

Chickasaw County School District
HOULKA ATTENDANCE CENTER
 9th - 12th Grades
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 Assorted Fruit Juices WW Garlic Toast 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 Loaded Baked Potato 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 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
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.

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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Mar - 16 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	Mar - 17 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	Mar - 18 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	Mar - 19 Turkey & Cheese Hoagie Chicken Spaghetti 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	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... 820 100% Chol... 59 mg Sodium... 1357 mg Fiber... 9.2 g Iron... 5.5 mg Calcium390.7* mg Vit A 3688* IU Vit C 63.9 mg Sugar 24.0*g 11.7%Cal Prot 32.7g 15.9%Cal Carb 124.8g 60.9%Cal T.Fat 22.2g 24.4%Cal S.Fat 5.9g 6.5%Cal
Mar - 23 HamburgerSteakw/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 SweetPotatoWaffleFries 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 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	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 Ketchup	Avg Nutrients Target Cals... 790* 100% Chol... 55* mg Sodium... 1269* mg Fiber... 9.3* g Iron... 5.3* mg Calcium431.5* mg Vit A 2636* IU Vit C 77.9* mg Sugar 22.5*g 11.4%Cal Prot 32.6*g 16.5%Cal Carb 116.4*g 58.9%Cal T.Fat 23.1*g 26.4%Cal S.Fat 7.0*g 8.0%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... 801* 100%
Fish Nuggets	Italian Rotini Casserole	Chicken Salad w/Cracker	Turkey & Cheese Hoagie	Corn Dog	Chol... 68* mg
Mexicali Corn	Tossed Salad w/Dressing	Creamy Coleslaw	Mashed Potatoes	SweetPotatoWaffleFries	Sodium. 1273* mg
Pinto Beans	Steamed Carrots	Baked Beans	Seasoned Green Beans	Steamed Fresh Broccoli	Fiber.. 10.0* g
Applesauce	Whole Wheat Roll	Pineapple Tidbits	Chilled Peach Slices	Banana Berry Blend	Iron... 4.6* mg
Hushpuppies	Chocolate Milk	Assorted Fruit Juices	Assorted Fruit Juices	Assorted Fruit Juices	Calcium433.6* mg
Assorted Fruit Juices	Vanilla Fat Free Milk	Saltine Crackers	Whole Wheat Roll	Saltine Crackers	Vit A 4697* IU
Chocolate Milk	Low Fat Milk	Chocolate Chip Cookie	Chocolate Milk	Chocolate Milk	Vit C 80.0* mg
Strawberry Milk	Mayonnaise	Chocolate Milk	Fat Free Milk	Fat Free Milk	Sugar 22.8*g 11.4%Cal
Fat Free Milk	Mustard	Fat Free Milk	Ketchup	Mayonnaise	Prot 31.8*g 15.9%Cal
Taco Sauce		Ketchup	Mayonnaise	Mustard	Carb 118.8*g 59.3%Cal
Salsa			Mustard	Ketchup	T.Fat 23.6*g 26.5%Cal
Tartar Sauce					S.Fat 6.3*g 7.1%Cal
Ketchup					

This institution is an equal opportunity provider.

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