

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

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
	Feb - 5 Assorted Cereals Breakfast Sausage Pizza Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk	Feb - 6 Sausage Pancake Stick Strawberry Poptarts Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Pancake Syrup	Feb - 7 Mini Pancakes in a Bag Bacon Strips Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Pancake Syrup	Feb - 8 Chicken & Biscuit Strawberry Banana Yogur Blueberry Muffin Loaf Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Assorted Jelly	Avg Nutrients Target Cals... 438 97% Chol... 21 mg Sodium... 480 mg Fiber... 4.9 g Iron... 2.8 mg Calcium 349.4 mg Vit A 1006 IU Vit C 52.5 mg Sugar 21.0*g 19.2%Cal Prot 13.0g 11.9%Cal Carb 79.3g 72.5%Cal T.Fat 8.4g 17.3%Cal S.Fat 2.6g 5.4%Cal
Feb - 11 Sausage and Biscuit Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Assorted Jelly	Feb - 12 Assorted Cereals Breakfast Sausage Pizza Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk	Feb - 13 Sausage Pancake Stick Strawberry Poptarts Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Pancake Syrup	Feb - 14 Mini Pancakes in a Bag Bacon Strips Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Pancake Syrup	Feb - 15 Chicken & Biscuit Strawberry Banana Yogur Blueberry Muffin Loaf Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Assorted Jelly	Avg Nutrients Target Cals... 450 100% Chol... 24 mg Sodium... 538 mg Fiber... 4.7 g Iron... 2.8 mg Calcium 350.0 mg Vit A 938 IU Vit C 52.6 mg Sugar 21.0*g 18.6%Cal Prot 14.0g 12.4%Cal Carb 78.3g 69.6%Cal T.Fat 9.5g 19.0%Cal S.Fat 3.3g 6.7%Cal
Feb - 18 Sausage and Biscuit Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Assorted Jelly	Feb - 19 Sausage and Biscuit Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Assorted Jelly	Feb - 20 Sausage Pancake Stick Strawberry Poptarts Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Pancake Syrup	Feb - 21 Mini Pancakes in a Bag Bacon Strips Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Pancake Syrup	Feb - 22 Chicken & Biscuit Strawberry Banana Yogur Blueberry Muffin Loaf Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Assorted Jelly	Avg Nutrients Target Cals... 463 100% Chol... 26 mg Sodium... 555 mg Fiber... 4.7 g Iron... 2.7 mg Calcium 327.8 mg Vit A 926 IU Vit C 52.3 mg Sugar 21.4*g 18.5%Cal Prot 13.8g 11.9%Cal Carb 79.6g 68.7%Cal T.Fat 10.3g 20.1%Cal S.Fat 3.7g 7.2%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.

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

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Feb - 25	Feb - 26	Feb - 27	Feb - 28	Mar - 1	Avg Nutrients Target
Sausage and Biscuit	Assorted Cereals	Sausage Pancake Stick	Mini Pancakes in a Bag	Chicken & Biscuit	Cals... 450 100%
Assorted Cereals	Breakfast Sausage Pizza	Strawberry Poptarts	Bacon Strips	Strawberry Banana Yogur	Chol... 24 mg
Fresh Fruit Bowl	Fresh Fruit Bowl	Assorted Cereals	Assorted Cereals	Blueberry Muffin Loaf	Sodium... 538 mg
Assorted Fruit Juices	Assorted Fruit Juices	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fiber... 4.7 g
Chocolate Milk	Chocolate Milk	Assorted Fruit Juices	Assorted Fruit Juices	Assorted Fruit Juices	Iron... 2.8 mg
Low Fat Milk	Low Fat Milk	Chocolate Milk	Chocolate Milk	Chocolate Milk	Calcium 350.0 mg
Assorted Jelly		Low Fat Milk	Low Fat Milk	Low Fat Milk	Vit A 938 IU
		Pancake Syrup	Pancake Syrup	Assorted Jelly	Vit C 52.6 mg
					Sugar 21.0*g 18.6%Cal
					Prot 14.0g 12.4%Cal
					Carb 78.3g 69.6%Cal
					T.Fat 9.5g 19.0%Cal
					S.Fat 3.3g 6.7%Cal

This institution is an equal opportunity provider.

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