

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

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Aug - 6 Hot Dog Cheeseburger Steamed Carrots Spicy Fries Chilled Peach Slices Assorted Fruit Juices Choclate Chip Cookie Chocolate Milk Fat Free Milk Low Fat Milk Mayonnaise Mustard Ketchup	Aug - 7 Lemon Pepper Chicken Fish Sticks Mashed Potatoes Steamed Broccoli Spears Applesauce Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Vanilla Fat Free Milk Fat Free Milk Barbecue Sauce Hot Sauce Ketchup	Aug - 8 Grilled Fajita Salad Stuffed Crust Pizza Refried Beans Whole Kernel Corn Assorted Fruit Juices Mandarin Fruit Cup Saltine Crackers Chocolate Milk Fat Free Milk Low Fat Milk Salsa Sour Cream	Aug - 9 Spaghetti HamburgerSteakw/Gravy Mixed Vegetables SweetPotatoWaffleFries Fruit Cocktail Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Strawberry Milk Fat Free Milk	Aug - 10 GrilledChickenSandwich Ham&Cheese onHoagie Tossed Salad w/Dressing Baked Beans Rosey Applesauce Assorted Fruit Juices Chocolate Milk Strawberry Milk Fat Free Milk Ketchup Mustard Mayonnaise	Avg Nutrients Target Cals... 622 100% Chol... 54 mg Sodium. 1161 mg Fiber... 6.2 g Iron... 4.1* mg Calcium398.3* mg Vit A 3609* IU Vit C 33.1* mg Sugar 13.0*g 8.3%Cal Prot 30.1g 19.4%Cal Carb 86.3g 55.5%Cal T.Fat 18.0g 26.1%Cal S.Fat 5.9g 8.6%Cal
Aug - 13 Turkey and Cheese Wrap Taco Salad w/Chips Pinto Beans Whole Kernel Corn Mandarin Fruit Cup Assorted Fruit Juices Choclate Chip Cookie Chocolate Milk Fat Free Milk Low Fat Milk Hot Sauce Mayonnaise Mustard	Aug - 14 BBQ Pork Sandwich Chicken Nuggets Steamed Fresh Broccoli Mashed Potatoes Chilled Diced Pears Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Fat Free Milk Low Fat Milk Mustard Ketchup	Aug - 15 Seafood Basket Chef Salad French Fries Creamy Coleslaw Chilled Peach Slices Assorted Fruit Juices Hushpuppies Chocolate Milk Low Fat Milk Strawberry Milk Ketchup Tartar Sauce	Aug - 16 Turkey & Cheese Hoagie Spicy Chicken Sandwich Steamed Carrots Tossed Salad w/Dressing Fruit Cocktail Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Low Fat Milk Strawberry Milk Mayonnaise Mustard	Aug - 17 Beef Ravioli Mandarin Chicken Seasoned Green Beans Baked Sweet Potato Rosey Applesauce Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Vanilla Fat Free Milk Fat Free Milk	Avg Nutrients Target Cals... 650 100% Chol... 51* mg Sodium. 1062 mg Fiber... 7.8 g Iron... 3.7* mg Calcium338.8* mg Vit A 4975* IU Vit C 44.9* mg Sugar 11.2*g 6.9%Cal Prot 28.1g 17.3%Cal Carb 92.3g 56.8%Cal T.Fat 19.2g 26.6%Cal S.Fat 5.2g 7.1%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

Jul 30, 2018

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Aug - 20	Aug - 21	Aug - 22	Aug - 23	Aug - 24	Avg Nutrients Target
Corn Dog	Sliced Turkey with Gravy	Yogurt Sandwich Combo	Ham&Cheese onHoagie	LoadedFajitaPotato	Cals... 630 100%
Steak Fingers	Fish Sticks	Chicken Tenders	Chicken Alfredo	Beef Taco with	Chol... 58* mg
SweetPotatoWaffleFries	Mashed Potatoes	Black-Eyed Peas	Steamed Carrots	Crispy Shell	Sodium. 1207 mg
Seasoned Green Beans	Steamed Fresh Broccoli	Spicy Fries	Raw Veggies with Dip	Whole Kernel Corn	Fiber... 8.4 g
Chilled Peach Slices	Pineapple Tidbits	Apple Delicious	Chilled Peach Slices	Tossed Salad w/Dressing	Iron... 4.3* mg
Assorted Fruit Juices	Assorted Fruit Juices	Assorted Fruit Juices	Assorted Fruit Juices	Mandarin Fruit Cup	Calcium315.7* mg
WW Garlic Toast	Whole Wheat Roll	Saltine Crackers	Whole Wheat Roll	Assorted Fruit Juices	Vit A 4057* IU
Chocolate Milk	Choclate Chip Cookie	Chocolate Milk	Chocolate Milk	Whole Wheat Roll	Vit C 60.1* mg
Fat Free Milk	Chocolate Milk	Fat Free Milk	Strawberry Milk	Chocolate Milk	Sugar 17.3*g 11.0%Cal
Low Fat Milk	Fat Free Milk	Low Fat Milk	Fat Free Milk	Fat Free Milk	Prot 30.3g 19.2%Cal
Ketchup	Low Fat Milk	Ketchup	Mustard	Low Fat Milk	Carb 91.9g 58.3%Cal
Mustard	Ketchup	Hot Sauce	Mayonnaise	Hot Sauce	T.Fat 16.1g 23.0%Cal
	Tartar Sauce			Salsa	S.Fat 4.5g 6.5%Cal
Aug - 27	Aug - 28	Aug - 29	Aug - 30	Aug - 31	Avg Nutrients Target
Turkey & Cheese Hoagie	Beef Tips over Noodles	Bacon Cheese Burger	Chicken Nachos	Fish Sticks	Cals... 649 100%
BBQ Honey Chicken Bites	Stuffed Crust Pizza	Tuna Salad with Crackers	HamburgerSteakw/Gravy	BBQ Pork Sandwich	Chol... 57* mg
Seasoned Green Beans	Raw Veggies with Dip	Whole Kernel Corn	SweetPotatoWaffleFries	Creamy Coleslaw	Sodium. 1183 mg
Cheesy Broccoli	Steamed Carrots	French Fries	Mashed Potatoes	Baked Beans	Fiber... 6.2 g
Chilled Diced Pears	Banana Berry Blend	Chilled Peach Slices	Pineapple Tidbits	Mandarin Fruit Cup	Iron... 4.0* mg
Assorted Fruit Juices	Assorted Fruit Juices	Assorted Fruit Juices	Assorted Fruit Juices	Assorted Fruit Juices	Calcium319.1* mg
Sugar Cookie	Whole Wheat Roll	Saltine Crackers	Whole Wheat Roll	Hushpuppies	Vit A 3564* IU
Chocolate Milk	Chocolate Milk	Chocolate Milk	Choclate Chip Cookie	Chocolate Milk	Vit C 46.7* mg
Fat Free Milk	Vanilla Fat Free Milk	Vanilla Fat Free Milk	Chocolate Milk	Strawberry Milk	Sugar 16.2*g 10.0%Cal
Low Fat Milk	Low Fat Milk	Fat Free Milk	Fat Free Milk	Fat Free Milk	Prot 29.7g 18.3%Cal
Mayonnaise		Mayonnaise	Low Fat Milk	Ketchup	Carb 94.1g 58.0%Cal
Mustard		Mustard		Tartar Sauce	T.Fat 18.1g 25.2%Cal
		Ketchup			S.Fat 5.5g 7.6%Cal

This institution is an equal opportunity provider.

***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.