

Chickasaw County School District
HOULKA ATTENDANCE CENTER
K-8th Grade
LUNCH MENU

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Mar - 2 Ham&Cheese onHoagie Cheesy Chicken o/Rice Seasoned Green Beans Steamed Fresh Broccoli Chilled Diced Pears WW Garlic Toast Chocolate Chip Cookie Chocolate Milk Fat Free Milk Low Fat Milk Mayonnaise Mustard	Mar - 3 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	Mar - 4 Chicken Salad Sandwich Bacon Cheese Burger Tossed Salad w/Dressing French Fries Mandarin Fruit Cup Assorted Fruit Juices Chocolate Milk Vanilla Fat Free Milk Fat Free Milk Mayonnaise Mustard Ketchup	Mar - 5 Grilled Cheese Sandwich LoadedFajitaPotato Steamed Carrots Black-Eyed Peas Fruit Cocktail Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Strawberry Milk Fat Free Milk	Mar - 6 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
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

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.

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Mar - 16 Sloppy Joe on Bun Grilled Chicken Sandwich Mexicali Corn Tater Tots Pineapple Tidbits Assorted Fruit Juices Chocolate Milk Strawberry Milk Fat Free Milk Ketchup Mayonnaise Mustard	Mar - 17 Ham & Cheese on Hoagie Beef Taco with Crispy Shell Oven Fries Pinto Beans Chilled Peach Slices Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Sugar Cookie Ketchup Taco Sauce	Mar - 18 Chicken Salad w/Cracker Stuffed Crust Pizza Steamed Fresh Broccoli Steamed Carrots Applesauce Assorted Fruit Juices Chocolate Milk Fat Free Milk Saltine Crackers	Mar - 19 Turkey & Cheese Hoagie Chicken Spaghetti Black-Eyed Peas Sweet Potato Waffle Fries Fruit Cocktail Assorted Fruit Juices WW Garlic Toast Chocolate Milk Low Fat Milk Fat Free Milk Ketchup Mayonnaise Mustard	Mar - 20 Chicken Tenders Oven Fries Seasoned Green Beans Mandarin Fruit Cup Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Fat Free Milk Low Fat Milk Saltine Crackers Ketchup	Avg Nutrients Target Cals... 645 100% Chol... 54 mg Sodium... 1185 mg Fiber... 7.5 g Iron... 4.9 mg Calcium 319.3* mg Vit A 3194* IU Vit C 41.0 mg Sugar 14.6*g 9.0%Cal Prot 28.9g 17.9%Cal Carb 94.1g 58.3%Cal T.Fat 17.8g 24.8%Cal S.Fat 5.0g 7.0%Cal
Mar - 23 Hamburger Steak w/Gravy Fish Nuggets Mashed Potatoes Black-Eyed Peas Chilled Peach Slices Assorted Fruit Juices Hushpuppies Chocolate Milk Low Fat Milk Tartar Sauce Ketchup	Mar - 24 Grilled Cheese Sandwich Chicken Nuggets Baked Beans Sweet Potato Waffle Fries Fruit Cocktail Assorted Fruit Juices Whole Wheat Roll Chocolate Milk Strawberry Milk Fat Free Milk Ketchup Hot Sauce	Mar - 25 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	Mar - 26 Cheesy Burger Bake Ham & Cheese on Hoagie Mixed Vegetables Steamed Fresh Broccoli Pineapple Tidbits Assorted Fruit Juices WW Garlic Toast Chocolate Milk Fat Free Milk Low Fat Milk Ketchup Mayonnaise Mustard	Mar - 27 Chicken Alfredo BBQ Pork Nachos Oven Fries Seasoned Green Beans Mandarin Fruit Cup Assorted Fruit Juices WW Garlic Toast Chocolate Milk Fat Free Milk Low Fat Milk Saltine Crackers Ketchup	Avg Nutrients Target Cals... 643 100% Chol... 56 mg Sodium... 1145 mg Fiber... 6.9 g Iron... 4.1 mg Calcium 349.8* mg Vit A 1974* IU Vit C 42.7 mg Sugar 13.3*g 8.3%Cal Prot 30.1g 18.7%Cal Carb 88.2g 54.9%Cal T.Fat 20.0g 28.0%Cal S.Fat 6.3g 8.9%Cal

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Mar - 30	Mar - 31	Apr - 1	Apr - 2	Apr - 3	Avg Nutrients Target
Beefy Nachos Grande	Ham&Cheese onHoagie	BBQ Pulled Pork Burger	Lemon Pepper Chicken	Chicken Patty Sandwich	Cals... 621 100%
Fish Nuggets	Italian Rotini Casserole	Chicken Salad w/Cracker	Turkey & Cheese Hoagie	Corn Dog	Chol... 65 mg
Mexicali Corn	Tossed Salad w/Dressing	Creamy Coleslaw	Mashed Potatoes	SweetPotatoWaffleFries	Sodium. 1023 mg
Pinto Beans	Steamed Carrots	Baked Beans	Seasoned Green Beans	Steamed Fresh Broccoli	Fiber.. 6.7 g
Applesauce	Whole Wheat Roll	Pineapple Tidbits	Chilled Peach Slices	Banana Berry Blend	Iron... 3.6 mg
Hushpuppies	Chocolate Milk	Assorted Fruit Juices	Assorted Fruit Juices	Assorted Fruit Juices	Calcium299.7* mg
Assorted Fruit Juices	Vanilla Fat Free Milk	Saltine Crackers	Whole Wheat Roll	Saltine Crackers	Vit A 3065* IU
Chocolate Milk	Low Fat Milk	Chocolate Chip Cookie	Chocolate Milk	Chocolate Milk	Vit C 45.9* mg
Strawberry Milk	Hot Sauce	Chocolate Milk	Fat Free Milk	Fat Free Milk	Sugar 13.1*g 8.4%Cal
Fat Free Milk	Tartar Sauce	Fat Free Milk	Ketchup	Mayonnaise	Prot 26.1g 16.8%Cal
Taco Sauce	Ketchup	Ketchup	Mayonnaise	Mustard	Carb 85.3g 55.0%Cal
Salsa			Mustard	Ketchup	T.Fat 20.5g 29.8%Cal
Tartar Sauce					S.Fat 5.6g 8.1%Cal
Ketchup					

This institution is an equal opportunity provider.

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