

Chickasaw County School District HOULKA ATTENDANCE CENTER

Breakfast Menu k - 12 th Grade

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
May - 6 Sausage and Biscuit Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Assorted Jelly	May - 7 Assorted Cereals Breakfast Sausage Pizza Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk	May - 8 Sausage Pancake Stick Strawberry Poptarts Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Pancake Syrup	May - 9 Mini Pancakes in a Bag Bacon Strips Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Pancake Syrup	May - 10 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
May - 13 Sausage and Biscuit Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Assorted Jelly	May - 14 Assorted Cereals Breakfast Sausage Pizza Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk	May - 15 Sausage Pancake Stick Strawberry Poptarts Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Pancake Syrup	May - 16 Mini Pancakes in a Bag Bacon Strips Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Pancake Syrup	May - 17 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
May - 20 Sausage and Biscuit Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Assorted Jelly	May - 21 Assorted Cereals Breakfast Sausage Pizza Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk	May - 22 Sausage Pancake Stick Strawberry Poptarts Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Pancake Syrup	May - 23 Mini Pancakes in a Bag Bacon Strips Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Pancake Syrup	May - 24 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... 455 100% Chol... 21 mg Sodium. 548 mg Fiber... 4.7 g Iron... 3.1 mg Calcium 357.7 mg Vit A 872 IU Vit C 52.7 mg Sugar 19.8*g 17.4%Cal Prot 13.7g 12.1%Cal Carb 79.6g 70.1%Cal T.Fat 9.4g 18.5%Cal S.Fat 3.4g 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
May - 27	May - 28	May - 29	May - 30	May - 31	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

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.