

Chickasaw County School District HOULKA ATTENCANCE CENTER

Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients																												
Oct - 1 Sausage and Biscuit Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Assorted Jelly	Oct - 2 Assorted Cereals Breakfast Burrito Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk	Oct - 3 Sausage Pancake Stick Strawberry Poptarts Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Pancake Syrup	Oct - 4 Mini Pancakes in a Bag Bacon Strips Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Pancake Syrup	Oct - 5	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: right;">Avg Nutrients</td> <td style="text-align: right;">Target</td> </tr> <tr> <td style="text-align: right;">Cals...</td> <td style="text-align: right;">440 98%</td> </tr> <tr> <td style="text-align: right;">Chol...</td> <td style="text-align: right;">27 mg</td> </tr> <tr> <td style="text-align: right;">Sodium.</td> <td style="text-align: right;">511 mg</td> </tr> <tr> <td style="text-align: right;">Fiber..</td> <td style="text-align: right;">4.6 g</td> </tr> <tr> <td style="text-align: right;">Iron...</td> <td style="text-align: right;">3.3 mg</td> </tr> <tr> <td style="text-align: right;">Calcium</td> <td style="text-align: right;">334.3 mg</td> </tr> <tr> <td style="text-align: right;">Vit A</td> <td style="text-align: right;">836 IU</td> </tr> <tr> <td style="text-align: right;">Vit C</td> <td style="text-align: right;">53.1 mg</td> </tr> <tr> <td style="text-align: right;">Sugar</td> <td style="text-align: right;">19.8*g 18.0%Cal</td> </tr> <tr> <td style="text-align: right;">Prot</td> <td style="text-align: right;">12.9g 11.7%Cal</td> </tr> <tr> <td style="text-align: right;">Carb</td> <td style="text-align: right;">77.2g 70.1%Cal</td> </tr> <tr> <td style="text-align: right;">T.Fat</td> <td style="text-align: right;">9.2g 18.8%Cal</td> </tr> <tr> <td style="text-align: right;">S.Fat</td> <td style="text-align: right;">3.4g 6.9%Cal</td> </tr> </table>	Avg Nutrients	Target	Cals...	440 98%	Chol...	27 mg	Sodium.	511 mg	Fiber..	4.6 g	Iron...	3.3 mg	Calcium	334.3 mg	Vit A	836 IU	Vit C	53.1 mg	Sugar	19.8*g 18.0%Cal	Prot	12.9g 11.7%Cal	Carb	77.2g 70.1%Cal	T.Fat	9.2g 18.8%Cal	S.Fat	3.4g 6.9%Cal
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