

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

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Mar - 4 Seafood Basket GrilledChickenSandwich French Fries Pinto Beans Chilled Peach Slices Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Ketchup Tartar Sauce Hot Sauce Mayonnaise Mustard	Mar - 5 Cheeseburger Beefy Nachos Grande Tater Tots Whole Kernel Corn Strawberries w/Topping Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Mayonnaise Ketchup Mustard	Mar - 6 BBQ Turkey Sandwich Chicken Nuggets Steamed Fresh Broccoli Steamed Carrots Mandarin Fruit Cup Assorted Fruit Juices WW Garlic Toast Choclate Chip Cookie Chocolate Milk Strawberry Milk Fat Free Milk Ketchup Hot Sauce	Mar - 7 Philly Chicken Sandwich HamburgerSteak w/Grav Seasoned Green Beans Mashed Potatoes Applesauce Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Vanilla Fat Free Milk Fat Free Milk	Mar - 8 Lemon Pepper Chicken Tuna Salad with Crackers Baked Sweet Potato Tossed Salad w/Dressing Pineapple Tidbits Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Vanilla Fat Free Milk Fat Free Milk Mayonnaise Mustard	Avg Nutrients Target Cals... 826 100% Chol... 94 mg Sodium... 1235 mg Fiber... 7.8 g Iron... 4.1 mg Calcium 356.3 mg Vit A 5079 IU Vit C 71.0 mg Sugar 20.0*g 9.7%Cal Prot 34.2g 16.6%Cal Carb 108.2g 52.4%Cal T.Fat 29.1g 31.7%Cal S.Fat 7.8g 8.5%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

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.

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Mar - 18	Mar - 19	Mar - 20	Mar - 21	Mar - 22	Avg Nutrients Target
Hot Dog	Turkey & Cheese Hoagie	Steak Fingers	Chicken Tenders	Veg.BeefSoupw/Sandwic	Cals... 772 100%
Chicken Patty Sandwich	Chicken Spaghetti	Corn Dog	Beef Ravioli	Tuna Salad with Crackers	Chol... 55 mg
Spicy Fries	Green Peas	SweetPotatoWaffleFries	Black-Eyed Peas	Baked Sweet Potato	Sodium... 1384 mg
Steamed Carrots	Baked Beans	Seasoned Green Beans	Mashed Potatoes	Tossed Salad w/Dressing	Fiber... 9.6 g
Chilled Peach Slices	Strawberries w/Topping	Chilled Peach Slices	Applesauce	Pineapple Tidbits	Iron... 4.8 mg
Assorted Fruit Juices	Assorted Fruit Juices	Assorted Fruit Juices	Assorted Fruit Juices	Assorted Fruit Juices	Calcium 390.3 mg
Chocolate Milk	Hushuppies	WW Garlic Toast	Whole Wheat Roll	Saltine Crackers	Vit A 5634 IU
Vanilla Fat Free Milk	Choclate Chip Cookie	Chocolate Milk	Chocolate Milk	Chocolate Milk	Vit C 51.3* mg
Low Fat Milk	Chocolate Milk	Fat Free Milk	Strawberry Milk	Vanilla Fat Free Milk	Sugar 23.5*g 12.2%Cal
Mayonnaise	Fat Free Milk	Low Fat Milk	Fat Free Milk	Fat Free Milk	Prot 31.8g 16.5%Cal
Mustard	Low Fat Milk	Ketchup	Ketchup	Mayonnaise	Carb 117.0g 60.6%Cal
Ketchup	Ketchup	Mustard		Mustard	T.Fat 20.5g 23.9%Cal
	Tartar Sauce	Hot Sauce			S.Fat 5.5g 6.4%Cal
Mar - 25	Mar - 26	Mar - 27	Mar - 28	Mar - 29	Avg Nutrients Target
Spaghetti	Grilled Cheese Sandwich	Ham&Cheese onHoagie	Sloppy Joe on Bun	Cheesy Breadsticks/Chili	Cals... 802 100%
BBQ Rib Sandwich	Chicken Tenders	Mandarin Chicken	Stuffed Crust Pizza	Chicken Salad Sandwich	Chol... 53* mg
SweetPotatoWaffleFries	Mashed Potatoes	Steamed Carrots	Mexicali Corn	SweetPotatoWaffleFries	Sodium... 1412 mg
Seasoned Green Beans	Black-Eyed Peas	Steamed Fresh Broccoli	Oven Fries	Tossed Salad w/Dressing	Fiber... 9.7 g
Chilled Peach Slices	Applesauce	Banana Berry Blend	Pineapple Tidbits	Fruit Cocktail	Iron... 5.5* mg
Assorted Fruit Juices	Assorted Fruit Juices	Assorted Fruit Juices	Assorted Fruit Juices	Assorted Fruit Juices	Calcium464.8* mg
WW Garlic Toast	Whole Wheat Roll	Whole Wheat Roll	Chocolate Milk	Cheesy Breadstick	Vit A 4687* IU
Chocolate Milk	Choclate Chip Cookie	Chocolate Milk	Fat Free Milk	Chocolate Milk	Vit C 72.5* mg
Fat Free Milk	Chocolate Milk	Fat Free Milk	Low Fat Milk	Fat Free Milk	Sugar 24.9*g 12.4%Cal
Low Fat Milk	Fat Free Milk	Low Fat Milk	Ketchup	Low Fat Milk	Prot 34.3g 17.1%Cal
Ketchup	Low Fat Milk	Mayonnaise			Carb 125.4g 62.5%Cal
	Ketchup	Mustard			T.Fat 19.3g 21.7%Cal
	Hot Sauce				S.Fat 5.4g 6.0%Cal

This institution is an equal opportunity provider.

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