

## Chickasaw County School District HOULKA ATTENDANCE CENTER 9th - 12th Grades 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 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 Loaded Baked Potato 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 Sugar Cookie Chocolate Milk Fat Free Milk Low Fat Milk Ketchup Mustard Mayonnaise	Avg Nutrients Target Cals... 784 100% Chol... 67 mg Sodium. 1306 mg Fiber.. 10.1 g Iron... 4.7 mg Calcium409.3* mg Vit A 4554 IU Vit C 84.4 mg Sugar 22.9*g 11.7%Cal Prot 33.2g 16.9%Cal Carb 114.0g 58.2%Cal T.Fat 22.9g 26.2%Cal S.Fat 8.3g 9.5%Cal
Feb - 10 Sloppy Joe on Bun GrilledChickenSandwich Mexicali Corn Tater Tots Pineapple Tidbits Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Ketchup Mayonnaise Mustard	Feb - 11 Ham&Cheese onHoagie Beef Taco with Crispy Shell French Fries Pinto Beans 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 Chip Cookie 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 Sugar Cookie 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... 824 100% Chol... 54 mg Sodium. 1358 mg Fiber.. 8.9 g Iron... 5.3 mg Calcium413.4* mg Vit A 4267* IU Vit C 64.8 mg Sugar 25.4*g 12.3%Cal Prot 31.5g 15.3%Cal Carb 125.8g 61.1%Cal T.Fat 23.2g 25.3%Cal S.Fat 6.6g 7.2%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.

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

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Feb - 17	Feb - 18 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	Feb - 19 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	Feb - 20 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	Feb - 21 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... 813 100% Chol... 57 mg Sodium. 1363 mg Fiber.. 9.1 g Iron... 5.2 mg Calcium407.9* mg Vit A 3467* IU Vit C 88.6 mg Sugar 19.8*g 9.7%Cal Prot 30.4g 15.0%Cal Carb 115.5g 56.8%Cal T.Fat 27.6g 30.5%Cal S.Fat 8.7g 9.7%Cal
Feb - 24 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	Feb - 25 Italian Rotini Casserole Fish Sandwich Tossed Salad w/Dressing Steamed Carrots Whole Wheat Roll Chocolate Milk Vanilla Fat Free Milk Low Fat Milk Hot Sauce Tartar Sauce Ketchup	Feb - 26 BBQ Pulled Pork Burger Chicken Salad w/Cracker Oven Fries Baked Beans Steamed Carrots Pineapple Tidbits Assorted Fruit Juices Saltine Crackers Chocolate Chip Cookie Chocolate Milk Fat Free Milk Ketchup	Feb - 27 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	Feb - 28 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	Avg Nutrients Target Cals... 819 100% Chol... 63 mg Sodium. 1275 mg Fiber.. 10.5 g Iron... 5.0 mg Calcium436.9* mg Vit A 4628* IU Vit C 79.1* mg Sugar 22.7*g 11.1%Cal Prot 31.8g 15.5%Cal Carb 123.3g 60.2%Cal T.Fat 23.5g 25.8%Cal S.Fat 5.7g 6.3%Cal

This institution is an equal opportunity provider.

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