

Chickasaw County School District
Houlka Attendance Center

Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
	Sep - 4	Sep - 5	Sep - 6	Sep - 7	Avg Nutrients Target
	Sausage and Biscuit Strawberry Poptarts Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Assorted Jelly	Sausage Pancake Stick Strawberry Poptarts Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Pancake Syrup	Mini Pancakes in a Bag Strawberry Poptarts Bacon Strips Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Pancake Syrup	Chicken & Biscuit Strawberry Banana Yogur Blueberry Muffin Loaf Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Assorted Jelly	Cals... 481 100% Chol... 24 mg Sodium... 592 mg Fiber... 4.8 g Iron... 3.1 mg Calcium 320.1 mg Vit A 927 IU Vit C 52.7 mg Sugar 19.8*g 16.4%Cal Prot 13.9g 11.5%Cal Carb 83.5g 69.4%Cal T.Fat 10.6g 19.9%Cal S.Fat 3.6g 6.7%Cal
Sep - 10	Sep - 11	Sep - 12	Sep - 13	Sep - 14	Avg Nutrients Target
Sausage and Biscuit Strawberry Poptarts Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Assorted Jelly	Assorted Cereals Cheese Omelet Whole Grain Biscuit Strawberry Poptarts Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Assorted Jelly	Sausage Pancake Stick Strawberry Poptarts Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Pancake Syrup	Mini Pancakes in a Bag Strawberry Poptarts Bacon Strips Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Pancake Syrup	Chicken & Biscuit Strawberry Banana Yogur Blueberry Muffin Loaf Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Assorted Jelly	Cals... 454 100% Chol... 30 mg Sodium... 537 mg Fiber... 4.6 g Iron... 3.1 mg Calcium 322.2 mg Vit A 913 IU Vit C 53.0 mg Sugar 19.8*g 17.4%Cal Prot 13.1g 11.5%Cal Carb 79.6g 70.1%Cal T.Fat 9.7g 19.3%Cal S.Fat 3.4g 6.7%Cal
Sep - 17	Sep - 18	Sep - 19	Sep - 20	Sep - 21	Avg Nutrients Target
Sausage and Biscuit Strawberry Poptarts Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Assorted Jelly	Assorted Cereals Cheese Omelet Sausage Patty Strawberry Poptarts Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Assorted Jelly	Sausage Pancake Stick Strawberry Poptarts Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Pancake Syrup	Mini Pancakes in a Bag Strawberry Poptarts Bacon Strips Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Pancake Syrup	Chicken & Biscuit Strawberry Banana Yogur Blueberry Muffin Loaf Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Assorted Jelly	Cals... 452 100% Chol... 31 mg Sodium... 536 mg Fiber... 4.5 g Iron... 3.1 mg Calcium 320.2 mg Vit A 912 IU Vit C 53.0 mg Sugar 19.7*g 17.4%Cal Prot 13.3g 11.8%Cal Carb 78.9g 69.8%Cal T.Fat 9.7g 19.4%Cal S.Fat 3.3g 6.6%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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This institution is an equal opportunity provider.

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