

Chickasaw County School District HOULKA ATTENDANCE CENTER K-8th Grade

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
	Jan - 8 Spaghetti Ham and Cheese Wrap Steamed Carrots Seasoned Green Beans Strawberries w/Topping Assorted Fruit Juices Chocolate Chip Cookie Whole Wheat Roll Chocolate Milk Vanilla Fat Free Milk Low Fat Milk Mayonnaise Mustard	Jan - 9 Stuffed Crust Pizza Hot Dog Whole Kernel Corn Steamed Fresh Broccoli Pineapple Tidbits Assorted Fruit Juices Chocolate Milk Vanilla Fat Free Milk Low Fat Milk Mayonnaise Mustard Ketchup	Jan - 10 Lemon Pepper Chicken Fish Sticks Black-Eyed Peas Mashed Potatoes Applesauce Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Strawberry Milk Fat Free Milk Ketchup Tartar Sauce	Jan - 11 Beef Ravioli LoadedFajitaPotato Green Peas Tomatoes with Dip Mandarin Fruit Cup Assorted Fruit Juices Saltine Crackers Chocolate Milk Fat Free Milk Low Fat Milk Sour Cream Salsa	Avg Nutrients Target Cals... 634 100% Chol... 58 mg Sodium. 1126 mg Fiber... 7.0 g Iron... 4.5 mg Calcium 307.4 mg Vit A 2213 IU Vit C 44.8 mg Sugar 11.8*g 7.5%Cal Prot 28.3g 17.9%Cal Carb 86.6g 54.6%Cal T.Fat 20.1g 28.5%Cal S.Fat 6.4g 9.1%Cal
Jan - 14 GrilledChickenSandwich Beefy Nachos Grande Tater Tots Pinto Beans Mandarin Fruit Cup Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Mayonnaise Ketchup Mustard	Jan - 15 Chicken Spaghetti Corn Dog SweetPotatoWaffleFries Seasoned Green Beans Pineapple Tidbits Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Fat Free Milk Low Fat Milk Tartar Sauce Ketchup	Jan - 16 Yogurt Sandwich Combo Chicken Tenders Mashed Potatoes Black-Eyed Peas Applesauce Assorted Fruit Juices Chocolate Chip Cookie Saltine Crackers Chocolate Milk Fat Free Milk Low Fat Milk Ketchup Hot Sauce	Jan - 17 Tuna Salad Sandwich Mandarin Chicken Steamed Carrots Raw Veggies with Dip Banana Berry Blend Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Fat Free Milk Low Fat Milk Mayonnaise Mustard	Jan - 18 Sloppy Joe on Bun Fish Sandwich Mexicali Corn Baked Beans Apricots Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Mayonnaise Mustard Ketchup	Avg Nutrients Target Cals... 629 100% Chol... 53* mg Sodium. 1045 mg Fiber... 7.1 g Iron... 3.7* mg Calcium321.0* mg Vit A 3540* IU Vit C 44.3* mg Sugar 13.9*g 8.9%Cal Prot 29.3g 18.6%Cal Carb 93.1g 59.2%Cal T.Fat 16.1g 23.1%Cal S.Fat 3.6g 5.2%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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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Jan - 21	Jan - 22	Jan - 23	Jan - 24	Jan - 25	Avg Nutrients Target
	Cheesy Chicken Fiesta over Rice Ham&Cheese onHoagie Steamed Fresh Broccoli Steamed Carrots Banana Berry Blend Assorted Fruit Juices Whole Wheat Roll Chocolate 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	Chicken Nachos Steak Fingers SweetPotatoWaffleFries Black-Eyed Peas Pineapple Tidbits Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Fat Free Milk Low Fat Milk	BBQ Pork Sandwich Fish Sticks Green Peas Mashed Potatoes Chilled Diced Pears Assorted Fruit Juices Whole Wheat Roll Sugar Cookie Chocolate Milk Strawberry Milk Low Fat Milk Mayonnaise Mustard Ketchup Hot Sauce	Cals... 667 103% Chol... 55* mg Sodium. 1229 mg Fiber... 8.3 g Iron... 4.2* mg Calcium323.4* mg Vit A 3952* IU Vit C 51.2* mg Sugar 13.6*g 8.1%Cal Prot 31.6g 18.9%Cal Carb 91.4g 54.9%Cal T.Fat 20.8g 28.0%Cal S.Fat 6.4g 8.6%Cal
Jan - 28	Jan - 29	Jan - 30	Jan - 31	Feb - 1	Avg Nutrients Target
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 Low Fat Milk	Beefy Nachos Grande Tuna Salad with Crackers Spicy Fries Whole Kernel Corn Chilled Peach Slices Assorted Fruit Juices Choclote Chip Cookie Chocolate Milk Fat Free Milk Low Fat Milk Saltine Crackers Salsa	Fish Melt Chicken Nuggets Black-Eyed Peas Mashed Potatoes Applesauce Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Strawberry Milk Fat Free Milk Ketchup Tartar Sauce Hot Sauce	Corn Dog Nuggets Vegetable Beef Soup SweetPotatoWaffleFries Seasoned Green Beans Mandarin Fruit Cup Assorted Fruit Juices Saltine Crackers Chocolate Milk Fat Free Milk Low Fat Milk Ketchup Mustard	Cals... 631 100% Chol... 52* mg Sodium. 1180 mg Fiber... 6.1 g Iron... 4.1* mg Calcium292.5* mg Vit A 3386* IU Vit C 35.9* mg Sugar 13.7*g 8.7%Cal Prot 26.2g 16.6%Cal Carb 87.5g 55.5%Cal T.Fat 20.0g 28.5%Cal S.Fat 5.2g 7.4%Cal

This institution is an equal opportunity provider.

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