

## Chickasaw County School District HOULKA ATTENDANCE CENTER BREAKFAST MENU K - 12 th GRADE

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
	Sep - 3	Sep - 4	Sep - 5	Sep - 6	Avg Nutrients Target
	Assorted Cereals Toasted Bagel Breakfast Sausage Pizza Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk StrawberryCreamCheese	Sausage Pancake Stick Strawberry Poptarts Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Pancake Syrup	Chicken & Biscuit Strawberry Banana Yogur Blueberry Muffin Loaf Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Assorted Jelly	Waffles in a Bag Bacon Strips Cherry Frudel Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Pancake Syrup	Cals... 473 100% Chol... 22 mg Sodium... 524 mg Fiber... 5.3 g Iron... 2.9 mg Calcium 359.7 mg Vit A 1007 IU Vit C 52.4 mg Sugar 21.6*g 18.2%Cal Prot 14.0g 11.9%Cal Carb 84.1g 71.0%Cal T.Fat 10.0g 18.9%Cal S.Fat 3.3g 6.3%Cal
Sep - 9	Sep - 10	Sep - 11	Sep - 12	Sep - 13	Avg Nutrients Target
Sausage and Biscuit Assorted Cereals Poptarts Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Assorted Jelly	Assorted Cereals Breakfast Sausage Pizza Breakfast Burrito Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk	Sausage Pancake Stick Strawberry Poptarts Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Pancake Syrup	Chicken & Biscuit Strawberry Banana Yogur Blueberry Muffin Loaf Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Assorted Jelly	Mini Pancakes in a Bag Bacon Strips Cheese Omelet Apple / Cherry Frudel Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Pancake Syrup	Cals... 461 100% Chol... 31 mg Sodium... 536 mg Fiber... 5.0 g Iron... 3.0 mg Calcium 311.7 mg Vit A 897 IU Vit C 52.5 mg Sugar 19.9*g 17.3%Cal Prot 13.2g 11.4%Cal Carb 81.1g 70.4%Cal T.Fat 9.9g 19.3%Cal S.Fat 3.4g 6.6%Cal
Sep - 16	Sep - 17	Sep - 18	Sep - 19	Sep - 20	Avg Nutrients Target
Sausage and Biscuit Assorted Cereals Poptarts Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Assorted Jelly	Assorted Cereals Toasted Bagel Breakfast Sausage Pizza Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk StrawberryCreamCheese	Sausage Pancake Stick Strawberry Poptarts Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Pancake Syrup	Chicken & Biscuit Strawberry Banana Yogur Blueberry Muffin Loaf Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Assorted Jelly	Mini Pancakes in a Bag Bacon Strips Cheese Omelet Apple / Cherry Frudel Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Pancake Syrup	Cals... 461 100% Chol... 28 mg Sodium... 539 mg Fiber... 5.0 g Iron... 3.0 mg Calcium 309.6 mg Vit A 894 IU Vit C 52.4 mg Sugar 19.9*g 17.3%Cal Prot 13.1g 11.4%Cal Carb 81.1g 70.4%Cal T.Fat 9.9g 19.4%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**

Aug 27, 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Sep - 23	Sep - 24	Sep - 25	Sep - 26	Sep - 27	Avg Nutrients Target
Sausage and Biscuit	Assorted Cereals	Sausage Pancake Stick	Chicken & Biscuit	Mini Pancakes in a Bag	Cals... 461 100%
Assorted Cereals	Breakfast Sausage Pizza	Strawberry Poptarts	Strawberry Banana Yogur	Bacon Strips	Chol... 31 mg
Poptarts	Breakfast Burrito	Assorted Cereals	Blueberry Muffin Loaf	Cheese Omelet	Sodium. 536 mg
Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Apple / Cherry Frudel	Fiber.. 5.0 g
Assorted Fruit Juices	Assorted Fruit Juices	Assorted Fruit Juices	Assorted Fruit Juices	Assorted Cereals	Iron... 3.0 mg
Chocolate Milk	Chocolate Milk	Chocolate Milk	Chocolate Milk	Fresh Fruit Bowl	Calcium 311.7 mg
Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	Assorted Fruit Juices	Vit A 897 IU
Assorted Jelly		Pancake Syrup	Assorted Jelly	Chocolate Milk	Vit C 52.5 mg
				Low Fat Milk	Sugar 19.9*g 17.3%Cal
				Pancake Syrup	Prot 13.2g 11.4%Cal
					Carb 81.1g 70.4%Cal
					T.Fat 9.9g 19.3%Cal
					S.Fat 3.4g 6.6%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.