

Chickasaw County School District
Houlka Attendance Center

Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Apr - 2 Sausage and Biscuit Strawberry Poptarts Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Assorted Jelly	Apr - 3 Assorted Cereals Cheese Omelet Whole Grain Biscuit Toasted Bagel Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk StrawberryCreamCheese	Apr - 4 Sausage Pancake Stick Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk Pancake Syrup	Apr - 5 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	Apr - 6 Chicken & Biscuit Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Assorted Jelly	Avg Nutrients Target Cals... 483 100% Chol... 39 mg Sodium. 565 mg Fiber... 4.4 g Iron... 2.8 mg Calcium 393.0 mg Vit A 1108 IU Vit C 50.1 mg Sugar 19.5*g 16.1%Cal Prot 15.4g 12.8%Cal Carb 83.9g 69.5%Cal T.Fat 10.2g 18.9%Cal S.Fat 3.3g 6.2%Cal
Apr - 9 Sausage and Biscuit Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Assorted Jelly	Apr - 10 Assorted Cereals Breakfast Burrito Toasted Bagel Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk StrawberryCreamCheese	Apr - 11 Sausage Pancake Stick Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk Pancake Syrup	Apr - 12 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	Apr - 13 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
Apr - 16 Sausage and Biscuit Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Assorted Jelly	Apr - 17 Assorted Cereals Cheese Omelet Whole Grain Biscuit Toasted Bagel Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk StrawberryCreamCheese	Apr - 18 Sausage Pancake Stick Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk Pancake Syrup	Apr - 19 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	Apr - 20 Chicken & Biscuit Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Assorted Jelly	Avg Nutrients Target Cals... 465 100% Chol... 38 mg Sodium. 531 mg Fiber... 4.3 g Iron... 3.2 mg Calcium 408.6 mg Vit A 1124 IU Vit C 50.8 mg Sugar 19.3*g 16.6%Cal Prot 14.9g 12.8%Cal Carb 82.8g 71.2%Cal T.Fat 8.9g 17.2%Cal S.Fat 2.9g 5.6%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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Houlka Attendance Center

Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Apr - 23	Apr - 24	Apr - 25	Apr - 26	Apr - 27	Avg Nutrients Target
Sausage and Biscuit	Assorted Cereals	Sausage Pancake Stick	French Toast Sticks	Chicken & Biscuit	Cals... 475 100%
Strawberry Poptarts	Breakfast Burrito	Assorted Cereals	Choice of Strawberry &	Assorted Cereals	Chol... 32 mg
Fresh Fruit Bowl	Toasted Bagel	Fresh Fruit Bowl	Raspberry Yogurts	Fresh Fruit Bowl	Sodium... 520 mg
Assorted Fruit Juices	Fresh Fruit Bowl	Assorted Fruit Juices	Graham Crackers	Assorted Fruit Juices	Fiber... 4.6 g
Chocolate Milk	Assorted Fruit Juices	Chocolate Milk	Cheese Omelet	Chocolate Milk	Iron... 3.0 mg
Fat Free Milk	Chocolate Milk	Strawberry Milk	Fresh Fruit Bowl	Fat Free Milk	Calcium 411.6 mg
Low Fat Milk	Fat Free Milk	Low Fat Milk	Assorted Fruit Juices	Low Fat Milk	Vit A 1135 IU
Assorted Jelly	Low Fat Milk	Pancake Syrup	Chocolate Milk	Assorted Jelly	Vit C 51.5 mg
	StrawberryCreamCheese		Fat Free Milk		Sugar 20.7*g 17.5%Cal
			Low Fat Milk		Prot 15.1g 12.8%Cal
			Pancake Syrup		Carb 86.3g 72.7%Cal
					T.Fat 8.3g 15.7%Cal
					S.Fat 2.6g 4.9%Cal

USDA is an equal opportunity provider and employer.

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