

Houlka Attendance Center

Lunch Grades: 9 - 12

Sep 29, 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Oct - 5</p> <p>Hamburger w/ Trimmings Chicken Salad Straight Fries Assorted Fruits Assorted Vegetable Juice Assorted Milk Mayo, Mustard, Ketchup Ketchup Saltine Crackers Turkey & Cheese on Bun Raw Veggies with Dip</p>	<p>Oct - 6</p> <p>BBO Chicken Sandwich Chicken Salad Baked Beans Raw Veggies with Dip Assorted Fruits Assorted Vegetable Juice Assorted Milk Saltine Crackers Ranch Dressing Turkey & Cheese on Bun Mayo, Mustard, Ketchup</p>	<p>Oct - 7</p> <p>Beef Taco with Soft Tortilla Chicken Salad Pinto Beans Raw Veggies with Dip Assorted Fruits Assorted Vegetable Juice Assorted Milk Saltine Crackers Taco Sauce Ranch Dressing Turkey & Cheese on Bun Mayo, Mustard, Ketchup</p>	<p>Oct - 1</p> <p>Stuffed Crust Pizza Chicken Salad Sweet Potato Waffle Frie Assorted Fruits Assorted Vegetable Juice Chocolate Milk Low Fat Milk Saltine Crackers Marinara Sauce Ranch Dressing Ham and Cheese Sandwich Assorted Fruit Juices Raw Veggies with Dip Assorted Milk</p>	<p>Oct - 2</p>
<p>Oct - 8</p> <p>Cheese Pizza Chicken Salad Whole Kernel Corn Assorted Fruits Assorted Vegetable Juice Assorted Milk Marinara Sauce Ranch Dressing Saltine Crackers Turkey & Cheese on Bun Raw Veggies with Dip Mayo, Mustard, Ketchup</p>	<p>Oct - 9</p>			

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.

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Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 12 Mexican Pizza Chicken Salad Whole Kernel Corn Assorted Fruits Assorted Vegetable Juice Assorted Milk Chocolate Chip Cookie Saline Crackers Marinara Sauce Ranch Dressing	Oct - 13 Grilled Chicken Sandwich Tuna Salad with Crackers Sweet Potato Waffle Frie Raw Veggies with Dip Assorted Fruits Assorted Vegetable Juice Assorted Milk Mayo, Mustard, Ketchup Saline Crackers	Oct - 14 Spaghetti & Meat Sauce Tuna Salad with Crackers Whole Kernel Corn Assorted Fruits Texas Toast Assorted Vegetable Juice Assorted Milk Assorted Puddings	Oct - 15 Chicken Fajita Wrap Tuna Salad with Crackers Black-Eyed Peas Raw Veggies with Dip Assorted Fruits Assorted Vegetable Juice Assorted Milk Saline Crackers Taco Sauce Salsa Ranch Dressing	Oct - 16 Cheeseburger Tuna Salad with Crackers Crinkle Cut Fries Assorted Fruits Assorted Vegetable Juice Assorted Milk Saline Crackers Mayo, Mustard, Ketchup Ketchup
Oct - 19 Mexican Pizza Chicken Salad Whole Kernel Corn Assorted Fruits Assorted Vegetable Juice Assorted Milk Chocolate Chip Cookie Saline Crackers Marinara Sauce Ranch Dressing	Oct - 20 Beef-A-Roni Chicken Salad Green Beans Assorted Fruits Yeast Roll Assorted Vegetable Juice Assorted Milk Saline Crackers	Oct - 21 Chicken Spaghetti Chicken Salad Raw Veggies with Dip Assorted Fruits Texas Toast Assorted Vegetable Juice Assorted Milk Saline Crackers	Oct - 22 Chicken Tenders Chicken Salad Mashed Potatoes Assorted Fruits Yeast Roll Assorted Vegetable Juice Assorted Milk Variety of Dipping Sauce Ketchup Saline Crackers	Oct - 23 Cheeseburger Tuna Salad with Crackers Crinkle Cut Fries Assorted Fruits Assorted Vegetable Juice Assorted Milk Saline Crackers Mayo, Mustard, Ketchup Ketchup
Oct - 26 Cheeseburger Tuna Salad with Crackers Tater Tots Assorted Fruits Assorted Vegetable Juice Assorted Milk Mayo, Mustard, Ketchup Ketchup Saline Crackers	Oct - 27 Cheesy Chicken Over/Rice Tuna Salad with Crackers Yam Patties Raw Veggies with Dip Assorted Fruits Cornbread Assorted Vegetable Juice Assorted Milk Saline Crackers	Oct - 28 Tacos Ole with Chips Tuna Salad with Crackers Pinto Beans Raw Veggies with Dip Assorted Fruits Assorted Vegetable Juice Assorted Milk Salsa Taco Sauce Saline Crackers	Oct - 29 Chicken Nuggets Tuna Salad with Crackers Baked Ranch Fries Assorted Fruits Yeast Roll Sugar Cookie Assorted Vegetable Juice Assorted Milk Variety of Dipping Sauce Ketchup	Oct - 30 Cheeseburger Tuna Salad with Crackers Crinkle Cut Fries Assorted Fruits Assorted Vegetable Juice Assorted Milk Saline Crackers Mayo, Mustard, Ketchup Ketchup

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

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