

Chickasaw County School District HOULKA ATTENDANCE CENTER K-8th Grade

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
	Sep - 3	Sep - 4	Sep - 5	Sep - 6	Avg Nutrients Target
	Beef Stroganoff BBQ Chicken Sandwich French Fries Pinto Beans Chilled Peach Slices Assorted Fruit Juices WW Garlic Toast Chocolate Milk Fat Free Milk Low Fat Milk Ketchup	Stuffed Crust Pizza Tuna Ranch Wrap Green Peas Whole Kernel Corn Pineapple Tidbits Assorted Fruit Juices Sugar Cookie Chocolate Milk Low Fat Milk Fat Free Milk Mayonnaise Mustard	Lemon Pepper Chicken Ham&Cheese onHoagie Mashed Potatoes Steamed Carrots Fruit Cocktail Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Strawberry Milk Fat Free Milk Ketchup Hot Sauce Mayonnaise Mustard	Spicy Chicken Sandwich Beefy Nachos Grande Tomatoes with Dip Steamed Fresh Broccoli Mandarin Fruit Cup Assorted Fruit Juices Chocolate Milk Vanilla Fat Free Milk Fat Free Milk Ketchup Mayonnaise Mustard Taco Sauce	Cals... 649 100% Chol... 61 mg Sodium. 1059 mg Fiber... 6.4 g Iron... 4.1 mg Calcium363.1* mg Vit A 3364 IU Vit C 38.8 mg Sugar 12.3*g 7.6%Cal Prot 29.4g 18.1%Cal Carb 89.0g 54.9%Cal T.Fat 20.6g 28.5%Cal S.Fat 5.9g 8.2%Cal
Sep - 9	Sep - 10	Sep - 11	Sep - 12	Sep - 13	Avg Nutrients Target
Corn Dog Turkey & Cheese Hoagie Steamed Carrots SweetPotatoWaffleFries Pineapple Tidbits Assorted Fruit Juices Sugar Cookie Chocolate Milk Low Fat Milk Fat Free Milk Ketchup Mayonnaise Mustard	Chicken Nuggets HamburgerSteak w/Grav Seasoned Green Beans Mashed Potatoes Banana Berry Blend Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Vanilla Fat Free Milk Fat Free Milk Mustard Ketchup	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	Fish Sandwich BBQ Chicken Sandwich Steamed Fresh Broccoli Baked Sweet Potato Fruit Cocktail Assorted Fruit Juices Chocolate Milk Strawberry Milk Fat Free Milk Ketchup Hot Sauce Tartar Sauce	Chili Cheese Corn Chips Spicy Chicken Sandwich Whole Kernel Corn Tossed Salad w/Dressing Mandarin Fruit Cup Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Mayonnaise Mustard Hot Sauce Ketchup	Cals... 646 100% Chol... 53 mg Sodium. 1164 mg Fiber... 7.7 g Iron... 4.0 mg Calcium354.3* mg Vit A 6537 IU Vit C 48.8* mg Sugar 10.5*g 6.5%Cal Prot 28.3g 17.5%Cal Carb 92.4g 57.2%Cal T.Fat 19.3g 26.9%Cal S.Fat 5.9g 8.2%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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Sep - 16 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	Sep - 17 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	Sep - 18 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	Sep - 19 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	Sep - 20 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	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: right;">Avg Nutrients</td> <td></td> <td style="text-align: right;">Target</td> </tr> <tr> <td style="text-align: right;">Cals...</td> <td style="text-align: right;">641</td> <td style="text-align: right;">100%</td> </tr> <tr> <td style="text-align: right;">Chol...</td> <td style="text-align: right;">52*</td> <td style="text-align: right;">mg</td> </tr> <tr> <td style="text-align: right;">Sodium.</td> <td style="text-align: right;">1138</td> <td style="text-align: right;">mg</td> </tr> <tr> <td style="text-align: right;">Fiber...</td> <td style="text-align: right;">7.2</td> <td style="text-align: right;">g</td> </tr> <tr> <td style="text-align: right;">Iron...</td> <td style="text-align: right;">3.5*</td> <td style="text-align: right;">mg</td> </tr> <tr> <td style="text-align: right;">Calcium</td> <td style="text-align: right;">299.1*</td> <td style="text-align: right;">mg</td> </tr> <tr> <td style="text-align: right;">Vit A</td> <td style="text-align: right;">3032*</td> <td style="text-align: right;">IU</td> </tr> <tr> <td style="text-align: right;">Vit C</td> <td style="text-align: right;">39.5*</td> <td style="text-align: right;">mg</td> </tr> <tr> <td style="text-align: right;">Sugar</td> <td style="text-align: right;">14.9*g</td> <td style="text-align: right;">9.3%Cal</td> </tr> <tr> <td style="text-align: right;">Prot</td> <td style="text-align: right;">29.9g</td> <td style="text-align: right;">18.7%Cal</td> </tr> <tr> <td style="text-align: right;">Carb</td> <td style="text-align: right;">93.0g</td> <td style="text-align: right;">58.0%Cal</td> </tr> <tr> <td style="text-align: right;">T.Fat</td> <td style="text-align: right;">17.6g</td> <td style="text-align: right;">24.7%Cal</td> </tr> <tr> <td style="text-align: right;">S.Fat</td> <td style="text-align: right;">5.3g</td> <td style="text-align: right;">7.4%Cal</td> </tr> </table>	Avg Nutrients		Target	Cals...	641	100%	Chol...	52*	mg	Sodium.	1138	mg	Fiber...	7.2	g	Iron...	3.5*	mg	Calcium	299.1*	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
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Sep - 23 Philly Chicken Sandwich BBQ Honey Chicken Bites Seasoned Green Beans Cheesy Broccoli Chilled Diced Pears Assorted Fruit Juices WW Garlic Toast Chocolate Chip Cookie Chocolate Milk Fat Free Milk Low Fat Milk Mayonnaise Mustard	Sep - 24 Spaghetti Chicken Patty Sandwich SweetPotatoWaffleFries Baked Beans Mandarin Fruit Cup Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Strawberry Milk Fat Free Milk Ketchup Tartar Sauce	Sep - 25 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	Sep - 26 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	Sep - 27 Macaroni & Cheese with Ham Slice Fish Sticks Mashed Potatoes Green Peas Frozen Fruit Juice Cups Assorted Fruit Juices Hushpuppies Chocolate Milk Fat Free Milk Low Fat Milk	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: right;">Avg Nutrients</td> <td></td> <td style="text-align: right;">Target</td> </tr> <tr> <td style="text-align: right;">Cals...</td> <td style="text-align: right;">647</td> <td style="text-align: right;">100%</td> </tr> <tr> <td style="text-align: right;">Chol...</td> <td style="text-align: right;">55*</td> <td style="text-align: right;">mg</td> </tr> <tr> <td style="text-align: right;">Sodium.</td> <td style="text-align: right;">1202</td> <td style="text-align: right;">mg</td> </tr> <tr> <td style="text-align: right;">Fiber...</td> <td style="text-align: right;">6.3</td> <td style="text-align: right;">g</td> </tr> <tr> <td style="text-align: right;">Iron...</td> <td style="text-align: right;">4.4*</td> <td style="text-align: right;">mg</td> </tr> <tr> <td style="text-align: right;">Calcium</td> <td style="text-align: right;">354.8*</td> <td style="text-align: right;">mg</td> </tr> <tr> <td style="text-align: right;">Vit A</td> <td style="text-align: right;">3527*</td> <td style="text-align: right;">IU</td> </tr> <tr> <td style="text-align: right;">Vit C</td> <td style="text-align: right;">47.0*</td> <td style="text-align: right;">mg</td> </tr> <tr> <td style="text-align: right;">Sugar</td> <td style="text-align: right;">17.5*g</td> <td style="text-align: right;">10.8%Cal</td> </tr> <tr> <td style="text-align: right;">Prot</td> <td style="text-align: right;">30.9g</td> <td style="text-align: right;">19.1%Cal</td> </tr> <tr> <td style="text-align: right;">Carb</td> <td style="text-align: right;">93.1g</td> <td style="text-align: right;">57.5%Cal</td> </tr> <tr> <td style="text-align: right;">T.Fat</td> <td style="text-align: right;">17.2g</td> <td style="text-align: right;">23.9%Cal</td> </tr> <tr> <td style="text-align: right;">S.Fat</td> <td style="text-align: right;">5.0g</td> <td style="text-align: right;">7.0%Cal</td> </tr> </table>	Avg Nutrients		Target	Cals...	647	100%	Chol...	55*	mg	Sodium.	1202	mg	Fiber...	6.3	g	Iron...	4.4*	mg	Calcium	354.8*	mg	Vit A	3527*	IU	Vit C	47.0*	mg	Sugar	17.5*g	10.8%Cal	Prot	30.9g	19.1%Cal	Carb	93.1g	57.5%Cal	T.Fat	17.2g	23.9%Cal	S.Fat	5.0g	7.0%Cal
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