

Hinds County School District

K-12 Breakfast

Breakfast Menu K-12

April 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
				Apr - 1 Cinnamon Crunch Filled Pastry Asst. Fruit Juice Box Fresh Fruit Bowl Chocolate Milk Low Fat Milk	Avg Nutrients Target Cals... 506 101% T.Fat 9.5*g 16.9%Cal S.Fat 3.3*g 5.9%Cal
Apr - 4 Assorted Cold Cereals Asst. Fruit Juice Box Fresh Fruit Bowl Low Fat Milk Chocolate Milk	Apr - 5 Assorted Breakfast Bread Assorted Fruit Juices Fresh Fruit Bowl Chocolate Milk Low Fat Milk	Apr - 6 Apple Frudel Asst. Fruit Juice Box Fresh Fruit Bowl Chocolate Milk Low Fat Milk	Apr - 7 Chocolate Donuts Asst. Fruit Juice Box Fresh Fruit Bowl Chocolate Milk Low Fat Milk	Apr - 8 Cinnamon Rolls Asst. Fruit Juice Box Fresh Fruit Bowl Low Fat Milk Chocolate Milk	Avg Nutrients Target Cals... 472 100% T.Fat 9.1*g 17.4%Cal S.Fat 3.1*g 5.9%Cal
Apr - 11 Cinnamon Rolls Asst. Fruit Juice Box Fresh Fruit Bowl Low Fat Milk Chocolate Milk	Apr - 12 Poptarts, Assorted Asst. Fruit Juice Box Fresh Fruit Bowl Low Fat Milk Chocolate Milk	Apr - 13 Assorted Breakfast Bread Asst. Fruit Juice Box Fresh Fruit Bowl Low Fat Milk Chocolate Milk	Apr - 14 Powdered Donuts Asst. Fruit Juice Box Fresh Fruit Bowl Chocolate Milk Low Fat Milk	Apr - 15 School Out	Avg Nutrients Target Cals... 381* 85% T.Fat 7.0*g 16.5%Cal S.Fat 1.9*g 4.4%Cal
Apr - 18 Assorted Cold Cereals Asst. Fruit Juice Box Fresh Fruit Bowl Low Fat Milk Chocolate Milk	Apr - 19 Assorted Breakfast Bread Assorted Fruit Juices Fresh Fruit Bowl Chocolate Milk Low Fat Milk	Apr - 20 Apple Frudel Asst. Fruit Juice Box Fresh Fruit Bowl Chocolate Milk Low Fat Milk	Apr - 21 Chocolate Donuts Asst. Fruit Juice Box Fresh Fruit Bowl Chocolate Milk Low Fat Milk	Apr - 22 Cinnamon Rolls Asst. Fruit Juice Box Fresh Fruit Bowl Low Fat Milk Chocolate Milk	Avg Nutrients Target Cals... 472* 100% T.Fat 9.1*g 17.4%Cal S.Fat 3.1*g 5.9%Cal
Apr - 25 Cinnamon Rolls Asst. Fruit Juice Box Fresh Fruit Bowl Low Fat Milk Chocolate Milk	Apr - 26 Poptarts, Assorted Asst. Fruit Juice Box Fresh Fruit Bowl Low Fat Milk Chocolate Milk	Apr - 27 Assorted Breakfast Bread Asst. Fruit Juice Box Fresh Fruit Bowl Low Fat Milk Chocolate Milk	Apr - 28 Powdered Donuts Asst. Fruit Juice Box Fresh Fruit Bowl Chocolate Milk Low Fat Milk	Apr - 29 Cinnamon Crunch Filled Pastry Asst. Fruit Juice Box Fresh Fruit Bowl Chocolate Milk Low Fat Milk	Avg Nutrients Target Cals... 482* 100% T.Fat 8.9*g 16.5%Cal S.Fat 2.5*g 4.7%Cal

This institution is an equal opportunity provider.

***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.