

Chickasaw County School District

Houlka Attendance Center K4-8th Grade

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
	Sep - 4	Sep - 5	Sep - 6	Sep - 7	Avg Nutrients Target
	Hot Dog Chicken Patty Sandwich Spicy Fries Steamed Carrots Chilled Peach Slices Assorted Fruit Juices Chocolate Milk Vanilla Fat Free Milk Low Fat Milk Mayonnaise Mustard Ketchup	Spaghetti Ham&Cheese onHoagie Raw Veggies with Dip SweetPotatoWaffleFries WW Garlic Toast Mandarin Fruit Cup Assorted Fruit Juices Choclate Chip Cookie Chocolate Milk Fat Free Milk Low Fat Milk Mayonnaise Mustard Assorted Salad Dressing	Stuffed Crust Pizza Yogurt Sandwich Combo Whole Kernel Corn Steamed Fresh Broccoli Fruit Cocktail Assorted Fruit Juices Chocolate Milk Vanilla Fat Free Milk Low Fat Milk	Lemon Pepper Chicken Fish Sticks Black-Eyed Peas Mashed Potatoes Applesauce Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Strawberry Milk Fat Free Milk Ketchup Tartar Sauce	Cals... 650 100% Chol... 58 mg Sodium. 1177 mg Fiber... 7.1 g Iron... 3.7 mg Calcium 355.9 mg Vit A 3770 IU Vit C 54.7 mg Sugar 16.2*g 10.0%Cal Prot 27.8g 17.1%Cal Carb 90.2g 55.5%Cal T.Fat 20.8g 28.8%Cal S.Fat 5.9g 8.2%Cal
Sep - 10	Sep - 11	Sep - 12	Sep - 13	Sep - 14	Avg Nutrients Target
Cheeseburger Beefy Nachos Grande Tater Tots Refried Beans Chilled Diced Pears Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Mayonnaise Ketchup Mustard	BBQ Turkey Sandwich Chicken Nuggets Steamed Fresh Broccoli Mashed Potatoes Pineapple Tidbits Assorted Fruit Juices WW Garlic Toast Choclate Chip Cookie Chocolate Milk Strawberry Milk Fat Free Milk Ketchup Hot Sauce	GrilledChickenSandwich Turkey & Cheese Hoagie Raw Veggies with Dip Steamed Carrots Applesauce Assorted Fruit Juices Chocolate Milk Vanilla Fat Free Milk Fat Free Milk Mayonnaise Mustard	Seafood Basket Roast Beef on Bun French Fries Creamy Coleslaw Chilled Peach Slices Assorted Fruit Juices Saltine Crackers Chocolate Milk Fat Free Milk Low Fat Milk Ketchup Tartar Sauce Hot Sauce	Beef Ravioli Ham & Cheese on Flat Bread Seasoned Green Beans Tossed Salad w/Dressing Rosey Applesauce Assorted Fruit Juices Saltine Crackers Chocolate Milk Fat Free Milk Low Fat Milk Mayonnaise Mustard	Cals... 612 100% Chol... 55 mg Sodium. 1227 mg Fiber... 5.9 g Iron... 3.9* mg Calcium301.4* mg Vit A 3343 IU Vit C 35.8* mg Sugar 11.9*g 7.7%Cal Prot 28.2g 18.4%Cal Carb 83.6g 54.6%Cal T.Fat 18.9g 27.8%Cal S.Fat 5.0g 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.

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K4-8th Grade

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Sep - 17	Sep - 18	Sep - 19	Sep - 20	Sep - 21	Avg Nutrients Target
Steak Fingers Corn Dog SweetPotatoWaffleFries Seasoned Green Beans Chilled Peach Slices Assorted Fruit Juices WW Garlic Toast Chocolate Milk Fat Free Milk Low Fat Milk Ketchup Mustard	Sliced Turkey with Gravy Fish Sandwich Mashed Potatoes Steamed Fresh Broccoli Pineapple Tidbits Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Fat Free Milk Low Fat Milk Tartar Sauce Ketchup	Yogurt Sandwich Combo Chicken Tenders Spicy Fries Black-Eyed Peas Applesauce Assorted Fruit Juices Choclate Chip Cookie Saltine Crackers Chocolate Milk Fat Free Milk Low Fat Milk Ketchup Hot Sauce	Ham&Cheese onHoagie Beef-A-Roni Steamed Carrots Raw Veggies with Dip Chilled Diced Pears Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Fat Free Milk Low Fat Milk Mayonnaise Mustard	TurkeyCheeseOnFlatBre Country Fried Steak Sandwich Mexicali Corn Baked Beans Mandarin Fruit Cup Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Mayonnaise Mustard	Cals... 639 100% Chol... 54 mg Sodium. 1203 mg Fiber.. 8.3 g Iron... 4.5* mg Calcium331.2* mg Vit A 4045 IU Vit C 47.4* mg Sugar 14.1*g 8.9%Cal Prot 29.8g 18.7%Cal Carb 91.4g 57.2%Cal T.Fat 18.4g 26.0%Cal S.Fat 5.3g 7.4%Cal
Sep - 24	Sep - 25	Sep - 26	Sep - 27	Sep - 28	Avg Nutrients Target
Turkey & Cheese Hoagie BBq Honey Chicken Bites Seasoned Green Beans Cheesy Broccoli Chilled Diced Pears Assorted Fruit Juices Sugar Cookie Chocolate Milk Strawberry Milk Low Fat Milk Mayonnaise Mustard	Beef Tips over Noodles Stuffed Crust Pizza Raw Veggies with Dip Steamed Carrots Banana Berry Blend Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Fat Free Milk Low Fat Milk	Bacon Cheese Burger Chicken Salad w/Cracker Spicy Fries Whole Kernel Corn Chilled Peach Slices Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Saltine Crackers Mayonnaise Mustard Ketchup	Chicken Nachos HamburgerSteakw/Gravy SweetPotatoWaffleFries Mashed Potatoes Pineapple Tidbits Assorted Fruit Juices Whole Wheat Roll Saltine Crackers Chocolate Milk Fat Free Milk Low Fat Milk	Fish Sticks BBQ Pork Sandwich Creamy Coleslaw Baked Beans Mandarin Fruit Cup Assorted Fruit Juices Hushpuppies Chocolate Milk Fat Free Milk Low Fat Milk Tartar Sauce Ketchup	Cals... 624 100% Chol... 50 mg Sodium. 1229 mg Fiber.. 5.3 g Iron... 4.2* mg Calcium345.6* mg Vit A 3461* IU Vit C 34.0* mg Sugar 14.0*g 9.0%Cal Prot 28.3g 18.2%Cal Carb 87.1g 55.9%Cal T.Fat 18.9g 27.3%Cal S.Fat 5.0g 7.2%Cal

This institution is an equal opportunity provider.

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