

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

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Aug - 6 Hot Dog Cheeseburger Steamed Carrots Spicy Fries Chilled Peach Slices Assorted Fruit Juices Chocolate 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 Ketchup Hot Sauce Tartar Sauce	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 Hamburger Steak w/Grav Mixed Vegetables Sweet Potato Waffle Fries Fruit Cocktail Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Strawberry Milk Fat Free Milk	Aug - 10 Grilled Chicken Sandwich Ham & Cheese on Hoagie Tossed Salad w/Dressing Baked Beans Rosey Applesauce Chocolate Chip Cookie Assorted Fruit Juices Chocolate Milk Strawberry Milk Fat Free Milk Ketchup Mustard Mayonnaise	Avg Nutrients Target Cals... 780 100% Chol... 71 mg Sodium... 1371 mg Fiber... 6.9 g Iron... 4.6* mg Calcium 380.4* mg Vit A 3166* IU Vit C 51.0* mg Sugar 20.6*g 10.5%Cal Prot 32.4g 16.6%Cal Carb 110.1g 56.5%Cal T.Fat 24.3g 28.1%Cal S.Fat 7.7g 8.8%Cal
Aug - 13 Turkey and Cheese Wrap Taco Salad w/Chips Pinto Beans Whole Kernel Corn Mandarin Fruit Cup Assorted Fruit Juices Chocolate 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 Peas 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 Saltine Crackers Chocolate Milk Low Fat 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 Ketchup Hot Sauce Mayonnaise Mustard	Aug - 17 Beef Ravioli Mandarin Chicken Seasoned Green Beans Baked Sweet Potato Rosey Applesauce Assorted Fruit Juices Steamed Brown Rice Chocolate Milk Vanilla Fat Free Milk Fat Free Milk	Avg Nutrients Target Cals... 838 100% Chol... 53* mg Sodium... 1265 mg Fiber... 11.1 g Iron... 4.8* mg Calcium 442.1* mg Vit A 7577* IU Vit C 83.9* mg Sugar 23.2*g 11.1%Cal Prot 33.0g 15.7%Cal Carb 129.4g 61.8%Cal T.Fat 22.3g 23.9%Cal S.Fat 5.7g 6.1%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.

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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Aug - 20 Corn Dog Steak Fingers SweetPotatoWaffleFries Seasoned Green Beans Chilled Peach Slices Assorted Fruit Juices WW Garlic Toast Chocolate Milk Fat Free Milk Low Fat Milk Ketchup Mustard	Aug - 21 Sliced Turkey with Gravy Fish Sticks Mashed Potatoes Steamed Fresh Broccoli Pineapple Tidbits Assorted Fruit Juices Hushpuppies Chocolate Milk Fat Free Milk Low Fat Milk Ketchup Tartar Sauce	Aug - 22 Yogurt Sandwich Combo Chicken Tenders Black-Eyed Peas Spicy Fries Apple Delicious Assorted Fruit Juices Choclate Chip Cookie WW Garlic Toast Chocolate Milk Fat Free Milk Low Fat Milk Ketchup Hot Sauce	Aug - 23 Ham&Cheese onHoagie Chicken Alfredo Steamed Carrots Raw Veggies with Dip Chilled Peach Slices Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Strawberry Milk Fat Free Milk Mustard Mayonnaise	Aug - 24 LoadedFajitaPotato Beef Taco with Crispy Shell Whole Kernel Corn Tossed Salad w/Dressing Mandarin Fruit Cup Assorted Fruit Juices Whole Wheat Roll Saltine Crackers Chocolate Milk Fat Free Milk Low Fat Milk Hot Sauce Salsa	Avg Nutrients Target Cals... 757 100% Chol... 59* mg Sodium... 1374 mg Fiber... 9.8 g Iron... 4.9* mg Calcium349.9* mg Vit A 4525* IU Vit C 74.7* mg Sugar 27.8*g 14.7%Cal Prot 32.0g 16.9%Cal Carb 114.9g 60.8%Cal T.Fat 19.8g 23.6%Cal S.Fat 4.9g 5.8%Cal
Aug - 27 Turkey & Cheese Hoagie BBq Honey Chicken Bites Seasoned Green Beans Cheesy Broccoli Chilled Diced Pears Assorted Fruit Juices Sugar Cookie Chocolate Milk Fat Free Milk Low Fat Milk Mayonnaise Mustard	Aug - 28 Beef Tips over Noodles Stuffed Crust Pizza Tossed Salad w/Dressing Steamed Carrots Tropical Apples Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Vanilla Fat Free Milk Low Fat Milk	Aug - 29 Bacon Cheese Burger Tuna Salad with Crackers Whole Kernel Corn French Fries Chilled Peach Slices Assorted Fruit Juices WW Garlic Toast Saltine Crackers Chocolate Milk Vanilla Fat Free Milk Fat Free Milk Mayonnaise Mustard Ketchup	Aug - 30 Chicken Nachos HamburgerSteak w/Grav SweetPotatoWaffleFries Mashed Potatoes Pineapple Tidbits Assorted Fruit Juices Whole Wheat Roll Choclate Chip Cookie Chocolate Milk Fat Free Milk Low Fat Milk	Aug - 31 Fish Sticks BBQ Pork Sandwich Creamy Coleslaw Baked Beans Mandarin Fruit Cup Assorted Fruit Juices Hushpuppies Chocolate Milk Fat Free Milk Strawberry Milk Tartar Sauce Ketchup	Avg Nutrients Target Cals... 778 100% Chol... 65* mg Sodium... 1343 mg Fiber... 6.8 g Iron... 4.5* mg Calcium440.2* mg Vit A 3604* IU Vit C 52.8* mg Sugar 24.5*g 12.6%Cal Prot 34.7g 17.8%Cal Carb 111.4g 57.3%Cal T.Fat 22.3g 25.8%Cal S.Fat 6.6g 7.6%Cal

This institution is an equal opportunity provider.

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