

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

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Mar - 5 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	Mar - 6 Sliced Turkey with 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	Mar - 7 Hot Dog Stuffed Crust Pizza Steamed Carrots Green Peas Chilled Peach Slices Assorted Fruit Juices Choclote Chip Cookie Chocolate Milk Fat Free Milk Low Fat Milk Mayonnaise Mustard Ketchup	Mar - 8 Lemon Pepper Chicken Country Fried Steak CrispySweetPotatoCubes Seasoned Green Beans Mandarin Fruit Cup Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Strawberry Milk Fat Free Milk Ketchup Mayonnaise Mustard	Mar - 9 Vegetable Soup and Sandwich Combo Tossed Salad w/Dressing Oven Fries Applesauce Assorted Fruit Juices Chocolate Milk Strawberry Milk Fat Free Milk Ketchup Mustard Mayonnaise	Avg Nutrients Target Cals... 640 100% Chol... 51 mg Sodium. 1146 mg Fiber... 6.9 g Iron... 4.0 mg Calcium 402.8 mg Vit A 5145 IU Vit C 31.0 mg Sugar 12.6*g 7.9%Cal Prot 29.8g 18.6%Cal Carb 91.7g 57.3%Cal T.Fat 17.7g 24.8%Cal S.Fat 5.0g 7.0%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

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 K4-8th Grade

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Mar - 19 Corn Dog Chicken Salad Sandwich SweetPotatoWaffleFries Seasoned Green Beans Chilled Diced Pears Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Ketchup Mustard	Mar - 20 Bacon Cheese Burger Loaded Baked Potato Spicy Fries Steamed Fresh Broccoli Pineapple Tidbits Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Fat Free Milk Low Fat Milk Mayonnaise Mustard Ketchup	Mar - 21 Stuffed Crust Pizza Chicken Tenders Black-Eyed Peas Mashed Potatoes Apple Delicious Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Fat Free Milk Low Fat Milk Ketchup Hot Sauce	Mar - 22 Mandarin Chicken 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	Mar - 23 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	Avg Nutrients Target Cals... 634 100% Chol... 57* mg Sodium. 1139 mg Fiber... 8.0 g Iron... 4.1* mg Calcium313.8* mg Vit A 2481* IU Vit C 53.4* mg Sugar 16.3*g 10.3%Cal Prot 30.9g 19.5%Cal Carb 90.8g 57.2%Cal T.Fat 16.7g 23.8%Cal S.Fat 5.0g 7.1%Cal
Mar - 26 BBQ Pulled Pork Burger Fish Sandwich Creamy Coleslaw Pinto Beans Chilled Diced Pears Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Tartar Sauce Ketchup	Mar - 27 HamburgerSteak w/Grav TurkeyCheeseHoagie w/Chips Mashed Potatoes Seasoned Green Beans Tropical Apples Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Vanilla Fat Free Milk Low Fat Milk Mayonnaise Mustard	Mar - 28 Beefy Nachos Grande Tuna Salad with Crackers Whole Kernel Corn Green Peas Chilled Peach Slices Assorted Fruit Juices Sugar Cookie Saltine Crackers Chocolate Milk Vanilla Fat Free Milk Fat Free Milk	Mar - 29 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	Mar - 30 Avg Nutrients Target Cals... 634* 100% Chol... 54* mg Sodium. 970* mg Fiber... 6.1* g Iron... 3.8* mg Calcium368.8* mg Vit A 3058* IU Vit C 30.7* mg Sugar 13.3*g 8.4%Cal Prot 28.7*g 18.1%Cal Carb 91.5*g 57.7%Cal T.Fat 17.5*g 24.8%Cal S.Fat 5.3*g 7.5%Cal	

USDA is an equal opportunity provider and employer.

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