

Chickasaw County School District HOULKA ATTENDANCE CENTER K4-8th Grade

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Oct - 1 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	Oct - 2 Spaghetti Ham&Cheese onHoagie Raw Veggies with Dip Green Peas WW Garlic Toast Sliced Strawberries Assorted Fruit Juices Chocolate Chip Cookie Chocolate Milk Fat Free Milk Low Fat Milk Mayonnaise Mustard Assorted Salad Dressing	Oct - 3 Stuffed Crust Pizza Chef Salad Whole Kernel Corn Steamed Fresh Broccoli Blueberries with Whipped Topping Assorted Fruit Juices Saltine Crackers Chocolate Milk Vanilla Fat Free Milk Low Fat Milk	Oct - 4 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	Oct - 5 Avg Nutrients Target Cals... 620 100% Chol... 65 mg Sodium. 1196 mg Fiber... 6.5 g Iron... 4.0 mg Calcium 313.5 mg Vit A 2813 IU Vit C 45.9 mg Sugar 12.8*g 8.3%Cal Prot 27.8g 18.0%Cal Carb 83.5g 53.9%Cal T.Fat 20.2g 29.4%Cal S.Fat 6.1g 8.8%Cal	
Oct - 8	Oct - 9	Oct - 10 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	Oct - 11 Seafood Basket Sloppy Joe on Bun French Fries Black-Eyed Peas Chilled Peach Slices Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Ketchup Tartar Sauce Hot Sauce	Oct - 12 Avg Nutrients Target Cals... 601 100% Chol... 56 mg Sodium. 1218 mg Fiber... 6.2 g Iron... 4.0 mg Calcium 297.4 mg Vit A 5677 IU Vit C 26.9 mg Sugar 13.5*g 9.0%Cal Prot 29.3g 19.5%Cal Carb 83.5g 55.6%Cal T.Fat 17.1g 25.5%Cal S.Fat 4.4g 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.

Chickasaw County School District HOULKA ATTENDANCE CENTER K4-8th Grade

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Oct - 15	Oct - 16	Oct - 17	Oct - 18	Oct - 19	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	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	Tuna Salad Sandwich Mandarin Chicken 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... 632 100% Chol... 54* mg Sodium. 1205 mg Fiber.. 7.2 g Iron... 3.9* mg Calcium326.1* mg Vit A 3443* IU Vit C 46.7* mg Sugar 11.8*g 7.4%Cal Prot 29.8g 18.8%Cal Carb 89.2g 56.4%Cal T.Fat 18.7g 26.6%Cal S.Fat 5.0g 7.2%Cal
Oct - 22	Oct - 23	Oct - 24	Oct - 25	Oct - 26	Avg Nutrients Target
Ham&Cheese onHoagie 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 Tuna Salad with Crackers 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... 618 100% Chol... 49* mg Sodium. 1229 mg Fiber.. 5.3 g Iron... 4.2* mg Calcium336.2* mg Vit A 3432* IU Vit C 33.9* mg Sugar 13.8*g 8.9%Cal Prot 28.1g 18.2%Cal Carb 86.1g 55.7%Cal T.Fat 18.8g 27.4%Cal S.Fat 4.9g 7.2%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

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Oct - 29	Oct - 30	Oct - 31	Nov - 1	Nov - 2	Avg Nutrients Target
Chicken Patty Sandwich	Ham&Cheese onHoagie	BBQ Turkey Sandwich	Fish Sticks	Corn Dog Nuggets	Cals... 633 100%
Hot Dog	Spaghetti	Chicken Nuggets	Lemon Pepper Chicken	Steak Fingers	Chol... 64* mg
Spicy Fries	Raw Veggies with Dip	Steamed Fresh Broccoli	Black-Eyed Peas	SweetPotatoWaffleFries	Sodium. 1146 mg
Steamed Carrots	Green Peas	Mashed Sweet Potatoes	Mashed Potatoes	Chilled Peach Slices	Fiber... 6.5 g
Chilled Peach Slices	WW Garlic Toast	Pineapple Tidbits	Applesauce	Seasoned Green Beans	Iron... 3.7* mg
Assorted Fruit Juices	Mandarin Fruit Cup	Assorted Fruit Juices	Assorted Fruit Juices	Chilled Peach Slices	Calcium285.5* mg
Chocolate Milk	Assorted Fruit Juices	WW Garlic Toast	Whole Wheat Roll	Assorted Fruit Juices	Vit A 5209* IU
Vanilla Fat Free Milk	Chocolate Chip Cookie	Chocolate Chip Cookie	Chocolate Milk	WW Garlic Toast	Vit C 37.1* mg
Low Fat Milk	Chocolate Milk	Chocolate Milk	Strawberry Milk	Chocolate Milk	Sugar 14.4*g 9.1%Cal
Mayonnaise	Fat Free Milk	Strawberry Milk	Fat Free Milk	Fat Free Milk	Prot 27.7g 17.5%Cal
Mustard	Low Fat Milk	Fat Free Milk	Ketchup	Low Fat Milk	Carb 84.3g 53.3%Cal
Ketchup	Mayonnaise	Ketchup	Tartar Sauce	Ketchup	T.Fat 21.0g 29.9%Cal
	Mustard	Hot Sauce		Mustard	S.Fat 5.7g 8.1%Cal
	Assorted Salad Dressing				

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.