

Houlka Attendance Center

Lunch Grades: 9 - 12

Aug 28, 2020

Monday	Tuesday	Wednesday	Thursday	Friday
	Sep - 1	Sep - 2	Sep - 3	Sep - 4
	Steak Fingers Tuna Salad on Croissant Bun Crinkle Cut Fries Baby Carrots w/ Dressing Assorted Fruit Juices Assorted Fruits Yeast Roll Chocolate Milk Fat Free Milk Ketchup	Chicken Spaghetti Tuna Salad on Croissant Bun Whole Kernel Corn Green Beans Assorted Fruit Juices Assorted Fruits Texas Toast Chocolate Milk Fat Free Milk	Mandarin Chicken Stir Fried Rice Tuna Salad / Tomato Green Peas Broccoli Florets w/ Dip Assorted Fruit Juices Assorted Fruits Whole Wheat Roll Saltine Crackers Chocolate Milk Fat Free Milk	
Sep - 7	Sep - 8	Sep - 9	Sep - 10	Sep - 11
	Hot Dog Chicken Salad / Tomato Baked Beans Crinkle Cut Fries Assorted Fruit Juices Assorted Fruits Saltine Crackers Chocolate Milk Fat Free Milk Ketchup Mustard	Tacos Ole with Chips Tortilla Scoops Chicken Salad on Croissant Bun Whole Kernel Corn Assorted Vegetable Juice Assorted Fruit Juices Assorted Fruits Chocolate Milk Fat Free Milk Taco Sauce Salsa	Chicken Tenders Chicken Salad on Croissant Bun Broccoli Florets w/ Dip Mashed Potatoes with Cheese Assorted Fruit Juices Assorted Fruits Yeast Roll Chocolate Milk Fat Free Milk Variety of Dipping Sauce	
Sep - 14	Sep - 15	Sep - 16	Sep - 17	Sep - 18
Honey BBQ Ckn Chunks Tuna Salad / Tomato Green Beans Assorted Vegetable Juice Assorted Fruit Juices Assorted Fruits Yeast Roll Saltine Crackers Chocolate Milk Fat Free Milk	Cheesy Brdstcks (2) with Marinara Sauce Tuna Salad on Croissant Bun Tater Tots Broccoli Florets w/ Dip Assorted Fruit Juices Assorted Fruits Chocolate Milk Fat Free Milk Marinara Sauce	Spaghetti & Meat Sauce Tuna Salad on Croissant Bun Whole Kernel Corn Classic Coleslaw Assorted Fruit Juices Assorted Fruits Texas Toast Chocolate Milk Fat Free Milk	Chicken Patty Sandwich Tuna Salad on Croissant Bun Sweet Potato Waffle Frie Assorted Vegetable Juice Assorted Fruit Juices Assorted Fruits Chocolate Milk Fat Free Milk Ketchup Mustard Mayonnaise	

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.

Houlka Attendance Center

Lunch Grades: 9 - 12

Aug 28, 2020

Sep - 21	Monday	Sep - 22	Tuesday	Sep - 23	Wednesday	Sep - 24	Thursday	Sep - 25	Friday
Cheese Pizza Chicken Salad on Croissant Bun Tater Tots Assorted Vegetable Juice Assorted Fruits Assorted Fruit Juices Chocolate Milk Fat Free Milk Ketchup	BBQ Pulled Pork Burger Chicken Salad on Croissant Bun Baked Beans Broccoli Florets w/ Dip Assorted Fruits Assorted Fruit Juices Chocolate Pudding Chocolate Milk Fat Free Milk Barbecue Sauce	Chicken Fajitas Tortilla Scoops Chicken Salad / Tomato Saltine Crackers Whole Kernel Corn Assorted Vegetable Juice Assorted Fruit Juices Assorted Fruits Chocolate Milk Fat Free Milk Taco Sauce Salsa	Cheeseburger Chicken Salad on Croissant Bun Crinkle Cut Fries Baby Carrots w/ Dressing Assorted Fruit Juices Assorted Fruits Chocolate Milk Fat Free Milk Mustard Ketchup						
Spicy Chicken Sandwich Tuna Salad / Tomato Saltine Crackers Tater Tots Assorted Vegetable Juice Assorted Fruit Juices Assorted Fruits Chocolate Milk Fat Free Milk Ketchup Mustard Mayonnaise	BBQ Nachos Tuna Salad on Croissant Bun Crinkle Cut Fries Baby Carrots w/ Dressing Assorted Fruit Juices Assorted Fruits Yeast Roll Chocolate Milk Fat Free Milk Ketchup	Chicken Spaghetti Tuna Salad on Croissant Bun Whole Kernel Corn Green Beans Assorted Fruit Juices Assorted Fruits Texas Toast Chocolate Milk Fat Free Milk							

MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE
 THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

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