

Chickasaw County School District

HOULKA ATTENDANCE CENTER

K-8th Grade

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Nov - 5	Nov - 6	Nov - 7	Nov - 8	Nov - 9	Avg Nutrients Target
Spaghetti	Fish Sticks	HamburgerSteakw/Gravy	Chicken Nachos	Sloppy Joe on Bun	Cals... 621 100%
Turkey & Cheese Hoagie	Hot Dog	Ham&Cheese onHoagie	Steak Fingers	Country Fried Steak	Chol... 49 mg
Whole Kernel Corn	Tater Tots	Kidney Beans	SweetPotatoWaffleFries	Sandwich	Sodium. 1156 mg
Steamed Carrots	Pinto Beans	Mashed Potatoes	Steamed Fresh Broccoli	Raw Veggies with Dip	Fiber... 7.5 g
Blueberries with Whipped Topping	Applesauce	Pineapple Tidbits	Chilled Peach Slices	Green Peas	Iron... 4.2 mg
Assorted Fruit Juices	Assorted Fruit Juices	Assorted Fruit Juices	Assorted Fruit Juices	Sliced Strawberries	Calcium 312.0 mg
Chocolate Milk	Hushpuppies	Whole Wheat Roll	WW Garlic Toast	Assorted Fruit Juices	Vit A 3521* IU
Vanilla Fat Free Milk	Chocolate Milk	Saltine Crackers	Saltine Crackers	Choclate Chip Cookie	Vit C 50.2 mg
Fat Free Milk	Fat Free Milk	Chocolate Milk	Chocolate Milk	Chocolate Milk	Sugar 13.1*g 8.4%Cal
Mayonnaise	Low Fat Milk	Fat Free Milk	Fat Free Milk	Fat Free Milk	Prot 27.9g 18.0%Cal
Mustard	Ketchup	Low Fat Milk	Low Fat Milk	Low Fat Milk	Carb 84.4g 54.4%Cal
	Tartar Sauce		Salsa	Mayonnaise	T.Fat 19.8g 28.7%Cal
	Mustard		Ketchup	Mustard	S.Fat 6.1g 8.8%Cal
	Mayonnaise			Assorted Salad Dressing	
Nov - 12	Nov - 13	Nov - 14	Nov - 15	Nov - 16	Avg Nutrients Target
Cheeseburger	Chicken Tenders	Mandarin Chicken	Chicken Patty Sandwich	Turkey & Dressing	Cals... 632* 100%
Soy Butter and Jelly	Soy Butter and Jelly	Soy Butter and Jelly	Soy Butter and Jelly	Baked Ham	Chol... 46* mg
Sandwich	Sandwich	Sandwich	Sandwich	Soy Butter and Jelly	Sodium. 1152* mg
Spicy Fries	Baked Beans	Steamed Carrots	SweetPotatoWaffleFries	Sandwich	Fiber... 6.1* g
Chilled Diced Pears	Applesauce	Chilled Diced Pears	Mandarin Fruit Cup	Seasoned Green Beans	Iron... 3.8* mg
Assorted Fruit Juices	Assorted Fruit Juices	Assorted Fruit Juices	Assorted Fruit Juices	Mashed Potatoes	Calcium329.7* mg
Chocolate Milk	Whole Wheat Roll	WW Garlic Toast	Choclate Chip Cookie	Whole Wheat Roll	Vit A 3023* IU
Fat Free Milk	Chocolate Milk	Chocolate Milk	Chocolate Milk	Banana Pudding	Vit C 42.5* mg
Low Fat Milk	Fat Free Milk	Fat Free Milk	Fat Free Milk	Cranberry Sauce	Sugar 17.5*g 11.1%Cal
Mayonnaise	Low Fat Milk	Low Fat Milk	Low Fat Milk	Assorted Fruit Juices	Prot 30.2*g 19.1%Cal
Ketchup	Ketchup		Mayonnaise	Chocolate Milk	Carb 96.0*g 60.8%Cal
Mustard	Hot Sauce		Mustard	Low Fat Milk	T.Fat 14.9*g 21.2%Cal
					S.Fat 3.7*g 5.3%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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K-8th Grade

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
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
Nov - 26 Ham&Cheese onHoagie BBQ Honey Chicken Bites Green Peas Cheesy Broccoli Chilled Diced Pears Assorted Fruit Juices Sugar Cookie Chocolate Milk Strawberry Milk Low Fat Milk Mayonnaise Mustard	Nov - 27 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	Nov - 28 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	Nov - 29 Fish Sticks Lemon Pepper Chicken Black-Eyed Peas Mashed Potatoes Applesauce Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Strawberry Milk Fat Free Milk Ketchup Tartar Sauce	Nov - 30 Corn Dog Nuggets Grilled Cheese Sandwich SweetPotatoWaffleFries Seasoned Green Beans Mandarin Fruit Cup Assorted Fruit Juices WW Garlic Toast Chocolate Milk Fat Free Milk Low Fat Milk Ketchup Mustard	Avg Nutrients Target Cals... 630* 100% Chol... 60* mg Sodium. 1229* mg Fiber.. 5.6* g Iron... 3.9* mg Calcium301.5* mg Vit A 3302* IU Vit C 33.4* mg Sugar 13.5*g 8.6%Cal Prot 28.1*g 17.8%Cal Carb 83.6*g 53.1%Cal T.Fat 21.1*g 30.2%Cal S.Fat 6.1*g 8.8%Cal

This institution is an equal opportunity provider.

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