

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

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients																												
	Sep - 3 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	Sep - 4 Stuffed Crust Pizza Tuna Ranch Wrap Green Peas Whole Kernel Corn Pineapple Tidbits Assorted Fruit Juices Sugar Cookie Saltine Crackers Chocolate Milk Low Fat Milk Fat Free Milk Mayonnaise Mustard	Sep - 5 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	Sep - 6 Spicy Chicken Sandwich Beefy Nachos Grande Steamed Fresh Broccoli Pinto Beans Banana Berry Blend Assorted Fruit Juices Saltine Crackers Chocolate Chip Cookie Chocolate Milk Vanilla Fat Free Milk Fat Free Milk Ketchup Taco Sauce	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: right;">Avg Nutrients</td> <td style="text-align: left;">Target</td> </tr> <tr> <td style="text-align: right;">Cals...</td> <td style="text-align: left;">850 100%</td> </tr> <tr> <td style="text-align: right;">Chol...</td> <td style="text-align: left;">77 mg</td> </tr> <tr> <td style="text-align: right;">Sodium..</td> <td style="text-align: left;">1313 mg</td> </tr> <tr> <td style="text-align: right;">Fiber..</td> <td style="text-align: left;">8.1 g</td> </tr> <tr> <td style="text-align: right;">Iron...</td> <td style="text-align: left;">5.2 mg</td> </tr> <tr> <td style="text-align: right;">Calcium</td> <td style="text-align: left;">454.0* mg</td> </tr> <tr> <td style="text-align: right;">Vit A</td> <td style="text-align: left;">3718 IU</td> </tr> <tr> <td style="text-align: right;">Vit C</td> <td style="text-align: left;">64.1 mg</td> </tr> <tr> <td style="text-align: right;">Sugar</td> <td style="text-align: left;">22.1*g 10.4%Cal</td> </tr> <tr> <td style="text-align: right;">Prot</td> <td style="text-align: left;">36.1g 17.0%Cal</td> </tr> <tr> <td style="text-align: right;">Carb</td> <td style="text-align: left;">116.9g 55.0%Cal</td> </tr> <tr> <td style="text-align: right;">T.Fat</td> <td style="text-align: left;">27.6g 29.2%Cal</td> </tr> <tr> <td style="text-align: right;">S.Fat</td> <td style="text-align: left;">8.4g 8.9%Cal</td> </tr> </table>	Avg Nutrients	Target	Cals...	850 100%	Chol...	77 mg	Sodium..	1313 mg	Fiber..	8.1 g	Iron...	5.2 mg	Calcium	454.0* mg	Vit A	3718 IU	Vit C	64.1 mg	Sugar	22.1*g 10.4%Cal	Prot	36.1g 17.0%Cal	Carb	116.9g 55.0%Cal	T.Fat	27.6g 29.2%Cal	S.Fat	8.4g 8.9%Cal
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Sep - 9 Corn Dog Turkey & Cheese Hoagie Tossed Salad w/Dressing SweetPotatoWaffleFries Pineapple Tidbits Assorted Fruit Juices Sugar Cookie Chocolate Milk Low Fat Milk Fat Free Milk Ketchup Mayonnaise Mustard	Sep - 10 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	Sep - 11 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	Sep - 12 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	Sep - 13 Chili Cheese Corn Chips Spicy Chicken Sandwich Whole Kernel Corn Tossed Salad w/Dressing Mandarin Fruit Cup Assorted Fruit Juices Saltine Crackers Chocolate Milk Fat Free Milk Low Fat Milk Mayonnaise Mustard Hot Sauce Ketchup	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: right;">Avg Nutrients</td> <td style="text-align: left;">Target</td> </tr> <tr> <td style="text-align: right;">Cals...</td> <td style="text-align: left;">812 100%</td> </tr> <tr> <td style="text-align: right;">Chol...</td> <td style="text-align: left;">72 mg</td> </tr> <tr> <td style="text-align: right;">Sodium..</td> <td style="text-align: left;">1411 mg</td> </tr> <tr> <td style="text-align: right;">Fiber..</td> <td style="text-align: left;">8.5 g</td> </tr> <tr> <td style="text-align: right;">Iron...</td> <td style="text-align: left;">4.9 mg</td> </tr> <tr> <td style="text-align: right;">Calcium</td> <td style="text-align: left;">478.2* mg</td> </tr> <tr> <td style="text-align: right;">Vit A</td> <td style="text-align: left;">3241 IU</td> </tr> <tr> <td style="text-align: right;">Vit C</td> <td style="text-align: left;">66.3* mg</td> </tr> <tr> <td style="text-align: right;">Sugar</td> <td style="text-align: left;">20.5*g 10.1%Cal</td> </tr> <tr> <td style="text-align: right;">Prot</td> <td style="text-align: left;">34.3g 16.9%Cal</td> </tr> <tr> <td style="text-align: right;">Carb</td> <td style="text-align: left;">121.2g 59.7%Cal</td> </tr> <tr> <td style="text-align: right;">T.Fat</td> <td style="text-align: left;">22.5g 24.9%Cal</td> </tr> <tr> <td style="text-align: right;">S.Fat</td> <td style="text-align: left;">6.8g 7.5%Cal</td> </tr> </table>	Avg Nutrients	Target	Cals...	812 100%	Chol...	72 mg	Sodium..	1411 mg	Fiber..	8.5 g	Iron...	4.9 mg	Calcium	478.2* mg	Vit A	3241 IU	Vit C	66.3* mg	Sugar	20.5*g 10.1%Cal	Prot	34.3g 16.9%Cal	Carb	121.2g 59.7%Cal	T.Fat	22.5g 24.9%Cal	S.Fat	6.8g 7.5%Cal
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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 Ketchup	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	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: right;">Avg Nutrients</td> <td style="text-align: left;">Target</td> </tr> <tr> <td>Cals...</td> <td>781 100%</td> </tr> <tr> <td>Chol...</td> <td>57* mg</td> </tr> <tr> <td>Sodium.</td> <td>1366 mg</td> </tr> <tr> <td>Fiber..</td> <td>9.2 g</td> </tr> <tr> <td>Iron...</td> <td>4.2* mg</td> </tr> <tr> <td>Calcium</td> <td>370.2* mg</td> </tr> <tr> <td>Vit A</td> <td>3959* IU</td> </tr> <tr> <td>Vit C</td> <td>71.0* mg</td> </tr> <tr> <td>Sugar</td> <td>23.5*g 12.1%Cal</td> </tr> <tr> <td>Prot</td> <td>31.8g 16.3%Cal</td> </tr> <tr> <td>Carb</td> <td>119.0g 61.0%Cal</td> </tr> <tr> <td>T.Fat</td> <td>21.1g 24.3%Cal</td> </tr> <tr> <td>S.Fat</td> <td>5.9g 6.8%Cal</td> </tr> </table>	Avg Nutrients	Target	Cals...	781 100%	Chol...	57* mg	Sodium.	1366 mg	Fiber..	9.2 g	Iron...	4.2* mg	Calcium	370.2* 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
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Sep - 23 Philly Chicken 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	Sep - 24 Spaghetti Chicken Patty Sandwich SweetPotatoWaffleFries Baked Beans Mandarin Fruit Cup Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Fat Free Milk Strawberry Milk Ketchup Mayonnaise	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 Hushpuppies Frozen Fruit Juice Cups Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Ketchup Hot Sauce Tartar Sauce	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: right;">Avg Nutrients</td> <td style="text-align: left;">Target</td> </tr> <tr> <td>Cals...</td> <td>780 100%</td> </tr> <tr> <td>Chol...</td> <td>54* mg</td> </tr> <tr> <td>Sodium.</td> <td>1420 mg</td> </tr> <tr> <td>Fiber..</td> <td>8.0 g</td> </tr> <tr> <td>Iron...</td> <td>5.1* mg</td> </tr> <tr> <td>Calcium</td> <td>430.1* mg</td> </tr> <tr> <td>Vit A</td> <td>3971* IU</td> </tr> <tr> <td>Vit C</td> <td>66.3* mg</td> </tr> <tr> <td>Sugar</td> <td>27.8*g 14.2%Cal</td> </tr> <tr> <td>Prot</td> <td>33.3g 17.1%Cal</td> </tr> <tr> <td>Carb</td> <td>117.4g 60.3%Cal</td> </tr> <tr> <td>T.Fat</td> <td>20.2g 23.3%Cal</td> </tr> <tr> <td>S.Fat</td> <td>5.2g 6.0%Cal</td> </tr> </table>	Avg Nutrients	Target	Cals...	780 100%	Chol...	54* mg	Sodium.	1420 mg	Fiber..	8.0 g	Iron...	5.1* mg	Calcium	430.1* mg	Vit A	3971* IU	Vit C	66.3* mg	Sugar	27.8*g 14.2%Cal	Prot	33.3g 17.1%Cal	Carb	117.4g 60.3%Cal	T.Fat	20.2g 23.3%Cal	S.Fat	5.2g 6.0%Cal
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