

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

**Lunch Menu**

| <b>Monday</b>  | <b>Tuesday</b>   | <b>Wednesday</b>  | <b>Thursday</b>  | <b>Friday</b>   | <b>Nutrients</b>   |
|--|--|---|--|---|--|
| Apr - 2  | Apr - 3  | Apr - 4   | Apr - 5  | Apr - 6   | Avg Nutrients Target   |
| LoadedFajitaPotato<br>Ham a/Cheese Sandwich<br>SweetPotatoWaffleFries<br>Steamed Carrots<br>Pineapple Tidbits<br>Assorted Fruit Juices<br>Whole Wheat Roll<br>Chocolate Milk<br>Fat Free Milk<br>Low Fat Milk<br>Mayonnaise<br>Mustard | Sliced Turkey with Gravy<br>Hot Dog<br>Black-Eyed Peas<br>Mashed Potatoes<br>Mandarin Fruit Cup<br>Assorted Fruit Juices<br>Choclate Chip Cookie<br>Whole Wheat Roll<br>Chocolate Milk<br>Chocolate Milk<br>Vanilla Fat Free Milk<br>Fat Free Milk<br>Ketchup<br>Mayonnaise<br>Mustard | Stuffed Crust Pizza<br>Fish Nuggets<br>Whole Kernel Corn<br>Steamed Fresh Broccoli<br>Chilled Peach Slices<br>Assorted Fruit Juices<br>Hushpuppies<br>Chocolate Milk<br>Fat Free Milk<br>Low Fat Milk<br>Tartar Sauce<br>Ketchup            | Lemon Pepper Chicken<br>Country Fried Steak<br>CrispySweetPotatoCubes<br>Seasoned Green Beans<br>Mandarin Fruit Cup<br>Assorted Fruit Juices<br>Whole Wheat Roll<br>Chocolate Milk<br>Strawberry Milk<br>Fat Free Milk<br>Ketchup<br>Mayonnaise<br>Mustard | Vegetable Soup<br>and Sandwich Combo<br>Tossed Salad w/Dressing<br>Oven Fries<br>Applesauce<br>Assorted Fruit Juices<br>Chocolate Milk<br>Strawberry Milk<br>Fat Free Milk<br>Ketchup<br>Mustard<br>Mayonnaise    | Cals... 638 100%<br>Chol... 49 mg<br>Sodium. 1230 mg<br>Fiber... 7.0 g<br>Iron... 4.0 mg<br>Calcium 414.9 mg<br>Vit A 3842 IU<br>Vit C 43.8 mg<br>Sugar 13.1*g 8.2%Cal<br>Prot 28.4g 17.8%Cal<br>Carb 92.8g 58.2%Cal<br>T.Fat 17.7g 25.0%Cal<br>S.Fat 4.9g 7.0%Cal     |
| Apr - 9  | Apr - 10   | Apr - 11  | Apr - 12   | Apr - 13  | Avg Nutrients Target   |
| Corn Dog<br>Chicken Salad Sandwich<br>SweetPotatoWaffleFries<br>Seasoned Green Beans<br>Chilled Diced Pears<br>Assorted Fruit Juices<br>Chocolate Milk<br>Fat Free Milk<br>Low Fat Milk<br>Ketchup<br>Mustard                          | HamburgerSteak w/Grav<br>Fish Nuggets<br>Black-Eyed Peas<br>Mashed Potatoes<br>Mandarin Fruit Cup<br>Assorted Fruit Juices<br>Hushpuppies<br>Chocolate Milk<br>Vanilla Fat Free Milk<br>Fat Free Milk<br>Ketchup<br>Tartar Sauce   | Bacon Cheese Burger<br>GrilledChickenSandwich<br>Spicy Fries<br>Steamed Fresh Broccoli<br>Pineapple Tidbits<br>Assorted Fruit Juices<br>Sugar Cookie<br>Chocolate Milk<br>Fat Free Milk<br>Low Fat Milk<br>Mayonnaise<br>Mustard<br>Ketchup | Mandarin Chicken<br>Ham&Cheese onHoagie<br>Steamed Carrots<br>Green Peas<br>Chilled Peach Slices<br>Assorted Fruit Juices<br>Whole Wheat Roll<br>Chocolate Milk<br>Strawberry Milk<br>Fat Free Milk<br>Mustard<br>Mayonnaise                               | Cheesy Breadsticks/Chili<br>BBq Honey Chicken Bites<br>Whole Kernel Corn<br>Pinto Beans<br>Mandarin Fruit Cup<br>Assorted Fruit Juices<br>Choclate Chip Cookie<br>Chocolate Milk<br>Fat Free Milk<br>Low Fat Milk | Cals... 650 100%<br>Chol... 57* mg<br>Sodium. 1159 mg<br>Fiber... 6.7 g<br>Iron... 3.8* mg<br>Calcium346.9* mg<br>Vit A 2617* IU<br>Vit C 49.1* mg<br>Sugar 15.6*g 9.6%Cal<br>Prot 30.6g 18.8%Cal<br>Carb 91.9g 56.5%Cal<br>T.Fat 18.4g 25.4%Cal<br>S.Fat 5.3g 7.3%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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| <b>Monday</b>          | <b>Tuesday</b>         | <b>Wednesday</b>         | <b>Thursday</b>        | <b>Friday</b>          | <b>Nutrients</b>      |
|------------------------|------------------------|--------------------------|------------------------|------------------------|-----------------------|
| Apr - 16               | Apr - 17               | Apr - 18                 | Apr - 19               | Apr - 20               | Avg Nutrients Target  |
| BBQ Pulled Pork Burger | HamburgerSteak w/Grav  | Beefy Nachos Grande      | Chicken Spaghetti      | Ham&Cheese onHoagie    | Cals... 636* 100%     |
| Fish Sandwich          | TurkeyCheeseHoagie     | Tuna Salad with Crackers | Ham a/Cheese Sandwich  | Chicken Nuggets        | Chol... 56* mg        |
| Creamy Coleslaw        | w/Chips                | Whole Kernel Corn        | SweetPotatoWaffleFries | Steamed Fresh Broccoli | Sodium. 1013* mg      |
| Pinto Beans            | Mashed Potatoes        | Green Peas               | Steamed Carrots        | Oven Fries             | Fiber... 6.5* g       |
| Chilled Diced Pears    | Seasoned Green Beans   | Chilled Peach Slices     | Pineapple Tidbits      | Chilled Diced Pears    | Iron... 3.9* mg       |
| Assorted Fruit Juices  | Tropical Apples        | Assorted Fruit Juices    | Assorted Fruit Juices  | Assorted Fruit Juices  | Calcium354.4* mg      |
| Chocolate Milk         | Assorted Fruit Juices  | Sugar Cookie             | Whole Wheat Roll       | WW Garlic Toast        | Vit A 2885* IU        |
| Fat Free Milk          | Whole Wheat Roll       | Saltine Crackers         | Chocolate Milk         | Chocolate Milk         | Vit C 37.8* mg        |
| Low Fat Milk           | Chocolate Milk         | Chocolate Milk           | Fat Free Milk          | Fat Free Milk          | Sugar 13.0*g 8.2%Cal  |
| Tartar Sauce           | Vanilla Fat Free Milk  | Vanilla Fat Free Milk    | Low Fat Milk           | Low Fat Milk           | Prot 28.9*g 18.2%Cal  |
| Ketchup                | Low Fat Milk           | Fat Free Milk            | Mayonnaise             | Mustard                | Carb 90.9*g 57.2%Cal  |
|                        | Mayonnaise             |                          | Mustard                | Mayonnaise             | T.Fat 17.9*g 25.3%Cal |
|                        | Mustard                |                          |                        |                        | S.Fat 5.2*g 7.3%Cal   |
| Apr - 23               | Apr - 24               | Apr - 25                 | Apr - 26               | Apr - 27               | Avg Nutrients Target  |
| Turkey & Cheese Hoagie | Turkey & Cheese Hoagie | Hot Dog w/Chili          | Cheesy Chicken Fiesta  | BBQ Turkey Sandwich    | Cals... 632* 100%     |
| Spaghetti              | Chicken Tenders        | Country Fried Steak      | over Rice              | Spicy Chicken Sandwich | Chol... 60* mg        |
| Seasoned Green Beans   | Mashed Potatoes        | Sandwich                 | Ham&Cheese onHoagie    | Oven Fries             | Sodium. 1241* mg      |
| Cheesy Broccoli        | Steamed Fresh Broccoli | Black-Eyed Peas          | Steamed Carrots        | Creamy Coleslaw        | Fiber... 7.4* g       |
| Chilled Diced Pears    | Fruit Cocktail         | Baked Sweet Potato       | Green Peas             | Mandarin Fruit Cup     | Iron... 4.1* mg       |
| Assorted Fruit Juices  | Assorted Fruit Juices  | Apple Delicious          | Chilled Peach Slices   | Assorted Fruit Juices  | Calcium315.2* mg      |
| Whole Wheat Roll       | Whole Wheat Roll       | Assorted Fruit Juices    | Assorted Fruit Juices  | Chocolate Milk         | Vit A 3076* IU        |
| Sugar Cookie           | Chocolate Milk         | Sugar Cookie             | WW Garlic Toast        | Fat Free Milk          | Vit C 44.8* mg        |
| Chocolate Milk         | Vanilla Fat Free Milk  | Chocolate Milk           | Chocolate Milk         | Low Fat Milk           | Sugar 14.3*g 9.0%Cal  |
| Fat Free Milk          | Low Fat Milk           | Fat Free Milk            | Strawberry Milk        | Hot Sauce              | Prot 30.4*g 19.2%Cal  |
| Low Fat Milk           | Mayonnaise             | Low Fat Milk             | Fat Free Milk          | Mayonnaise             | Carb 88.9*g 56.2%Cal  |
| Mayonnaise             | Mustard                | Mayonnaise               | Mustard                | Mustard                | T.Fat 18.0*g 25.6%Cal |
| Mustard                | Ketchup                | Mustard                  | Mayonnaise             |                        | S.Fat 5.9*g 8.4%Cal   |

USDA is an equal opportunity provider and employer.

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