

# Choctaw County School Food Service

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 1 Fried Catfish Southern Turnip Green Macaroni and Cheese Creamy Coleslaw Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Strawberry Milk Fat Free Milk Hushpuppies	Oct - 2 Chef Salad Mandarin Chicken Steamed Brown Rice Brown Gravy Cheesy Broccoli Whole Kernel Corn Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk Yeast Roll	Oct - 3 Corn Dog Seasoned Potato Wed Green Beans Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk	Oct - 4 Chicken Nuggets Mashed Potatoes Brown Gravy Green Peas Steamed Cabbage Whole Wheat Roll Assorted Fruit Juices Fresh Fruit Bowl Chocolate Milk Strawberry Milk Low Fat Milk Ketchup	Oct - 5 Hot Dog chips Baby Carrots w/ Dressi Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk Sugar Cookie
Oct - 8 NO SCHOOL TODAY	Oct - 9 NO SCHOOL TODAY	Oct - 10 Meat Balls Green Beans Steamed Brown Rice Brown Gravy Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk Whole Wheat Garlic T	Oct - 11 Chicken Nuggets Mashed Potatoes Brown Gravy Steamed Cabbage Green Peas Whole Wheat Roll Assorted Fruit Juices Fresh Fruit Bowl Chocolate Milk Strawberry Milk Low Fat Milk Ketchup	Oct - 12 Ham and Cheese on B Crinkle Cut Fries Green Beans Baby Carrots w/ Dressi Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk Choclate Chip Cookie
Oct - 15 BBQ Rib Sandwich Tater Tots Baked Beans Creamy Coleslaw Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk	Oct - 16 Chef Salad Stuffed Crust Pizza Tater Tots Green Beans Tossed Salad w/ Dress Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk	Oct - 17 Chicken Spaghetti Green Peas Whole Kernel Corn Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk Whole Wheat Garlic T	Oct - 18 Chicken Nuggets Mashed Potatoes Brown Gravy Black-Eyed Peas Steamed Cabbage Whole Wheat Roll Assorted Fruit Juices Fresh Fruit Bowl Chocolate Milk Strawberry Milk Low Fat Milk Ketchup	Oct - 19 Cheeseburger Crinkle Cut Fries Baby Carrots w/ Dressi Seasoned Lima Beans Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk Choclate Chip Cookie
Oct - 22 Buffalo Hot Wings Steamed Brown Rice Brown Gravy Steamed Carrots Field Peas Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk Yeast Roll	Oct - 23 Chef Salad BBQ Pork Sandwich Creamy Coleslaw Baked Beans Spicy Fries Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk	Oct - 24 Italian Rotini Casserole Garden Salad W/Dressing Green Beans Tater Tots Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk Whole Wheat Garlic T	Oct - 25 Chicken Nuggets Mashed Potatoes Brown Gravy Steamed Cabbage Green Peas Whole Wheat Roll Assorted Fruit Juices Fresh Fruit Bowl Chocolate Milk Strawberry Milk Low Fat Milk Ketchup	Oct - 26 Beefy Nachos Grande Crinkle Cut Fries Baby Carrots w/ Dressi Whole Kernel Corn Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk Choclate Chip Cookie

*\*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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Oct - 29  Cheeseburger Tossed Salad w/ Dress Green Beans Crinkle Cut Fries Assorted Fruit Juices Fresh Fruit Bowl Chocolate Milk Strawberry Milk Low Fat Milk	Oct - 30  Chef Salad Chicken Pieces in Hon BBQ Sauce Steamed Brown Rice Brown Gravy Cheesy Broccoli Whole Kernel Corn Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk	Oct - 31  Meat Balls Tater Tots Field Peas Steamed Carrots 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.*

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