

Chickasaw County School District
Houlka Attendance Center

Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Mar - 5 Sausage and Biscuit Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Assorted Jelly	Mar - 6 Assorted Cereals Breakfast Burrito Toasted Bagel Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Strawberry Milk Fat Free Milk Low Fat Milk StrawberryCreamCheese	Mar - 7 Sausage Pancake Stick Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk Pancake Syrup	Mar - 8 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	Mar - 9 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
Mar - 12	Mar - 13	Mar - 14	Mar - 15	Mar - 16	Avg Nutrients Target Cals... *N/A* Chol... *N/A* mg Sodium... *N/A* mg Fiber... *N/A* g Iron... *N/A* mg Calcium *N/A* mg Vit A *N/A* IU Vit C *N/A* mg Sugar *N/A*g *N/A%Cal Prot *N/A*g *N/A%Cal Carb *N/A*g *N/A%Cal T.Fat *N/A*g *N/A%Cal S.Fat *N/A*g *N/A%Cal
Mar - 19 Sausage and Biscuit Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Assorted Jelly	Mar - 20 Assorted Cereals Breakfast Burrito Toasted Bagel Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Strawberry Milk Fat Free Milk Low Fat Milk StrawberryCreamCheese	Mar - 21 Sausage Pancake Stick Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk Pancake Syrup	Mar - 22 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	Mar - 23 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

**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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Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Mar - 26	Mar - 27	Mar - 28	Mar - 29	Mar - 30	Avg Nutrients Target
Sausage and Biscuit	Assorted Cereals	Sausage Pancake Stick	French Toast Sticks		Cals... 476 100%
Strawberry Poptarts	Cheese Omelet	Assorted Cereals	Choice of Strawberry &		Chol... 40 mg
Fresh Fruit Bowl	Whole Grain Biscuit	Fresh Fruit Bowl	Raspberry Yogurts		Sodium... 529 mg
Assorted Fruit Juices	Toasted Bagel	Assorted Fruit Juices	Graham Crackers		Fiber... 4.0 g
Chocolate Milk	Fresh Fruit Bowl	Chocolate Milk	Breakfast Burrito		Iron... 2.8 mg
Fat Free Milk	Assorted Fruit Juices	Strawberry Milk	Fresh Fruit Bowl		Calcium 419.3 mg
Low Fat Milk	Chocolate Milk	Low Fat Milk	Assorted Fruit Juices		Vit A 1069 IU
Assorted Jelly	Fat Free Milk	Pancake Syrup	Chocolate Milk		Vit C 49.3 mg
	Low Fat Milk		Fat Free Milk		Sugar 20.9*g 17.5%Cal
	StrawberryCreamCheese		Low Fat Milk		Prot 15.2g 12.8%Cal
			Pancake Syrup		Carb 84.5g 71.0%Cal
					T.Fat 9.0g 17.0%Cal
					S.Fat 3.0g 5.7%Cal

USDA is an equal opportunity provider and employer.

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