

Choctaw County School Food Service

CHOCTAW COUNTY HIGH

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 1 Chef Salad Chsy Chicken O/Rice BBQ Chicken Sandwic Crinkle Cut Fries Creamy Coleslaw Baked Beans Whole Kernel Corn Steamed Carrots Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk Yeast Roll	Oct - 2 Chef Salad Seafood Basket Crinkle Cut Fries Creamy Coleslaw Baby Carrots w/ Dressi Southern Turnip Green Cheese Pizza Baked Potato with Margarine Garden Salad W/Dressing Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk	Oct - 3 Chef Salad Steak Fingers Chicken Quesadillas Mashed Potatoes with Cheese Cheesy Broccoli Green Peas Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk Yeast Roll Vanilla Pudding Chocolate Pudding	Oct - 4 Chef Salad Chicken Nuggets Mashed Potatoes Brown Gravy Steamed Carrots Green Beans Loaded Chicken Fajita Baked Potato Whole Wheat Garlic T Whole Wheat Roll Assorted Fruit Juices Fresh Fruit Bowl Chocolate Milk Strawberry Milk Low Fat Milk Ketchup	Oct - 5 Chef Salad BBQ Pork Sandwich Ham and Turkey on Bun Seasoned Potato Wed Seasoned Lima Beans Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk
Oct - 8 NO SCHOOL TODAY	Oct - 9 NO SCHOOL TODAY	Oct - 10 Chef Salad Boneless Buffalo Hot Wings Corn Dog Crinkle Cut Fries Green Beans Steamed Carrots Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk Yeast Roll	Oct - 11 Chef Salad Chicken Nuggets Sliced Turkey with Gra Mashed Potatoes Brown Gravy Green Peas Cheesy Broccoli Whole Wheat Roll Assorted Fruit Juices Fresh Fruit Bowl Chocolate Milk Strawberry Milk Low Fat Milk Ketchup	Oct - 12 Chef Salad BBQ Chicken Sandwic Chili Dog Seasoned Potato Wed Seasoned Lima Beans Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk
Oct - 15 Chef Salad Glazed BBQ Meatballs on Hoagie Bun Turkey & Cheese on B Green Beans Whole Kernel Corn Tater Tots Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk	Oct - 16 Chef Salad Vegetable Beef Soup Grilled Cheese Sandwi Baby Carrots w/ Dressi Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk	Oct - 17 Chef Salad Chicken Patty Sandwic Chicken Spaghetti French Fries Garden Salad W/Dressing Mixed Vegetables Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk Whole Wheat Garlic T	Oct - 18 Chef Salad Chicken Nuggets Breaded Steak W/ Bro Gravy Mashed Potatoes Brown Gravy Green Beans Steamed Carrots Whole Wheat Roll Assorted Fruit Juices Fresh Fruit Bowl Chocolate Milk Strawberry Milk Low Fat Milk Ketchup	Oct - 19 Chef Salad Ham and Turkey on Bun BBQ Pork Sandwich Seasoned Potato Wed Baby Carrots w/ Dressi Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk

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.

Choctaw County School Food Service
CHOCTAW COUNTY HIGH

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 22 Chef Salad Cheesy Chicken Over/ Turkey & Cheese on B Tater Tots Whole Kernel Corn Green Peas Broccoli Florets w/ Dip Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk Whole Wheat Garlic T	Oct - 23 Chef Salad Buffalo Hot Wings Ham and Cheese on B Creamy Coleslaw Green Beans Spicy Fries Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk Yeast Roll Vanilla Pudding Chocolate Pudding	Oct - 24 Chef Salad Beefy Nachos Grande Beef Taco with Soft Tortilla Pinto Beans Whole Kernel Corn Garden Salad W/Dressing Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk	Oct - 25 Chef Salad Chicken Nuggets Sliced Turkey with Gra Mashed Potatoes Brown Gravy Green Beans Cheesy Broccoli Steamed Carrots Whole Wheat Roll Assorted Fruit Juices Fresh Fruit Bowl Chocolate Milk Strawberry Milk Low Fat Milk Ketchup	Oct - 26 Chef Salad Sloppy Joe on Bun BBQ Chicken Sandwic Seasoned Potato Wed California Veggies Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk
Oct - 29 Chef Salad Chicken Spaghetti Grilled Chicken Sandwi Lima Beans Tossed Salad w/ Dress Whole Kernel Corn Baby Carrots w/ Dressi Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk	Oct - 30 Chef Salad Fish Nuggets Southern Turnip Green Macaroni and Cheese Creamy Coleslaw Baked Beans Hushpuppies Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk	Oct - 31 Chef Salad Stromboli Supreme Quick Baked Potato Whole Kernel Corn Broccoli Florets w/ Dip Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk		

**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.