

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

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 Hushuppies 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 Choclate 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 Applesauce Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Strawberry Milk Fat Free Milk Ketchup Mustard Mayonnaise	Mar - 9 Vegetable Soup and Sandwich Combo Green Peas Tossed Salad w/Dressing Apple Delicious Assorted Fruit Juices Chocolate Milk Strawberry Milk Fat Free Milk Ketchup Mustard Mayonnaise	Avg Nutrients Target Cals... 799 100% Chol... 56 mg Sodium. 1451 mg Fiber.. 10.5 g Iron... 4.8 mg Calcium 422.1 mg Vit A 8930 IU Vit C 51.7 mg Sugar 21.2*g 10.6%Cal Prot 32.1g 16.1%Cal Carb 121.4g 60.8%Cal T.Fat 21.5g 24.2%Cal S.Fat 5.8g 6.5%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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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 Mustard Ketchup	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 Whole Wheat Roll Mayonnaise Mustard Ketchup	Mar - 21 Stuffed Crust Pizza Chicken Tenders Black-Eyed Peas Mashed Potatoes Apple Delicious Assorted Fruit Juices WW Garlic Toast 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 Choclate Chip Cookie Chocolate Milk Fat Free Milk Low Fat Milk Hot Sauce	Avg Nutrients Target Cals... 769 100% Chol... 59* mg Sodium... 1386 mg Fiber... 10.9 g Iron... 5.1* mg Calcium411.9* mg Vit A 4567* IU Vit C 83.7* mg Sugar 24.0*g 12.5%Cal Prot 34.3g 17.8%Cal Carb 114.9g 59.8%Cal T.Fat 20.2g 23.7%Cal S.Fat 6.1g 7.2%Cal
Mar - 26 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	Mar - 27 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	Mar - 28 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	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... 866 102% Chol... 62* mg Sodium... 1270 mg Fiber... 10.3 g Iron... 5.1* mg Calcium423.9* mg Vit A 5512* IU Vit C 52.4* mg Sugar 24.4*g 11.3%Cal Prot 34.3g 15.8%Cal Carb 129.4g 59.8%Cal T.Fat 24.1g 25.0%Cal S.Fat 7.3g 7.6%Cal

USDA is an equal opportunity provider and employer.

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