

Chickasaw County School District

HOULKA ATTENDANCE CENTER

K-8th Grade

LUNCH MENU

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Feb - 3 Ham&Cheese onHoagie Cheesy Chicken o/Rice Seasoned Green Beans Steamed Fresh Broccoli Chilled Diced Pears Assorted Fruit Juices WW Garlic Toast Chocolate Chip Cookie Chocolate Milk Fat Free Milk Low Fat Milk Mayonnaise Mustard	Feb - 4 BBQ Pork Nachos Philly Chicken Sandwich SweetPotatoWaffleFries Green Peas Blueberries with Whipped Topping Assorted Fruit Juices Sugar Cookie Chocolate Milk Strawberry Milk Fat Free Milk Mayonnaise Mustard	Feb - 5 Bacon Cheese Burger Chicken Salad Sandwich Tossed Salad w/Dressing French Fries Mandarin Fruit Cup Assorted Fruit Juices Chocolate Milk Vanilla Fat Free Milk Fat Free Milk Mayonnaise Mustard Ketchup	Feb - 6 Grilled Cheese Sandwich LoadedFajitaPotato Steamed Carrots Black-Eyed Peas Fruit Cocktail Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Strawberry Milk Fat Free Milk	Feb - 7 Hot Dog w/Chili Creamy Coleslaw Baked Beans Chilled Peach Slices Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Mustard Ketchup	Avg Nutrients Target Cals... 641 100% Chol... 67 mg Sodium. 1188 mg Fiber.. 6.6 g Iron... 3.3 mg Calcium285.1* mg Vit A 3076 IU Vit C 49.8 mg Sugar 20.7*g 12.9%Cal Prot 27.7g 17.3%Cal Carb 91.4g 57.1%Cal T.Fat 19.1g 26.9%Cal S.Fat 7.4g 10.4%Cal
Feb - 10 Sloppy Joe on Bun GrilledChickenSandwich Mexicali Corn Tater Tots Pineapple Tidbits Assorted Fruit Juices Chocolate Milk Strawberry Milk Fat Free Milk Ketchup Mayonnaise Mustard	Feb - 11 Ham&Cheese onHoagie Beef Taco with Crispy Shell Oven Fries Pintobean Chilled Peach Slices Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Sugar Cookie Ketchup Taco Sauce	Feb - 12 Chicken Salad w/Cracker Stuffed Crust Pizza Steamed Fresh Broccoli Steamed Carrots Applesauce Assorted Fruit Juices Chocolate Milk Fat Free Milk Saltine Crackers	Feb - 13 Chicken Spaghetti Turkey & Cheese Hoagie Black-Eyed Peas SweetPotatoWaffleFries Fruit Cocktail Assorted Fruit Juices WW Garlic Toast Chocolate Milk Low Fat Milk Fat Free Milk Ketchup Mayonnaise Mustard	Feb - 14 Veg.BeefSoupw/Sandwic Oven Fries Seasoned Green Beans Mandarin Fruit Cup Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Saltine Crackers Ketchup	Avg Nutrients Target Cals... 650 100% Chol... 49 mg Sodium. 1186 mg Fiber.. 7.2 g Iron... 4.6 mg Calcium342.0* mg Vit A 3773* IU Vit C 41.9 mg Sugar 15.9*g 9.8%Cal Prot 27.8g 17.1%Cal Carb 95.2g 58.6%Cal T.Fat 18.8g 26.0%Cal S.Fat 5.7g 7.9%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

K-8th Grade

LUNCH MENU

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Feb - 17	Feb - 18	Feb - 19	Feb - 20	Feb - 21	Avg Nutrients Target
	Grilled Cheese Sandwich Chicken Nuggets Baked Beans SweetPotatoWaffleFries Fruit Cocktail Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Strawberry Milk Fat Free Milk Ketchup Hot Sauce	Chili Cheese Corn Chips Tuna Ranch Wrap Mexicali Corn Tossed Salad w/Dressing Sliced Strawberries Assorted Fruit Juices Sugar Cookie Chocolate Milk Fat Free Milk Saltine Crackers Hot Sauce	Cheesy Burger Bake Ham&Cheese onHoagie Mixed Vegetables Steamed Fresh Broccoli Pineapple Tidbits Assorted Fruit Juices WW Garlic Toast Chocolate Milk Fat Free Milk Low Fat Milk Ketchup Mayonnaise Mustard	Veg.BeefSoupw/Sandwic Oven Fries Seasoned Green Beans Mandarin Fruit Cup Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Saltine Crackers Ketchup	Cals... 641 100% Chol... 52 mg Sodium. 1141 mg Fiber.. 7.0 g Iron... 3.8 mg Calcium330.7* mg Vit A 2780* IU Vit C 50.2 mg Sugar 11.9*g 7.5%Cal Prot 27.1g 16.9%Cal Carb 86.6g 54.1%Cal T.Fat 22.1g 31.1%Cal S.Fat 7.5g 10.5%Cal
Feb - 24	Feb - 25	Feb - 26	Feb - 27	Feb - 28	Avg Nutrients Target
Beefy Nachos Grande Fish Nuggets Mexicali Corn Pinto Beans Applesauce Hushpuppies Assorted Fruit Juices Chocolate Milk Strawberry Milk Fat Free Milk Taco Sauce Salsa Tartar Sauce Ketchup	Italian Rotini Casserole Ham&Cheese onHoagie Tossed Salad w/Dressing Steamed Carrots Whole Wheat Roll Chocolate Milk Vanilla Fat Free Milk Low Fat Milk Hot Sauce Tartar Sauce Ketchup	BBQ Pulled Pork Burger Chicken Salad w/Cracker Creamy Coleslaw Baked Beans Pineapple Tidbits Assorted Fruit Juices Saltine Crackers Chocolate Chip Cookie Chocolate Milk Fat Free Milk Ketchup	Lemon Pepper Chicken Turkey & Cheese Hoagie Mashed Potatoes Seasoned Green Beans Chilled Peach Slices Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Fat Free Milk Ketchup Mayonnaise Mustard	Chicken Patty Sandwich Corn Dog SweetPotatoWaffleFries Steamed Fresh Broccoli Banana Berry Blend Assorted Fruit Juices Saltine Crackers Chocolate Milk Fat Free Milk Mayonnaise Mustard Ketchup	Cals... 621 100% Chol... 65 mg Sodium. 1023 mg Fiber.. 6.7 g Iron... 3.6 mg Calcium299.7* mg Vit A 3065* IU Vit C 45.9* mg Sugar 13.1*g 8.4%Cal Prot 26.1g 16.8%Cal Carb 85.3g 55.0%Cal T.Fat 20.5g 29.8%Cal S.Fat 5.6g 8.1%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.