

Chickasaw County School District HOULKA ATTENDANCE CENTER Breakfast Menu k - 12 th Grade

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Nov - 5 Sausage and Biscuit Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Assorted Jelly	Nov - 6 Assorted Cereals Scrambled Eggs Whole Grain Biscuit Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Assorted Jelly	Nov - 7 Sausage Pancake Stick Strawberry Poptarts Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Pancake Syrup	Nov - 8 Mini Pancakes in a Bag Bacon Strips Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Pancake Syrup	Nov - 9 Chicken & Biscuit Strawberry Banana Yogur Blueberry Muffin Loaf Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Assorted Jelly	Avg Nutrients Target Cals... 456 100% Chol... 35 mg Sodium. 530 mg Fiber.. 4.7 g Iron... 3.2 mg Calcium 338.8 mg Vit A 1032 IU Vit C 52.9 mg Sugar 21.4*g 18.8%Cal Prot 13.5g 11.9%Cal Carb 79.5g 69.7%Cal T.Fat 9.8g 19.4%Cal S.Fat 3.4g 6.8%Cal
Nov - 12 Sausage and Biscuit Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Assorted Jelly	Nov - 13 Breakfast Sausage Pizza Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk	Nov - 14 Sausage Pancake Stick Strawberry Poptarts Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Pancake Syrup	Nov - 15 Mini Pancakes in a Bag Scrambled Eggs Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Pancake Syrup	Nov - 16 Chicken & Biscuit Strawberry Banana Yogur Blueberry Muffin Loaf Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Assorted Jelly	Avg Nutrients Target Cals... 450 100% Chol... 30 mg Sodium. 532 mg Fiber.. 4.8 g Iron... 3.2 mg Calcium 344.4 mg Vit A 953 IU Vit C 52.8 mg Sugar 21.1*g 18.7%Cal Prot 13.8g 12.2%Cal Carb 78.5g 69.8%Cal T.Fat 9.5g 19.0%Cal S.Fat 3.3g 6.6%Cal
Nov - 19	Nov - 20	Nov - 21	Nov - 22	Nov - 23	Avg Nutrients Target Cals... *N/A* Chol... *N/A* mg Sodium. *N/A* mg Fiber.. *N/A* g Iron... *N/A* mg Calcium *N/A* mg Vit A *N/A* IU Vit C *N/A* mg Sugar *N/A*g *N/A%Cal Prot *N/A*g *N/A%Cal Carb *N/A*g *N/A%Cal T.Fat *N/A*g *N/A%Cal S.Fat *N/A*g *N/A%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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HOULKA ATTENDANCE CENTER
Breakfast Menu
k - 12 th Grade

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Nov - 26	Nov - 27	Nov - 28	Nov - 29	Nov - 30	Avg Nutrients Target
Sausage and Biscuit	Assorted Cereals	Sausage Pancake Stick	Mini Pancakes in a Bag	Chicken & Biscuit	Cals... 458 100%
Assorted Cereals	Scrambled Eggs	Strawberry Poptarts	Bacon Strips	Strawberry Banana Yogur	Chol... 35 mg
Fresh Fruit Bowl	Whole Grain Biscuit	Assorted Cereals	Assorted Cereals	Blueberry Muffin Loaf	Sodium... 531 mg
Assorted Fruit Juices	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fiber... 4.7 g
Chocolate Milk	Assorted Fruit Juices	Assorted Fruit Juices	Assorted Fruit Juices	Assorted Fruit Juices	Iron... 3.2 mg
Low Fat Milk	Chocolate Milk	Chocolate Milk	Chocolate Milk	Chocolate Milk	Calcium 338.8 mg
Assorted Jelly	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	Vit A 1032 IU
	Assorted Jelly	Pancake Syrup	Pancake Syrup	Assorted Jelly	Vit C 52.9 mg
					Sugar 21.4*g 18.7%Cal
					Prot 13.5g 11.8%Cal
					Carb 80.0g 69.9%Cal
					T.Fat 9.8g 19.3%Cal
					S.Fat 3.4g 6.8%Cal

This institution is an equal opportunity provider.

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