cal
Low Fat Milk	Low Fat Milk	Low Fat Milk	Fat Free Milk	Low Fat Milk	Prot 34.5g 17.6%Cal
Mustard	Whole Wheat Roll	Ketchup	Mustard	Hot Sauce	Carb 117.1g 59.8%Cal
Ketchup	Mayonnaise	Hot Sauce	Mayonnaise		T.Fat 20.6g 23.7%Cal
	Mustard				S.Fat 6.4g 7.4%Cal
	Ketchup				
Feb - 26	Feb - 27	Feb - 28	Mar - 1	Mar - 2	Avg Nutrients Target
BBQ Pulled Pork Burger	HamburgerSteak w/Grav	Beefy Nachos Grande	Chicken Spaghetti	Corn Dog Nuggets	Cals... 833 100%
Fish Sandwich	Turkey & Cheese Hoagie	Tuna Salad with Crackers	Ham a/Cheese Sandwich	GrilledChickenSandwich	Chol... 59* mg
Creamy Coleslaw	Mashed Potatoes	Whole Kernel Corn	SweetPotatoWaffleFries	Spicy Fries	Sodium... 1289 mg
Green Peas	Seasoned Green Beans	Pinto Beans	Steamed Carrots	Baked Beans	Fiber... 9.5 g
Chilled Diced Pears	Tropical Apples	Chilled Peach Slices	Pineapple Tidbits	Mandarin Fruit Cup	Iron... 5.1* mg
Assorted Fruit Juices	Assorted Fruit Juices	Assorted Fruit Juices	Assorted Fruit Juices	Assorted Fruit Juices	Calcium419.1* mg
Sugar Cookie	Whole Wheat Roll	Sugar Cookie	Whole Wheat Roll	Chocolate Milk	Vit A 4684* IU
Chocolate Milk	Chocolate Milk	Saltine Crackers	Chocolate Milk	Fat Free Milk	Vit C 50.9* mg
Fat Free Milk	Vanilla Fat Free Milk	Chocolate Milk	Fat Free Milk	Strawberry Milk	Sugar 22.9*g 11.0%Cal
Low Fat Milk	Low Fat Milk	Vanilla Fat Free Milk	Low Fat Milk	Ketchup	Prot 33.6g 16.1%Cal
Tartar Sauce	Mayonnaise	Fat Free Milk	Mayonnaise	Mustard	Carb 125.6g 60.3%Cal
Ketchup	Mustard		Mustard	Mayonnaise	T.Fat 22.5g 24.3%Cal
					S.Fat 6.4g 6.9%Cal

USDA is an equal opportunity provider and employer.

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