

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

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
May - 6 Cheeseburger Spicy Chicken Sandwich SweetPotatoWaffleFries Refried Beans Mandarin Fruit Cup Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Mayonnaise Ketchup Mustard	May - 7 Beef Stroganoff BBQ Chicken Sandwich French Fries Green Beans with Potatoes Chilled Peach Slices Assorted Fruit Juices WW Garlic Toast Chocolate Milk Fat Free Milk Low Fat Milk Ketchup	May - 8 LoadedFajitaPotato Ham and Cheese Wrap Tossed Salad w/Dressing Mixed Vegetables Pineapple Tidbits Assorted Fruit Juices Whole Wheat Roll Sugar Cookie Chocolate Milk Low Fat Milk Fat Free Milk	May - 9 Cheesy Burger Bake Turkey & Cheese Hoagie Steamed Fresh Broccoli Steamed Carrots Fruit Cocktail Assorted Fruit Juices WW Garlic Toast Chocolate Milk Strawberry Milk Fat Free Milk Ketchup Hot Sauce	May - 10 Philly Chicken Sandwich Beef Taco with Crispy Shell Whole Kernel Corn Mashed Potatoes Banana Berry Blend Assorted Fruit Juices Choclate Chip Cookie Chocolate Milk Vanilla Fat Free Milk Fat Free Milk Mayonnaise	Avg Nutrients Target Cals... 783 100% Chol... 65 mg Sodium... 1314 mg Fiber... 8.5 g Iron... 4.7 mg Calcium487.8* mg Vit A 4364* IU Vit C 71.0 mg Sugar 23.4*g 11.9%Cal Prot 36.0g 18.4%Cal Carb 115.6g 59.0%Cal T.Fat 20.8g 24.0%Cal S.Fat 7.4g 8.5%Cal
May - 13 Spaghetti Corn Dog Steamed Fresh Broccoli SweetPotatoWaffleFries Pineapple Tidbits Assorted Fruit Juices WW Garlic Toast Chocolate Milk Low Fat Milk Strawberry Milk Mayonnaise Mustard Ketchup	May - 14 GrilledChickenSandwich Ham and Cheese Wrap Steamed Carrots Black-Eyed Peas Rosey Applesauce Assorted Fruit Juices Chocolate Milk Vanilla Fat Free Milk Low Fat Milk Mayonnaise Mustard	May - 15 BBQ Chicken Nachos Soy Butter and Jelly Sandwich Spicy Fries Green Peas Chilled Peach Slices Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Saltine Crackers Sugar Cookie Mayonnaise Mustard Ketchup	May - 16 Beefy Nachos Grande Chicken Salad Sandwich Tossed Salad w/Dressing Seasoned Green Beans Fruit Cocktail Assorted Fruit Juices Chocolate Milk Vanilla Fat Free Milk Fat Free Milk Ketchup Mayonnaise Mustard	May - 17 Sloppy Joe on Bun Philly Chicken Sandwich Whole Kernel Corn Tossed Salad w/Dressing Mandarin Fruit Cup Assorted Fruit Juices Sugar Cookie Chocolate Milk Fat Free Milk Low Fat Milk Salsa Mayonnaise Mustard	Avg Nutrients Target Cals... 754* 100% Chol... 64* mg Sodium... 1263* mg Fiber... 9.6* g Iron... 4.7* mg Calcium376.5* mg Vit A 4369* IU Vit C 67.4* mg Sugar 20.7*g 11.0%Cal Prot 31.8*g 16.9%Cal Carb 110.6*g 58.7%Cal T.Fat 21.7*g 25.9%Cal S.Fat 5.8*g 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

May 1, 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
May - 20 Chicken Spaghetti Hot Dog SweetPotatoWaffleFries Seasoned Green Beans Chilled Peach Slices Assorted Fruit Juices WW Garlic Toast Chocolate Milk Fat Free Milk Low Fat Milk	May - 21 Manager's Choice	May - 22 Manager's Choice	May - 23 Manager's Choice	May - 24 Manager's Choice	Avg Nutrients Target Cals... 118* 16% Chol... 10* mg Sodium... 205* mg Fiber... 1.3* g Iron... 0.8* mg Calcium 63.4* mg Vit A 644* IU Vit C 4.8* mg Sugar 3.8*g 13.0%Cal Prot 5.6*g 19.0%Cal Carb 16.6*g 56.1%Cal T.Fat 3.2*g 24.7%Cal S.Fat 0.9*g 7.1%Cal
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.*