

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

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Apr - 2 LoadedFajitaPotato 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	Apr - 3 Sliced Turkey with Gravy Hot Dog Black-Eyed Peas Mashed Potatoes Mandarin Fruit Cup Assorted Fruit Juices Choclote Chip Cookie Whole Wheat Roll Chocolate Milk Vanilla Fat Free Milk Fat Free Milk Ketchup Tartar Sauce	Apr - 4 Stuffed Crust Pizza Fish Nuggets Whole Kernel Corn Steamed Fresh Broccoli Chilled Peach Slices Assorted Fruit Juices Hushpuppies Chocolate Milk Fat Free Milk Low Fat Milk Tartar Sauce Ketchup	Apr - 5 Lemon Pepper Chicken Country Fried Steak CrispySweetPotatoCubes Seasoned Green Beans Applesauce Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Strawberry Milk Fat Free Milk Ketchup Mustard Mayonnaise	Apr - 6 Vegetable Soup and Sandwich Combo Green Peas Tossed Salad w/Dressing Apple Delicious Assorted Fruit Juices Chocolate Milk Strawberry Milk Fat Free Milk Mustard Mayonnaise	Avg Nutrients Target Cals... 800 100% Chol... 54 mg Sodium... 1417 mg Fiber... 10.4 g Iron... 4.7 mg Calcium 434.0 mg Vit A 4789 IU Vit C 73.2 mg Sugar 22.0*g 11.0%Cal Prot 30.4g 15.2%Cal Carb 123.9g 61.9%Cal T.Fat 21.7g 24.4%Cal S.Fat 5.7g 6.4%Cal
Apr - 9 Corn Dog Chicken Salad Sandwich SweetPotatoWaffleFries Seasoned Green Beans Chilled Diced Pears Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Mustard Ketchup	Apr - 10 HamburgerSteakw/Gravy Fish Nuggets Black-Eyed Peas Mashed Potatoes Mandarin Fruit Cup Assorted Fruit Juices Hushpuppies Chocolate Milk Vanilla Fat Free Milk Fat Free Milk Ketchup Tartar Sauce	Apr - 11 Bacon Cheese Burger GrilledChickenSandwich Spicy Fries Steamed Fresh Broccoli Pineapple Tidbits Assorted Fruit Juices Sugar Cookie Chocolate Milk Fat Free Milk Low Fat Milk Mayonnaise Mustard Ketchup	Apr - 12 Mandarin Chicken Ham&Cheese onHoagie Steamed Carrots Green Peas Chilled Peach Slices Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Strawberry Milk Fat Free Milk Mustard Mayonnaise	Apr - 13 Cheesy Breadsticks/Chili BBq Honey Chicken Bites Whole Kernel Corn Pinto Beans Mandarin Fruit Cup Assorted Fruit Juices Choclote Chip Cookie Chocolate Milk Fat Free Milk Low Fat Milk Hot Sauce	Avg Nutrients Target Cals... 814 100% Chol... 56* mg Sodium... 1424* mg Fiber... 10.4 g Iron... 5.1* mg Calcium443.4* mg Vit A 4670* IU Vit C 79.1* mg Sugar 23.4*g 11.5%Cal Prot 35.3g 17.3%Cal Carb 123.8g 60.8%Cal T.Fat 21.0g 23.2%Cal S.Fat 5.7*g 6.3%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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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Apr - 16 BBQ Pulled Pork Burger Fish Sandwich Creamy Coleslaw Green Peas Chilled Diced Pears Assorted Fruit Juices Sugar Cookie Chocolate Milk Fat Free Milk Low Fat Milk Tartar Sauce Ketchup	Apr - 17 HamburgerSteak w/Grav Turkey & Cheese Hoagie Mashed Potatoes Seasoned Green Beans Tropical Apples Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Vanilla Fat Free Milk Low Fat Milk Mayonnaise Mustard	Apr - 18 Beefy Nachos Grande Tuna Salad with Crackers Whole Kernel Corn Pinto Beans Chilled Peach Slices Assorted Fruit Juices Sugar Cookie Saltine Crackers Chocolate Milk Vanilla Fat Free Milk Fat Free Milk	Apr - 19 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	Apr - 20 Ham&Cheese onHoagie Chicken Nuggets Steamed Fresh Broccoli Oven Fries Chilled Diced Pears Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Fat Free Milk Low Fat Milk Mustard Ketchup Mayonnaise	Avg Nutrients Target Cals... 838 100% Chol... 62* mg Sodium... 1250* mg Fiber... 10.5 g Iron... 5.1* mg Calcium415.6* mg Vit A 5059* IU Vit C 66.5* mg Sugar 23.8*g 11.4%Cal Prot 33.6g 16.0%Cal Carb 124.7g 59.5%Cal T.Fat 23.3g 25.0%Cal S.Fat 6.8*g 7.3%Cal
Apr - 23 Ham&Cheese onHoagie Spaghetti Pinto Beans Whole Kernel Corn Chilled Diced Pears Assorted Fruit Juices Whole Wheat Roll Choclate Chip Cookie Chocolate Milk Fat Free Milk Low Fat Milk Hot Sauce Mayonnaise Mustard	Apr - 24 Turkey & Cheese Hoagie Chicken Tenders Mashed Potatoes Steamed Fresh Broccoli Whole Wheat Roll Fruit Cocktail Assorted Fruit Juices Chocolate Milk Strawberry Milk Fat Free Milk Mayonnaise Mustard	Apr - 25 Hot Dog w/Chili Country Fried Steak Sandwich Black-Eyed Peas Baked Sweet Potato Apple Delicious Assorted Fruit Juices Sugar Cookie Chocolate Milk Fat Free Milk Low Fat Milk Mayonnaise Mustard	Apr - 26 Cheesy Chicken Fiesta over Rice 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	Apr - 27 BBQ Turkey Sandwich Spicy Chicken Sandwich Oven Fries Creamy Coleslaw Mandarin Fruit Cup Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Hot Sauce Mayonnaise Mustard	Avg Nutrients Target Cals... 809 100% Chol... 67* mg Sodium... 1434* mg Fiber... 10.6 g Iron... 5.2* mg Calcium410.3* mg Vit A 7097* IU Vit C 67.2* mg Sugar 23.6*g 11.7%Cal Prot 35.9g 17.7%Cal Carb 117.2g 58.0%Cal T.Fat 22.4g 24.9%Cal S.Fat 7.2*g 8.0%Cal

USDA is an equal opportunity provider and employer.

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