

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

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Nov - 5 Spaghetti Turkey & Cheese Hoagie Whole Kernel Corn Steamed Carrots Blueberries with Whipped Topping Assorted Fruit Juices Chocolate Chip Cookie Chocolate Milk Vanilla Fat Free Milk Fat Free Milk Mayonnaise Mustard	Nov - 6 Fish Sticks Hot Dog Tater Tots Pinto Beans Applesauce Assorted Fruit Juices Hushuppies Chocolate Milk Fat Free Milk Low Fat Milk Ketchup Tartar Sauce Mustard Mayonnaise	Nov - 7 HamburgerSteakw/Gravy Ham&Cheese onHoagie Seasoned Green Beans Mashed Potatoes Pineapple Tidbits Assorted Fruit Juices Whole Wheat Roll Saltine Crackers Chocolate Milk Fat Free Milk Low Fat Milk Mayonnaise Mustard	Nov - 8 Chicken Nachos Steak Fingers Steamed Fresh Broccoli SweetPotatoWaffleFries Chilled Peach Slices Assorted Fruit Juices WW Garlic Toast Saltine Crackers Chocolate Milk Fat Free Milk Low Fat Milk Salsa Ketchup	Nov - 9 Sloppy Joe on Bun Country Fried Steak Sandwich Raw Veggies with Dip Green Peas Sliced Strawberries Assorted Fruit Juices Chocolate Chip Cookie Chocolate Milk Fat Free Milk Low Fat Milk Mayonnaise Mustard Assorted Salad Dressing	Avg Nutrients Target Cals... 762 100% Chol... 56 mg Sodium... 1362 mg Fiber... 9.4 g Iron... 4.7 mg Calcium 347.7 mg Vit A 4756* IU Vit C 78.0 mg Sugar 24.1*g 12.6%Cal Prot 30.3g 15.9%Cal Carb 111.2g 58.4%Cal T.Fat 22.8g 26.9%Cal S.Fat 7.3g 8.6%Cal
Nov - 12 Cheeseburger Soy Butter and Jelly Sandwich Spicy Fries Chilled Diced Pears Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Mayonnaise Ketchup Mustard	Nov - 13 Chicken Tenders Soy Butter and Jelly Sandwich Baked Beans Applesauce Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Fat Free Milk Low Fat Milk Ketchup Hot Sauce	Nov - 14 Mandarin Chicken Soy Butter and Jelly Sandwich Steamed Carrots Chilled Diced Pears Assorted Fruit Juices WW Garlic Toast Chocolate Milk Fat Free Milk Low Fat Milk	Nov - 15 Chicken Patty Sandwich Soy Butter and Jelly Sandwich SweetPotatoWaffleFries Mandarin Fruit Cup Assorted Fruit Juices Chocolate Chip Cookie Chocolate Milk Fat Free Milk Low Fat Milk Mayonnaise Mustard	Nov - 16 Turkey & Dressing Baked Ham Soy Butter and Jelly Sandwich Seasoned Green Beans Mashed Potatoes Whole Wheat Roll Banana Pudding Cranberry Sauce Assorted Fruit Juices Chocolate Milk Low Fat Milk	Avg Nutrients Target Cals... 762* 100% Chol... 48* mg Sodium... 1364* mg Fiber... 8.8* g Iron... 4.5* mg Calcium375.4* mg Vit A 5085* IU Vit C 45.8* mg Sugar 19.4*g 10.2%Cal Prot 32.9*g 17.3%Cal Carb 119.8*g 62.9%Cal T.Fat 18.2*g 21.5%Cal S.Fat 4.5*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.

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

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	Nov - 27	Nov - 28	Nov - 29	Nov - 30	Avg Nutrients Target Cals... 755* 100% Chol... 63* mg Sodium. 1392* mg Fiber.. 8.0* g Iron... 4.6* mg Calcium251.4* mg Vit A 3635* IU Vit C 54.5* mg Sugar 21.7*g 11.5%Cal Prot 30.4*g 16.1%Cal Carb 106.8*g 56.6%Cal T.Fat 24.3*g 28.9%Cal S.Fat 7.2*g 8.6%Cal
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	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 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	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	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	

This institution is an equal opportunity provider.

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