

Chickasaw County School District

HOULKA ATTENDANCE CENTER

K-8th Grade

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Aug - 5 Spaghetti GrilledChickenSandwich SweetPotatoWaffleFries Seasoned Green Beans Mandarin Fruit Cup Assorted Fruit Juices Saltine Crackers Chocolate Milk Fat Free Milk Low Fat Milk Mayonnaise Ketchup Mustard	Aug - 6 Beef Stroganoff BBQ Chicken Sandwich French Fries Black-Eyed Peas Chilled Peach Slices Assorted Fruit Juices WW Garlic Toast Chocolate Milk Fat Free Milk Low Fat Milk Ketchup Mayonnaise Mustard	Aug - 7 Stuffed Crust Pizza Ham and Cheese Wrap Green Peas Whole Kernel Corn Pineapple Tidbits Assorted Fruit Juices Sugar Cookie Chocolate Milk Low Fat Milk Fat Free Milk Mayonnaise Mustard	Aug - 8 Cheesy Burger Bake LoadedFajitaPotato Steamed Fresh Broccoli Steamed Carrots Fruit Cocktail Assorted Fruit Juices WW Garlic Toast Chocolate Milk Strawberry Milk Fat Free Milk Ketchup Hot Sauce	Aug - 9 Seafood Basket Beefy Nachos Grande Tossed Salad w/Dressing Pinto Beans Assorted Fruit Juices Chocolate Milk Vanilla Fat Free Milk Fat Free Milk Tartar Sauce Ketchup	Avg Nutrients Target Cals... 654 101% Chol... 65 mg Sodium. 1200 mg Fiber... 6.7 g Iron... 4.8 mg Calcium353.8* mg Vit A 3250 IU Vit C 38.1 mg Sugar 13.7*g 8.4%Cal Prot 33.0g 20.2%Cal Carb 87.2g 53.3%Cal T.Fat 20.0g 27.5%Cal S.Fat 6.0g 8.2%Cal
Aug - 12 Corn Dog Ham&Cheese onHoagie Tossed Salad w/Dressing SweetPotatoWaffleFries Pineapple Tidbits Assorted Fruit Juices Sugar Cookie Chocolate Milk Low Fat Milk Fat Free Milk Ketchup Mayonnaise Mustard	Aug - 13 Chicken Nuggets HamburgerSteak w/Grav Whole Kernel Corn Mashed Potatoes Banana Berry Blend Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Chocolate Milk Vanilla Fat Free Milk Fat Free Milk Mustard Ketchup	Aug - 14 Cheeseburger Chicken Salad w/Cracker Oven Fries Pinto Beans Rosey Applesauce Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Mayonnaise Ketchup Mustard	Aug - 15 Fish Sandwich BBQ Chicken Sandwich Steamed Fresh Broccoli Steamed Carrots Fruit Cocktail Assorted Fruit Juices Chocolate Milk Strawberry Milk Fat Free Milk Ketchup Hot Sauce Tartar Sauce	Aug - 16 Steak Fingers Spicy Chicken Sandwich Whole Kernel Corn Tossed Salad w/Dressing Mandarin Fruit Cup Assorted Fruit Juices WW Garlic Toast Chocolate Milk Fat Free Milk Low Fat Milk Mayonnaise Mustard Hot Sauce Ketchup	Avg Nutrients Target Cals... 608 100% Chol... 50 mg Sodium. 1130 mg Fiber... 7.0 g Iron... 3.9 mg Calcium307.2* mg Vit A 3540 IU Vit C 47.9* mg Sugar 10.9*g 7.2%Cal Prot 27.5g 18.1%Cal Carb 87.1g 57.2%Cal T.Fat 17.9g 26.5%Cal S.Fat 5.2g 7.7%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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Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Aug - 19 Grilled Cheese Sandwich Chicken Tenders Spicy Fries Black-Eyed Peas Applesauce Assorted Fruit Juices Whole Wheat Roll Chocolate Chip Cookie Chocolate Milk Fat Free Milk Low Fat Milk Ketchup Hot Sauce	Aug - 20 Chicken Spaghetti BBQ Rib Sandwich SweetPotatoWaffleFries Seasoned Green Beans Chilled Peach Slices Assorted Fruit Juices WW Garlic Toast Chocolate Milk Fat Free Milk Low Fat Milk	Aug - 21 Ham&Cheese onHoagie Mandarin Chicken Steamed Carrots Steamed Fresh Broccoli Banana Berry Blend Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Fat Free Milk Low Fat Milk Mayonnaise Mustard	Aug - 22 Lemon Pepper Chicken Beef Ravioli Seasoned Green Beans Mashed Potatoes Mandarin Fruit Cup Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Strawberry Milk Fat Free Milk Ketchup	Aug - 23 Sloppy Joe on Bun Turkey & Cheese on Bun Mexicali Corn Tater Tots Pineapple Tidbits Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Ketchup Mayonnaise Mustard	Avg Nutrients Target Cals... 641 100% Chol... 52* mg Sodium. 1138 mg Fiber... 7.2 g Iron... 3.5* mg Calcium299.1* mg Vit A 3032* IU Vit C 39.5* mg Sugar 14.9*g 9.3%Cal Prot 29.9g 18.7%Cal Carb 93.0g 58.0%Cal T.Fat 17.6g 24.7%Cal S.Fat 5.3g 7.4%Cal
Aug - 26 Philly Cheese Steak Sandwich BBQ Honey Chicken Bites Seasoned Green Beans Cheesy Broccoli Chilled Diced Pears Assorted Fruit Juices Chocolate Chip Cookie Chocolate Milk Fat Free Milk Low Fat Milk Mayonnaise Mustard	Aug - 27 Fish Sticks Chicken Patty Sandwich SweetPotatoWaffleFries Baked Beans Mandarin Fruit Cup Assorted Fruit Juices Hushpuppies Chocolate Milk Strawberry Milk Fat Free Milk Ketchup Tartar Sauce	Aug - 28 Bacon Cheese Burger Tuna Salad with Crackers Whole Kernel Corn French Fries Chilled Peach Slices Assorted Fruit Juices Saltine Crackers Chocolate Milk Vanilla Fat Free Milk Fat Free Milk Mayonnaise Mustard Ketchup	Aug - 29 Chicken Alfredo Corn Dog Nuggets Steamed Carrots Raw Veggies with Dip Fruit Cocktail Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Strawberry Milk Fat Free Milk Mustard Ketchup	Aug - 30 Macaroni & Cheese with Ham Slice Chicken Salad Sandwich Mexicali Corn Pinto Beans Frozen Fruit Juice Cups Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk	Avg Nutrients Target Cals... 645 100% Chol... 57* mg Sodium. 1206 mg Fiber... 6.0 g Iron... 4.0* mg Calcium373.9* mg Vit A 3477* IU Vit C 45.0* mg Sugar 17.5*g 10.9%Cal Prot 31.5g 19.5%Cal Carb 92.7g 57.4%Cal T.Fat 17.4g 24.3%Cal S.Fat 5.2g 7.3%Cal

This institution is an equal opportunity provider.

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