

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

| Monday | Tuesday | Wednesday | Thursday | Friday | Nutrients |
|--|---|--|--|--|--|
| Aug - 5 Spaghetti GrilledChickenSandwich SweetPotatoWaffleFries Seasoned Green Beans Mandarin Fruit Cup Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Saltine Crackers 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 | 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 Banana Berry Blend Assorted Fruit Juices Saltine Crackers Choclate Chip Cookie Chocolate Milk Vanilla Fat Free Milk Fat Free Milk Tartar Sauce Ketchup | Avg Nutrients Target Cals... 824 100% Chol... 65 mg Sodium... 1396 mg Fiber... 8.4 g Iron... 5.9 mg Calcium490.4* mg Vit A 4065 IU Vit C 67.7 mg Sugar 22.8*g 11.1%Cal Prot 36.3g 17.7%Cal Carb 120.4g 58.5%Cal T.Fat 22.8g 25.0%Cal S.Fat 6.6g 7.2%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 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 Saltine Crackers 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... 813 100% Chol... 61 mg Sodium... 1444 mg Fiber... 10.3 g Iron... 5.1 mg Calcium439.5* mg Vit A 6890 IU Vit C 91.6* mg Sugar 22.1*g 10.9%Cal Prot 33.1g 16.3%Cal Carb 127.5g 62.8%Cal T.Fat 21.0g 23.2%Cal S.Fat 5.8g 6.5%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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|---|---|---|---|--|---|
| 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 Ketchup | 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 | Avg Nutrients Target Cals... 781 100% Chol... 57* mg Sodium. 1366 mg Fiber.. 9.2 g Iron... 4.2* mg Calcium370.2* mg Vit A 3959* IU Vit C 71.0* mg Sugar 23.5*g 12.1%Cal Prot 31.8g 16.3%Cal Carb 119.0g 61.0%Cal T.Fat 21.1g 24.3%Cal S.Fat 5.9g 6.8%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 Fat Free Milk Strawberry Milk Tartar Sauce Ketchup | 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 WW Garlic Toast Frozen Fruit Juice Cups Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk | Avg Nutrients Target Cals... 793 100% Chol... 61* mg Sodium. 1415 mg Fiber.. 8.5 g Iron... 5.0* mg Calcium449.4* mg Vit A 5551* IU Vit C 61.9* mg Sugar 29.4*g 14.8%Cal Prot 35.2g 17.7%Cal Carb 119.5g 60.3%Cal T.Fat 20.3g 23.1%Cal S.Fat 5.4g 6.2%Cal |

This institution is an equal opportunity provider.

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