

# Chickasaw County School District

## HOULKA ATTENDANCE CENTER

### Breakfast Menu

#### k - 12 th Grade

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Mar - 4  Sausage and Biscuit Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Assorted Jelly	Mar - 5  Assorted Cereals Breakfast Sausage Pizza Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk	Mar - 6  Sausage Pancake Stick Strawberry Poptarts Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Pancake Syrup	Mar - 7  Mini Pancakes in a Bag Bacon Strips Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Pancake Syrup	Mar - 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...            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
Mar - 11	Mar - 12	Mar - 13	Mar - 14	Mar - 15	Avg Nutrients    Target Cals...            *N/A* Chol...            *N/A* mg Sodium.           *N/A* mg Fiber...           *N/A* g Iron...            *N/A* mg Calcium *N/A* mg Vit A              *N/A* IU Vit C              *N/A* mg Sugar *N/A*g    *N/A*%Cal Prot              *N/A*g    *N/A*%Cal Carb              *N/A*g    *N/A*%Cal T.Fat              *N/A*g    *N/A*%Cal S.Fat              *N/A*g    *N/A*%Cal
Mar - 18  Sausage and Biscuit Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Assorted Jelly	Mar - 19  Assorted Cereals Breakfast Sausage Pizza Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk	Mar - 20  Sausage Pancake Stick Strawberry Poptarts Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Pancake Syrup	Mar - 21  Mini Pancakes in a Bag Bacon Strips Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Pancake Syrup	Mar - 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...            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

*\*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
Mar - 25	Mar - 26	Mar - 27	Mar - 28	Mar - 29	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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