

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

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Feb - 3 Sausage and Biscuit Assorted Cereals Poptarts Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Assorted Jelly	Feb - 4 Assorted Cereals Breakfast Sausage Pizza Breakfast Burrito Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk	Feb - 5 Sausage Pancake Stick Strawberry Poptarts Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Pancake Syrup	Feb - 6 Chicken & Biscuit Strawberry Banana Yogur Blueberry Muffin Loaf Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Assorted Jelly	Feb - 7 French Toast Sticks Bacon Strips Hashbrown Potatoes Apple / Cherry Frudel Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Pancake Syrup	Avg Nutrients Target Cals... 474 100% Chol... 25 mg Sodium. 534 mg Fiber.. 5.0 g Iron... 2.8 mg Calcium 309.2 mg Vit A 828 IU Vit C 52.6 mg Sugar 21.3*g 18.0%Cal Prot 13.4g 11.3%Cal Carb 83.2g 70.1%Cal T.Fat 10.5g 19.9%Cal S.Fat 3.4g 6.5%Cal
Feb - 10 Sausage and Biscuit Assorted Cereals Poptarts Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Assorted Jelly	Feb - 11 Assorted Cereals Breakfast Sausage Pizza Breakfast Burrito Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk	Feb - 12 Sausage Pancake Stick Strawberry Poptarts Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Pancake Syrup	Feb - 13 Chicken & Biscuit Strawberry Banana Yogur Blueberry Muffin Loaf Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Assorted Jelly	Feb - 14 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	Avg Nutrients Target Cals... 463 100% Chol... 31 mg Sodium. 541 mg Fiber.. 5.0 g Iron... 2.8 mg Calcium 311.7 mg Vit A 832 IU Vit C 52.5 mg Sugar 21.9*g 18.9%Cal Prot 13.3g 11.5%Cal Carb 81.3g 70.2%Cal T.Fat 10.2g 19.7%Cal S.Fat 3.4g 6.6%Cal
Feb - 17	Feb - 18 Assorted Cereals Breakfast Sausage Pizza Breakfast Burrito Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk	Feb - 19 Sausage Pancake Stick Strawberry Poptarts Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Pancake Syrup	Feb - 20 Chicken & Biscuit Strawberry Banana Yogur Blueberry Muffin Loaf Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Assorted Jelly	Feb - 21 French Toast Sticks Bacon Strips Hashbrown Potatoes Apple / Cherry Frudel Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Pancake Syrup	Avg Nutrients Target Cals... 473 100% Chol... 25 mg Sodium. 497 mg Fiber.. 5.1 g Iron... 2.6 mg Calcium 315.4 mg Vit A 871 IU Vit C 52.5 mg Sugar 22.2*g 18.8%Cal Prot 13.1g 11.1%Cal Carb 84.4g 71.4%Cal T.Fat 10.1g 19.3%Cal S.Fat 3.0g 5.7%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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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Feb - 24	Feb - 25	Feb - 26	Feb - 27	Feb - 28	Avg Nutrients Target
Sausage and Biscuit	Assorted Cereals	Sausage Pancake Stick	Chicken & Biscuit	Mini Pancakes in a Bag	Cals... 463 100%
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. 541 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... 2.8 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 832 IU
Assorted Jelly		Pancake Syrup	Assorted Jelly	Chocolate Milk	Vit C 52.5 mg
				Low Fat Milk	Sugar 21.9*g 18.9%Cal
				Pancake Syrup	Prot 13.3g 11.5%Cal
					Carb 81.3g 70.2%Cal
					T.Fat 10.2g 19.7%Cal
					S.Fat 3.4g 6.6%Cal

This institution is an equal opportunity provider.

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