

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

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Feb - 4 Seafood Basket GrilledChickenSandwich French Fries Creamy Coleslaw Chilled Peach Slices Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Ketchup Tartar Sauce Hot Sauce Mayonnaise Mustard	Feb - 5 Cheeseburger Beefy Nachos Grande Tater Tots Refried Beans Chilled Diced Pears Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Mayonnaise Ketchup Mustard	Feb - 6 BBQ Turkey Sandwich Chicken Nuggets Steamed Fresh Broccoli Green Peas Pineapple Tidbits Assorted Fruit Juices WW Garlic Toast Choclate Chip Cookie Chocolate Milk Strawberry Milk Fat Free Milk Ketchup Hot Sauce	Feb - 7 Philly Chicken Sandwich HamburgerSteak w/Grav SweetPotatoWaffleFries Mashed Potatoes Applesauce Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Vanilla Fat Free Milk Fat Free Milk	Feb - 8 Ham and Cheese Wrap Loaded Baked Potato Steamed Carrots Tomatoes with Dip Mandarin Fruit Cup Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Fat Free Milk Low Fat Milk Sour Cream Salsa Mayonnaise Mustard	Avg Nutrients Target Cals... 830 100% Chol... 70 mg Sodium... 1398 mg Fiber... 9.3 g Iron... 4.6 mg Calcium 373.8 mg Vit A 3614 IU Vit C 73.2 mg Sugar 21.1*g 10.2%Cal Prot 32.0g 15.4%Cal Carb 117.3g 56.6%Cal T.Fat 26.5g 28.7%Cal S.Fat 8.1g 8.8%Cal
Feb - 11 Hot Dog Chicken Patty Sandwich Spicy Fries Steamed Carrots Chilled Peach Slices Assorted Fruit Juices Chocolate Milk Vanilla Fat Free Milk Low Fat Milk Mayonnaise Mustard Ketchup	Feb - 12 BBQ Chicken Sandwich Fish Sticks Creamy Coleslaw Baked Beans Strawberries w/Topping Assorted Fruit Juices Hushpuppies Choclate Chip Cookie Chocolate Milk Fat Free Milk Low Fat Milk Ketchup Tartar Sauce	Feb - 13 Steak Fingers 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 Hot Sauce	Feb - 14 Lemon Pepper Chicken Beef Ravioli Black-Eyed Peas Mashed Potatoes Applesauce Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Strawberry Milk Fat Free Milk Ketchup	Feb - 15 Veg.BeefSoupw/Sandwic Tuna Salad with Crackers Baked Sweet Potato Tossed Salad w/Dressing Pineapple Tidbits Assorted Fruit Juices Saltine Crackers Chocolate Milk Vanilla Fat Free Milk Fat Free Milk Mayonnaise Mustard	Avg Nutrients Target Cals... 817 100% Chol... 67 mg Sodium... 1387 mg Fiber... 9.5 g Iron... 4.7 mg Calcium 395.1 mg Vit A 5581 IU Vit C 51.8* mg Sugar 23.8*g 11.6%Cal Prot 33.1g 16.2%Cal Carb 118.7g 58.1%Cal T.Fat 24.7g 27.2%Cal S.Fat 6.2g 6.9%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 9th - 12th Grades

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Feb - 18	Feb - 19 Chicken Spaghetti BBQ Rib Sandwich SweetPotatoWaffleFries Seasoned Green Beans Chilled Peach Slices Assorted Fruit Juices WW Garlic Toast Chocolate Milk Fat Free Milk Low Fat Milk Ketchup	Feb - 20 Grilled Cheese Sandwich Chicken Tenders Mashed Potatoes Black-Eyed Peas Applesauce Assorted Fruit Juices Whole Wheat Roll Choclate Chip Cookie Chocolate Milk Fat Free Milk Low Fat Milk Ketchup Hot Sauce	Feb - 21 Ham&Cheese onHoagie Mandarin Chicken Steamed Carrots Steamed Fresh Broccoli Banana Berry Blend Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Fat Free Milk Low Fat Milk Mayonnaise Mustard	Feb - 22 Sloppy Joe on Bun Stuffed Crust Pizza Mexicali Corn Oven Fries Pineapple Tidbits Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Ketchup	Avg Nutrients Target Cals... 813 100% Chol... 41* mg Sodium. 1405 mg Fiber.. 10.1 g Iron... 5.6* mg Calcium446.0* mg Vit A 4695* IU Vit C 76.4* mg Sugar 25.1*g 12.4%Cal Prot 33.6g 16.5%Cal Carb 131.8g 64.8%Cal T.Fat 18.3g 20.2%Cal S.Fat 4.9g 5.4%Cal
Feb - 25 Turkey & Cheese Hoagie BBq Honey Chicken Bites Mashed Potatoes Cheesy Broccoli Applesauce Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Strawberry Milk Low Fat Milk Mayonnaise Mustard	Feb - 26 Spaghetti Country Fried Steak Sandwich Steamed Carrots Seasoned Green Beans Strawberries w/Topping Assorted Fruit Juices WW Garlic Toast Chocolate Milk Vanilla Fat Free Milk Low Fat Milk Mayonnaise Mustard Hot Sauce	Feb - 27 Bacon Cheese Burger Tuna Salad with Crackers Spicy Fries Green Peas Chilled Peach Slices Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Saltine Crackers Mayonnaise Mustard Ketchup	Feb - 28 Beefy Nachos Grande Fish Sandwich Refried Beans Whole Kernel Corn Mandarin Fruit Cup Assorted Fruit Juices Choclate Chip Cookie Saltine Crackers Chocolate Milk Fat Free Milk Low Fat Milk Salsa Ketchup Hot Sauce Tartar Sauce	Mar - 1 Cheesy Breadsticks/Chili Chicken Salad Sandwich SweetPotatoWaffleFries Tomatoes with Dip Fruit Cocktail Assorted Fruit Juices Cheesy Breadstick Chocolate Milk Fat Free Milk Low Fat Milk	Avg Nutrients Target Cals... 794 100% Chol... 67* mg Sodium. 1408 mg Fiber.. 7.9 g Iron... 4.7* mg Calcium433.7* mg Vit A 3469* IU Vit C 58.4* mg Sugar 25.3*g 12.7%Cal Prot 34.8g 17.5%Cal Carb 114.8g 57.8%Cal T.Fat 22.7g 25.8%Cal S.Fat 6.3g 7.1%Cal

This institution is an equal opportunity provider.

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