

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

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients																												
	Jan - 8  Spaghetti Ham and Cheese Wrap Steamed Carrots Seasoned Green Beans Strawberries w/Topping Assorted Fruit Juices Whole Wheat Roll Chocolate Chip Cookie 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 Apricots Assorted Fruit Juices Saltine Crackers Chocolate Milk Fat Free Milk Low Fat Milk Sour Cream Salsa	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: right;">Avg Nutrients</td> <td style="text-align: right;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">794 100%</td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">73 mg</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1342 mg</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">9.0 g</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">5.0 mg</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">344.9 mg</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">3101 IU</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">101.4 mg</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">25.7*g 12.9%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">32.9g 16.6%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">112.0g 56.4%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">24.4g 27.7%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">7.3g 8.3%Cal</td> </tr> </table>	Avg Nutrients	Target	Cals...	794 100%	Chol...	73 mg	Sodium.	1342 mg	Fiber..	9.0 g	Iron...	5.0 mg	Calcium	344.9 mg	Vit A	3101 IU	Vit C	101.4 mg	Sugar	25.7*g 12.9%Cal	Prot	32.9g 16.6%Cal	Carb	112.0g 56.4%Cal	T.Fat	24.4g 27.7%Cal	S.Fat	7.3g 8.3%Cal
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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 Chilled Peach Slices Assorted Fruit Juices WW Garlic Toast Chocolate Milk Fat Free Milk Low Fat Milk Ketchup Mustard	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	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: right;">Avg Nutrients</td> <td style="text-align: right;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">810 100%</td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">56* mg</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1294 mg</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">10.0 g</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">4.8* mg</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">396.8* mg</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">4426* IU</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">75.0* mg</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">27.4*g 13.5%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">34.8g 17.2%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">126.5g 62.4%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">19.4g 21.6%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">4.7g 5.2%Cal</td> </tr> </table>	Avg Nutrients	Target	Cals...	810 100%	Chol...	56* mg	Sodium.	1294 mg	Fiber..	10.0 g	Iron...	4.8* mg	Calcium	396.8* mg	Vit A	4426* IU	Vit C	75.0* mg	Sugar	27.4*g 13.5%Cal	Prot	34.8g 17.2%Cal	Carb	126.5g 62.4%Cal	T.Fat	19.4g 21.6%Cal	S.Fat	4.7g 5.2%Cal
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\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.

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**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
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 Ketchup Hot Sauce	Cals... 856 101% Chol... 57* mg Sodium. 1430 mg Fiber.. 11.0 g Iron... 5.0* mg Calcium375.3* mg Vit A 4647* IU Vit C 77.6* mg Sugar 21.7*g 10.1%Cal Prot 34.9g 16.3%Cal Carb 128.2g 59.9%Cal T.Fat 24.4g 25.6%Cal S.Fat 7.7g 8.1%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 Choclate 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	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... 813 100% Chol... 46* mg Sodium. 1412 mg Fiber.. 9.4 g Iron... 5.4* mg Calcium353.1* mg Vit A 4321* IU Vit C 57.5* mg Sugar 22.6*g 11.1%Cal Prot 29.4g 14.4%Cal Carb 125.2g 61.6%Cal T.Fat 22.9g 25.4%Cal S.Fat 5.8g 6.5%Cal

This institution is an equal opportunity provider.

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