

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

Jan 28, 2019

**Lunch Menu**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Nutrients</b>
Feb - 4	Feb - 5	Feb - 6	Feb - 7	Feb - 8	Avg Nutrients Target
Seafood Basket	Cheeseburger	BBQ Turkey Sandwich	Philly Chicken Sandwich	Ham and Cheese Wrap	Cals... 632 100%
GrilledChickenSandwich	Beefy Nachos Grande	Chicken Nuggets	HamburgerSteak w/Grav	Loaded Baked Potato	Chol... 64 mg
French Fries	Tater Tots	Steamed Fresh Broccoli	Raw Veggies with Dip	Steamed Carrots	Sodium. 1198 mg
Creamy Coleslaw	Refried Beans	Green Peas	Mashed Potatoes	Tomatoes with Dip	Fiber.. 6.7 g
Chilled Peach Slices	Chilled Diced Pears	Pineapple Tidbits	Applesauce	Mandarin Fruit Cup	Iron... 3.8 mg
Assorted Fruit Juices	Assorted Fruit Juices	Assorted Fruit Juices	Assorted Fruit Juices	Assorted Fruit Juices	Calcium 312.4 mg
Chocolate Milk	Chocolate Milk	WW Garlic Toast	Whole Wheat Roll	Whole Wheat Roll	Vit A 3265 IU
Fat Free Milk	Fat Free Milk	Choclate Chip Cookie	Chocolate Milk	Chocolate Milk	Vit C 42.7 mg
Low Fat Milk	Low Fat Milk	Chocolate Milk	Vanilla Fat Free Milk	Fat Free Milk	Sugar 11.2*g 7.1%Cal
Ketchup	Mayonnaise	Strawberry Milk	Fat Free Milk	Low Fat Milk	Prot 29.8g 18.9%Cal
Tartar Sauce	Ketchup	Fat Free Milk		Sour Cream	Carb 83.7g 53.0%Cal
Mayonnaise	Mustard	Ketchup		Salsa	T.Fat 20.2g 28.8%Cal
Mustard		Hot Sauce		Mustard	S.Fat 6.2g 8.8%Cal
Feb - 11	Feb - 12	Feb - 13	Feb - 14	Feb - 15	Avg Nutrients Target
Hot Dog	BBQ Chicken Sandwich	Steak Fingers	Lemon Pepper Chicken	Veg.BeefSoupw/Sandwic	Cals... 647 100%
Chicken Patty Sandwich	Fish Sticks	Corn Dog	Beef Ravioli	Tuna Salad with Crackers	Chol... 62 mg
Spicy Fries	Creamy Coleslaw	SweetPotatoWaffleFries	Black-Eyed Peas	Baked Sweet Potato	Sodium. 1154 mg
Steamed Carrots	Baked Beans	Seasoned Green Beans	Mashed Potatoes	Tossed Salad w/Dressing	Fiber.. 6.9 g
Chilled Peach Slices	Strawberries w/Topping	Chilled Peach Slices	Applesauce	Pineapple Tidbits	Iron... 3.6 mg
Assorted Fruit Juices	Assorted Fruit Juices	Assorted Fruit Juices	Assorted Fruit Juices	Assorted Fruit Juices	Calcium 296.5 mg
Chocolate Milk	Hushpuppies	WW Garlic Toast	Whole Wheat Roll	Saltine Crackers	Vit A 4276 IU
Vanilla Fat Free Milk	Choclate Chip Cookie	Chocolate Milk	Chocolate Milk	Chocolate Milk	Vit C 31.9* mg
Low Fat Milk	Chocolate Milk	Fat Free Milk	Strawberry Milk	Vanilla Fat Free Milk	Sugar 14.5*g 9.0%Cal
Mayonnaise	Fat Free Milk	Low Fat Milk	Fat Free Milk	Fat Free Milk	Prot 26.4g 16.3%Cal
Mustard	Low Fat Milk	Ketchup	Ketchup	Mayonnaise	Carb 89.5g 55.4%Cal
Ketchup	Ketchup	Mustard		Mustard	T.Fat 21.0g 29.3%Cal
	Tartar Sauce	Hot Sauce			S.Fat 5.0g 7.0%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**  
**K-8th Grade**

Jan 28, 2019

**Lunch Menu**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Nutrients</b>
Feb - 18	Feb - 19	Feb - 20	Feb - 21	Feb - 22	Avg Nutrients Target
	Chicken Spaghetti	Grilled Cheese Sandwich	Ham&Cheese onHoagie	Sloppy Joe on Bun	Cals... 635 100%
	BBQ Rib Sandwich	Chicken Tenders	Mandarin Chicken	Stuffed Crust Pizza	Chol... 44* mg
	SweetPotatoWaffleFries	Mashed Potatoes	Steamed Carrots	Mexicali Corn	Sodium. 1170 mg
	Seasoned Green Beans	Black-Eyed Peas	Steamed Fresh Broccoli	Oven Fries	Fiber... 7.8 g
	Chilled Peach Slices	Applesauce	Banana Berry Blend	Pineapple Tidbits	Iron... 4.4* mg
	Assorted Fruit Juices	Assorted Fruit Juices	Assorted Fruit Juices	Assorted Fruit Juices	Calcium342.8* mg
	WW Garlic Toast	Whole Wheat Roll	Whole Wheat Roll	Chocolate Milk	Vit A 3927* IU
	Chocolate Milk	Choclate Chip Cookie	Chocolate Milk	Fat Free Milk	Vit C 51.1* mg
	Fat Free Milk	Chocolate Milk	Fat Free Milk	Low Fat Milk	Sugar 16.4*g 10.4%Cal
	Low Fat Milk	Fat Free Milk	Low Fat Milk	Ketchup	Prot 30.2g 19.0%Cal
		Low Fat Milk	Mayonnaise		Carb 97.0g 61.1%Cal
		Ketchup	Mustard		T.Fat 15.3g 21.7%Cal
		Hot Sauce			S.Fat 4.7g 6.7%Cal
Feb - 25	Feb - 26	Feb - 27	Feb - 28	Mar - 1	Avg Nutrients Target
Turkey & Cheese Hoagie	Spaghetti	Bacon Cheese Burger	Beefy Nachos Grande	Cheesy Breadsticks/Chili	Cals... 628 100%
BBq Honey Chicken Bites	Country Fried Steak	Tuna Salad with Crackers	Fish Sandwich	Chicken Salad Sandwich	Chol... 63* mg
Mashed Potatoes	Sandwich	Spicy Fries	Refried Beans	SweetPotatoWaffleFries	Sodium. 1229 mg
Cheesy Broccoli	Steamed Carrots	Green Peas	Whole Kernel Corn	Tomatoes with Dip	Fiber... 5.8 g
Applesauce	Seasoned Green Beans	Chilled Peach Slices	Mandarin Fruit Cup	Fruit Cocktail	Iron... 4.1* mg
Assorted Fruit Juices	Strawberries w/Topping	Assorted Fruit Juices	Assorted Fruit Juices	Assorted Fruit Juices	Calcium287.6* mg
Whole Wheat Roll	Assorted Fruit Juices	Chocolate Milk	Choclate Chip Cookie	Cheesy Breadstick	Vit A 2134* IU
Chocolate Milk	WW Garlic Toast	Fat Free Milk	Saltine Crackers	Chocolate Milk	Vit C 32.4* mg
Strawberry Milk	Chocolate Milk	Low Fat Milk	Chocolate Milk	Fat Free Milk	Sugar 14.1*g 9.0%Cal
Low Fat Milk	Vanilla Fat Free Milk	Saltine Crackers	Fat Free Milk	Low Fat Milk	Prot 29.9g 19.0%Cal
Mayonnaise	Low Fat Milk	Mayonnaise	Low Fat Milk		Carb 79.8g 50.8%Cal
Mustard	Mayonnaise	Mustard	Salsa		T.Fat 21.6g 30.9%Cal
	Mustard	Ketchup	Ketchup		S.Fat 6.4g 9.2%Cal
	Hot Sauce		Hot Sauce		

This institution is an equal opportunity provider.

**\*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.**