

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

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Mar - 2 Sausage and Biscuit Assorted Cereals Poptarts Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Assorted Jelly	Mar - 3 Assorted Cereals Breakfast Sausage Pizza Breakfast Burrito Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk	Mar - 4 Sausage Pancake Stick Strawberry Poptarts Assorted Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Pancake Syrup	Mar - 5 Chicken & Biscuit Strawberry Banana Yogur Blueberry Muffin Loaf Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Assorted Jelly	Mar - 6 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
Mar - 9	Mar - 10	Mar - 11	Mar - 12	Mar - 13	Avg Nutrients Target Cals... *N/A* Chol... *N/A* mg Sodium... *N/A* mg Fiber.. *N/A* g Iron... *N/A* mg Calcium *N/A* mg Vit A *N/A* IU Vit C *N/A* mg Sugar *N/A*g *N/A%Cal Prot *N/A*g *N/A%Cal Carb *N/A*g *N/A%Cal T.Fat *N/A*g *N/A%Cal S.Fat *N/A*g *N/A%Cal
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N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

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