

Chickasaw County School District HOULKA ATTENDANCE CENTER

Breakfast Menu k - 12 th Grade

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Aug - 5 Sausage and Biscuit Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Assorted Jelly	Aug - 6 Assorted Cereals Breakfast Sausage Pizza Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk	Aug - 7 Sausage Pancake Stick Strawberry Poptarts Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Pancake Syrup	Aug - 8 Chicken & Biscuit Strawberry Banana Yogur Blueberry Muffin Loaf Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Assorted Jelly	Aug - 9 Mini Pancakes in a Bag Bacon Strips Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Pancake Syrup	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
Aug - 12 Sausage and Biscuit Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Assorted Jelly	Aug - 13 Assorted Cereals Breakfast Sausage Pizza Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk	Aug - 14 Sausage Pancake Stick Strawberry Poptarts Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Pancake Syrup	Aug - 15 Chicken & Biscuit Strawberry Banana Yogur Blueberry Muffin Loaf Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Assorted Jelly	Aug - 16 Mini Pancakes in a Bag Bacon Strips Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Pancake Syrup	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
Aug - 19 Sausage and Biscuit Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Assorted Jelly	Aug - 20 Assorted Cereals Breakfast Sausage Pizza Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk	Aug - 21 Sausage Pancake Stick Strawberry Poptarts Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Pancake Syrup	Aug - 22 Chicken & Biscuit Strawberry Banana Yogur Blueberry Muffin Loaf Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Assorted Jelly	Aug - 23 Mini Pancakes in a Bag Bacon Strips Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Pancake Syrup	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.

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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Aug - 26	Aug - 27	Aug - 28	Aug - 29	Aug - 30	Avg Nutrients Target
Sausage and Biscuit	Assorted Cereals	Sausage Pancake Stick	Chicken & Biscuit	Mini Pancakes in a Bag	Cals... 450 100%
Assorted Cereals	Breakfast Sausage Pizza	Strawberry Poptarts	Strawberry Banana Yogur	Bacon Strips	Chol... 24 mg
Fresh Fruit Bowl	Fresh Fruit Bowl	Assorted Cereals	Blueberry Muffin Loaf	Assorted Cereals	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	Assorted Jelly	Pancake Syrup	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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