

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

| 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 Choclote Chip Cookie Whole Wheat Roll Chocolate Milk Chocolate Milk Vanilla Fat Free Milk Fat Free Milk Ketchup Tartar Sauce | 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 Tartar Sauce Ketchup | 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 Mustard Mayonnaise | BBQ Pulled Pork Burger Fish Sandwich Creamy Coleslaw Baked Beans Applesauce Assorted Fruit Juices Chocolate Milk Strawberry Milk Fat Free Milk Mustard Tartar Sauce Ketchup | Cals... 799 100% Chol... 67 mg Sodium... 1351 mg Fiber... 9.2 g Iron... 4.7 mg Calcium 421.9 mg Vit A 3857 IU Vit C 69.2 mg Sugar 20.7*g 10.3%Cal Prot 31.7g 15.9%Cal Carb 124.3g 62.2%Cal T.Fat 21.0g 23.6%Cal S.Fat 5.4g 6.1%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 Mustard Ketchup | 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 | 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 Hot Sauce | Cals... 809 100% Chol... 52* mg Sodium... 1417* mg Fiber... 10.6 g Iron... 5.1* mg Calcium444.2* mg Vit A 4652* IU Vit C 79.0* mg Sugar 23.3*g 11.5%Cal Prot 34.4g 17.0%Cal Carb 123.6g 61.1%Cal T.Fat 20.9g 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.

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

| Monday | Tuesday | Wednesday | Thursday | Friday | Nutrients |
|---|--|--|---|---|---|
| May - 14 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 | May - 15 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 | May - 16 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 | 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 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 |
| May - 21 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 | May - 22 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 | 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 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... 807 100% Chol... 69* mg Sodium... 1403* mg Fiber... 10.6 g Iron... 5.3* mg Calcium405.3* mg Vit A 7055* IU Vit C 66.8* mg Sugar 23.2*g 11.5%Cal Prot 36.4g 18.1%Cal Carb 116.0g 57.4%Cal T.Fat 22.4g 25.0%Cal S.Fat 6.8*g 7.6%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.