

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

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Apr - 30	May - 1	May - 2	May - 3	May - 4	Avg Nutrients Target
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	Sliced Turkey with Gravy Hot Dog Black-Eyed Peas Mashed Potatoes Mandarin Fruit Cup Assorted Fruit Juices Chocolate Chip Cookie Whole Wheat Roll Chocolate Milk Vanilla Fat Free Milk Fat Free Milk Ketchup Mayonnaise Mustard	Stuffed Crust Pizza Chicken Salad w/Cracker Whole Kernel Corn Steamed Fresh Broccoli Chilled Peach Slices Assorted Fruit Juices Sugar Cookie Chocolate Milk Fat Free Milk Low Fat Milk	Lemon Pepper Chicken Country Fried Steak Mixed Vegetables Seasoned Green Beans Chilled Pear Halves Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Strawberry Milk Fat Free Milk Ketchup Mayonnaise Mustard	BBQ Pulled Pork Burger Fish Sandwich Creamy Coleslaw Oven Fries Applesauce Assorted Fruit Juices Chocolate Milk Strawberry Milk Fat Free Milk Ketchup Mustard Tartar Sauce	Cals... 648 100% Chol... 64 mg Sodium. 1174 mg Fiber... 6.5 g Iron... 4.0 mg Calcium 397.7 mg Vit A 3064 IU Vit C 42.8 mg Sugar 12.2*g 7.5%Cal Prot 30.0g 18.5%Cal Carb 93.6g 57.8%Cal T.Fat 17.5g 24.4%Cal S.Fat 4.8g 6.6%Cal
May - 7	May - 8	May - 9	May - 10	May - 11	Avg Nutrients Target
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	HamburgerSteak w/Grav 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	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	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	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	Cals... 650 100% Chol... 57* mg Sodium. 1159 mg Fiber... 6.7 g Iron... 3.8* mg Calcium346.9* mg Vit A 2617* IU Vit C 49.1* mg Sugar 15.6*g 9.6%Cal Prot 30.6g 18.8%Cal Carb 91.9g 56.5%Cal T.Fat 18.4g 25.4%Cal 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.

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

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
May - 14 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	May - 15 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	May - 16 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	May - 17 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	May - 18 Ham&Cheese onHoagie Chicken Nuggets Steamed Fresh Broccoli Oven Fries Chilled Diced Pears Assorted Fruit Juices WW Garlic Toast Chocolate Milk Fat Free Milk Low Fat Milk Mustard Ketchup Mayonnaise	Avg Nutrients Target Cals... 636* 100% Chol... 56* mg Sodium. 1013* mg Fiber... 6.5* g Iron... 3.9* mg Calcium354.4* mg Vit A 2885* IU Vit C 37.8* mg Sugar 13.0*g 8.2%Cal Prot 28.9*g 18.2%Cal Carb 90.9*g 57.2%Cal T.Fat 17.9*g 25.3%Cal S.Fat 5.2*g 7.3%Cal
May - 21 Turkey & Cheese Hoagie Spaghetti Seasoned Green Beans Cheesy Broccoli Chilled Diced Pears Assorted Fruit Juices Whole Wheat Roll Sugar Cookie Chocolate Milk Fat Free Milk Low Fat Milk Mayonnaise Mustard	May - 22 Turkey & Cheese Hoagie Chicken Tenders Mashed Potatoes Steamed Fresh Broccoli Fruit Cocktail Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Vanilla Fat Free Milk Low Fat Milk Mayonnaise Mustard Ketchup	May - 23 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	May - 24 Cheesy Chicken Fiesta over Rice Ham&Cheese onHoagie Steamed Carrots Baked Sweet Potato Green Peas Chilled Peach Slices Assorted Fruit Juices WW Garlic Toast Chocolate Milk Strawberry Milk Fat Free Milk Mustard Mayonnaise	May - 25 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... 636* 100% Chol... 61* mg Sodium. 1223* mg Fiber... 7.5* g Iron... 4.3* mg Calcium313.4* mg Vit A 3098* IU Vit C 45.3* mg Sugar 14.3*g 9.0%Cal Prot 30.8*g 19.4%Cal Carb 89.3*g 56.1%Cal T.Fat 18.0*g 25.5%Cal S.Fat 5.8*g 8.2%Cal

USDA is an equal opportunity provider and employer.

**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.