

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

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
	Sep - 4 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	Sep - 5 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	Sep - 6 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	Sep - 7 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	Avg Nutrients Target Cals... 792 100% Chol... 68 mg Sodium... 1392 mg Fiber.. 8.8 g Iron... 4.4 mg Calcium 365.7 mg Vit A 5221 IU Vit C 75.1 mg Sugar 23.3*g 11.8%Cal Prot 31.4g 15.9%Cal Carb 114.9g 58.1%Cal T.Fat 24.3g 27.6%Cal S.Fat 6.7g 7.7%Cal
Sep - 10 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	Sep - 11 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 Mustard Hot Sauce	Sep - 12 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	Sep - 13 Seafood Basket Roast Beef on Bun French Fries Creamy Coleslaw Chilled Peach Slices Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Ketchup Tartar Sauce Hot Sauce	Sep - 14 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	Avg Nutrients Target Cals... 764 100% Chol... 62 mg Sodium... 1411 mg Fiber.. 8.2 g Iron... 4.5* mg Calcium324.3* mg Vit A 4852 IU Vit C 65.2* mg Sugar 20.4*g 10.7%Cal Prot 30.5g 15.9%Cal Carb 111.1g 58.2%Cal T.Fat 22.9g 27.0%Cal S.Fat 5.8g 6.9%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
Sep - 17	Sep - 18	Sep - 19	Sep - 20	Sep - 21	Avg Nutrients Target
Steak Fingers	Sliced Turkey with Gravy	Yogurt Sandwich Combo	Ham&Cheese onHoagie	TurkeyCheeseOnFlatBre	Cals... 811 100%
Corn Dog	Fish Sandwich	Chicken Tenders	Beef-A-Roni	Country Fried Steak	Chol... 56 mg
SweetPotatoWaffleFries	Mashed Potatoes	Spicy Fries	Steamed Carrots	Sandwich	Sodium... 1387 mg
Seasoned Green Beans	Steamed Fresh Broccoli	Black-Eyed Peas	Raw Veggies with Dip	Mexicali Corn	Fiber... 11.6 g
Chilled Peach Slices	Pineapple Tidbits	Applesauce	Chilled Diced Pears	Baked Beans	Iron... 5.6* mg
Assorted Fruit Juices	Assorted Fruit Juices	Assorted Fruit Juices	Assorted Fruit Juices	Mandarin Fruit Cup	Calcium431.3* mg
WW Garlic Toast	Whole Wheat Roll	Choclate Chip Cookie	Whole Wheat Roll	Assorted Fruit Juices	Vit A 5162 IU
Chocolate Milk	Chocolate Milk	Saltine Crackers	Chocolate Milk	Chocolate Milk	Vit C 81.5* mg
Fat Free Milk	Fat Free Milk	Chocolate Milk	Fat Free Milk	Fat Free Milk	Sugar 24.5*g 12.1%Cal
Low Fat Milk	Low Fat Milk	Fat Free Milk	Low Fat Milk	Low Fat Milk	Prot 35.6g 17.6%Cal
Ketchup	Tartar Sauce	Low Fat Milk	Mayonnaise	Mayonnaise	Carb 122.2g 60.3%Cal
Mustard	Ketchup	Ketchup	Mustard	Mustard	T.Fat 21.9g 24.3%Cal
		Hot Sauce			S.Fat 6.1g 6.7%Cal
Sep - 24	Sep - 25	Sep - 26	Sep - 27	Sep - 28	Avg Nutrients Target
Turkey & Cheese Hoagie	Beef Tips over Noodles	Bacon Cheese Burger	Chicken Nachos	Fish Sticks	Cals... 759 100%
BBq Honey Chicken Bites	Stuffed Crust Pizza	Chicken Salad w/Cracker	HamburgerSteakw/Gravy	BBQ Pork Sandwich	Chol... 51 mg
Seasoned Green Beans	Raw Veggies with Dip	Spicy Fries	SweetPotatoWaffleFries	Creamy Coleslaw	Sodium... 1411 mg
Cheesy Broccoli	Steamed Carrots	Whole Kernel Corn	Mashed Potatoes	Baked Beans	Fiber... 7.0 g
Chilled Diced Pears	Banana Berry Blend	Chilled Peach Slices	Pineapple Tidbits	Mandarin Fruit Cup	Iron... 4.7* mg
Assorted Fruit Juices	Assorted Fruit Juices	Assorted Fruit Juices	Assorted Fruit Juices	Assorted Fruit Juices	Calcium434.5* mg
Sugar Cookie	Whole Wheat Roll	Chocolate Milk	Whole Wheat Roll	Hushpuppies	Vit A 3811* IU
Chocolate Milk	Chocolate Milk	Fat Free Milk	Saltine Crackers	Chocolate Milk	Vit C 59.0* mg
Strawberry Milk	Fat Free Milk	Low Fat Milk	Chocolate Milk	Fat Free Milk	Sugar 25.6*g 13.5%Cal
Low Fat Milk	Low Fat Milk	Saltine Crackers	Fat Free Milk	Low Fat Milk	Prot 31.2g 16.4%Cal
Mayonnaise		Mayonnaise	Low Fat Milk	Tartar Sauce	Carb 115.6g 60.9%Cal
Mustard		Mustard		Ketchup	T.Fat 20.8g 24.6%Cal
		Ketchup			S.Fat 5.9g 7.0%Cal

This institution is an equal opportunity provider.

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