

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

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
	Jan - 8 Assorted Cereals Sausage Patty Scrambled Eggs Whole Grain Biscuit Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Assorted Jelly	Jan - 9 Sausage Pancake Stick Strawberry Poptarts Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Pancake Syrup	Jan - 10 Breakfast Burrito Mini Pancakes in a Bag Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Pancake Syrup	Jan - 11 Chicken & Biscuit Scrambled Eggs French Toast Sticks Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Assorted Jelly Pancake Syrup	Avg Nutrients Target Cals... 474 100% Chol... 57 mg Sodium... 518 mg Fiber... 5.5 g Iron... 3.0 mg Calcium 280.8 mg Vit A 1184 IU Vit C 53.6 mg Sugar 18.7*g 15.8%Cal Prot 13.5g 11.4%Cal Carb 84.5g 71.3%Cal T.Fat 10.0g 18.9%Cal S.Fat 3.0g 5.8%Cal
Jan - 14 Sausage Patty Scrambled Eggs Whole Grain Biscuit Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Assorted Jelly	Jan - 15 Assorted Cereals Ham Slice Scrambled Eggs Whole Grain Biscuit Fresh Fruit Bowl Assorted Fruit Juices Assorted Fruit Juices Chocolate Milk Chocolate Milk Low Fat Milk Assorted Jelly	Jan - 16 Sausage Pancake Stick Strawberry Poptarts Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Pancake Syrup	Jan - 17 Mini Pancakes in a Bag Breakfast Burrito Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Pancake Syrup	Jan - 18 Chicken & Biscuit Scrambled Eggs Strawberry Banana Yogur Blueberry Muffin Loaf Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Assorted Jelly	Avg Nutrients Target Cals... 451 100% Chol... 61 mg Sodium... 534 mg Fiber... 5.0 g Iron... 3.3 mg Calcium 278.8 mg Vit A 1121 IU Vit C 53.3 mg Sugar 19.1*g 16.9%Cal Prot 13.9g 12.3%Cal Carb 79.3g 70.4%Cal T.Fat 9.4g 18.9%Cal S.Fat 3.2g 6.3%Cal
Jan - 21 Sausage Patty Scrambled Eggs Whole Grain Biscuit Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Chocolate Milk Low Fat Milk Assorted Jelly	Jan - 22 Assorted Cereals French Toast Sticks Scrambled Eggs Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Chocolate Milk Low Fat Milk Pancake Syrup	Jan - 23 Sausage Pancake Stick Strawberry Poptarts Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Chocolate Milk Low Fat Milk Pancake Syrup	Jan - 24 Breakfast Burrito Mini Pancakes in a Bag Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Pancake Syrup	Jan - 25 Chicken & Biscuit Scrambled Eggs Strawberry Banana Yogur Blueberry Muffin Loaf Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Assorted Jelly	Avg Nutrients Target Cals... 479 100% Chol... 61 mg Sodium... 498 mg Fiber... 5.2 g Iron... 2.9 mg Calcium 281.8 mg Vit A 1129 IU Vit C 53.2 mg Sugar 20.6*g 17.2%Cal Prot 13.7g 11.5%Cal Carb 85.8g 71.6%Cal T.Fat 9.8g 18.5%Cal S.Fat 2.9g 5.4%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
Breakfast Menu
k - 12 th Grade

Dec 18, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Jan - 28	Jan - 29	Jan - 30	Jan - 31	Feb - 1	Avg Nutrients Target
Sausage Patty	Assorted Cereals	Sausage Pancake Stick	Mini Pancakes in a Bag	Chicken & Biscuit	Cals... 450 100%
Scrambled Eggs	Ham Slice	Strawberry Poptarts	Breakfast Burrito	Scrambled Eggs	Chol... 59 mg
Whole Grain Biscuit	Scrambled Eggs	Assorted Cereals	Fresh Fruit Bowl	Strawberry Banana Yogur	Sodium... 534 mg
Assorted Cereals	Whole Grain Biscuit	Fresh Fruit Bowl	Assorted Fruit Juices	Blueberry Muffin Loaf	Fiber... 5.0 g
Fresh Fruit Bowl	Fresh Fruit Bowl	Assorted Fruit Juices	Chocolate Milk	Fresh Fruit Bowl	Iron... 3.3 mg
Assorted Fruit Juices	Assorted Fruit Juices	Chocolate Milk	Low Fat Milk	Assorted Fruit Juices	Calcium 275.9 mg
Chocolate Milk	Chocolate Milk	Low Fat Milk	Pancake Syrup	Chocolate Milk	Vit A 1131 IU
Low Fat Milk	Low Fat Milk	Pancake Syrup		Low Fat Milk	Vit C 53.2 mg
Assorted Jelly	Assorted Jelly			Assorted Jelly	Sugar 19.1*g 17.0%Cal
					Prot 13.7g 12.2%Cal
					Carb 79.5g 70.6%Cal
					T.Fat 9.3g 18.7%Cal
					S.Fat 3.1g 6.2%Cal

This institution is an equal opportunity provider.

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