

Chickasaw County School District
HOULKA ATTENDANCE CENTER
9th - 12th Grades

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 Choclote 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... 819 100% Chol... 73 mg Sodium... 1459 mg Fiber... 9.7 g Iron... 5.2 mg Calcium 374.5 mg Vit A 4443 IU Vit C 83.7 mg Sugar 21.6*g 10.6%Cal Prot 33.3g 16.3%Cal Carb 115.6g 56.5%Cal T.Fat 25.8g 28.4%Cal S.Fat 7.3g 8.0%Cal
Oct - 8	Oct - 9	Oct - 10 GrilledChickenSandwich Turkey & Cheese Hoagie Raw Veggies with Dip Steamed Carrots Applesauce Assorted Fruit Juices Choclote Chip Cookie 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 Beef Ravioli Ham and Cheese Wrap Seasoned Green Beans Steamed Carrots Rosey Applesauce Assorted Fruit Juices Saltine Crackers Chocolate Milk Fat Free Milk Low Fat Milk Mayonnaise Mustard	Avg Nutrients Target Cals... 751 100% Chol... 61 mg Sodium... 1407 mg Fiber... 8.6 g Iron... 5.0 mg Calcium 322.2 mg Vit A 8873 IU Vit C 47.4 mg Sugar 22.9*g 12.2%Cal Prot 33.2g 17.7%Cal Carb 114.1g 60.8%Cal T.Fat 19.1g 22.9%Cal S.Fat 5.2g 6.3%Cal

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Oct - 15 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	Oct - 16 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	Oct - 17 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	Oct - 18 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	Oct - 19 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	Avg Nutrients Target Cals... 806 100% Chol... 59* mg Sodium. 1408 mg Fiber.. 10.0 g Iron... 5.0* mg Calcium393.5* mg Vit A 4018* IU Vit C 48.3* mg Sugar 22.5*g 11.2%Cal Prot 33.3g 16.5%Cal Carb 119.0g 59.0%Cal T.Fat 23.4g 26.1%Cal S.Fat 6.2g 6.9%Cal
Oct - 22 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	Oct - 23 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	Oct - 24 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	Oct - 25 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	Oct - 26 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	Avg Nutrients Target Cals... 760 100% Chol... 51* mg Sodium. 1417 mg Fiber.. 7.0 g Iron... 4.7* mg Calcium434.2* mg Vit A 3808* IU Vit C 59.0* mg Sugar 25.7*g 13.5%Cal Prot 31.3g 16.5%Cal Carb 115.6g 60.9%Cal T.Fat 20.8g 24.7%Cal S.Fat 5.9g 6.9%Cal

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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... 794 100%
Hot Dog	Spaghetti	Chicken Nuggets	Lemon Pepper Chicken	Steak Fingers	Chol... 71* mg
Spicy Fries	Raw Veggies with Dip	Steamed Fresh Broccoli	Black-Eyed Peas	SweetPotatoWaffleFries	Sodium... 1433 mg
Steamed Carrots	Green Peas	Mashed Sweet Potatoes	Mashed Potatoes	Seasoned Green Beans	Fiber... 9.4 g
Chilled Peach Slices	WW Garlic Toast	Pineapple Tidbits	Applesauce	Chilled Peach Slices	Iron... 5.0* mg
Assorted Fruit Juices	Mandarin Fruit Cup	Assorted Fruit Juices	Assorted Fruit Juices	Assorted Fruit Juices	Calcium278.2* mg
Chocolate Milk	Assorted Fruit Juices	WW Garlic Toast	Whole Wheat Roll	WW Garlic Toast	Vit A 6954* IU
Vanilla Fat Free Milk	Choclate Chip Cookie	Choclate Chip Cookie	Chocolate Milk	Chocolate Milk	Vit C 65.9* mg
Low Fat Milk	Chocolate Milk	Chocolate Milk	Strawberry Milk	Fat Free Milk	Sugar 23.7*g 11.9%Cal
Mayonnaise	Fat Free Milk	Strawberry Milk	Fat Free Milk	Low Fat Milk	Prot 32.1g 16.1%Cal
Mustard	Low Fat Milk	Fat Free Milk	Ketchup	Ketchup	Carb 115.7g 58.2%Cal
Ketchup	Mayonnaise	Ketchup	Tartar Sauce	Mustard	T.Fat 23.6g 26.7%Cal
	Mustard	Hot Sauce			S.Fat 5.9g 6.7%Cal
	Assorted Salad Dressing				

This institution is an equal opportunity provider.

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