

Hinds County Schools

HINDS COUNTY SCHOOL DISTRICT

K-8 BREAKFAST MENU

NOVEMBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Nov - 5 Mini Cinnis Mini Pancakes in a Bag Asst. Fruit Juices Fresh Bananas Chocolate Milk Fat Free Milk Strawberry Milk Low Fat Milk Pancake Syrup	Nov - 6 Crispy Toast Cheese Omelet Asst' Breakfast Bread Asst. Fruit Juices Fresh Orange Smiles Chocolate Milk Strawberry Milk Low Fat Milk Assorted Jellies	Nov - 7 Choice of Strawberry & Raspberry Yogurts Assorted Cold Cereals Fruit Flavor Cereal Bar Apple Frudel Chilled Diced Pears Asst. Fruit Juices Low Fat Milk Chocolate Milk Strawberry Milk	Nov - 8 S'berry Poptart Pastry Waffles in a Bag Assorted Muffin Loaves Croissant Ham Slice Asst. Fruit Juices Fresh Apples Chocolate Milk Low Fat Milk Strawberry Milk Pancake Syrup Assorted Jellies	Nov - 9 Yogurts and Muffins Sausage Patty Southern Biscuit Applesauce Asst. Fruit Juices Chocolate Milk Low Fat Milk Strawberry Milk Assorted Jellies	Avg Nutrients Target Cals... 414 100% Sodium. 511 mg Carb 73.5g 71.0%Cal S.Fat 2.3g 5.0%Cal
Nov - 12 Breakfast Boat Sausage & Pancake on a Stick Asst. Fruit Juices Fruit Cocktail Low Fat Milk Chocolate Milk Strawberry Milk Fat Free Milk Pancake Syrup	Nov - 13 Yogurt Parfait Southern Biscuit B'fast Chicken Patty Asst. Fruit Juices Sliced Apples and Grape Chocolate Milk Low Fat Milk	Nov - 14 Choice of Strawberry & Raspberry Yogurts Crispy Toast Breakfast Burrito Asst. Fruit Juices Fresh Apples Low Fat Milk Chocolate Milk Fat Free Milk Strawberry Milk Assorted Jellies	Nov - 15 Assorted Cold Cereals S'berry Poptart Pastry Z Breakfast Bread Asst. Fruit Juices Chilled Peach Slices Low Fat Milk Chocolate Milk Strawberry Milk Fat Free Milk	Nov - 16 Yogurts and Muffins Egg Croissant Asst. Fruit Juices Strawberry cups Chocolate Milk Low Fat Milk Assorted Jellies	Avg Nutrients Target Cals... 430 100% Sodium. 516 mg Carb 70.4g 65.5%Cal S.Fat 3.2g 6.8%Cal
Nov - 19 Thanksgiving Holidays	Nov - 20	Nov - 21	Nov - 22	Nov - 23	Avg Nutrients Target Cals... *N/A* Sodium. *N/A* mg Carb *N/A*g *N/A%Cal S.Fat *N/A*g *N/A%Cal

**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.

Hinds County Schools HINDS COUNTY SCHOOL DISTRICT K-8 BREAKFAST MENU NOVEMBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Nov - 26	Nov - 27	Nov - 28	Nov - 29	Nov - 30	Avg Nutrients Target
Grilled Cheese Sandwich	Choice of Strawberry & Raspberry Yogurts	Yogurts and Muffins	Choice of Strawberry & Blueberry Yogurts	Yogurt Parfait	Cals... 427* 100%
Southern Biscuit	Crispy Toast	Breakfast Sausage Pizza	Crispy Toast	Southern Biscuit	Sodium. 661* mg
Sausage Patty	Breakfast Sliders	Asst. Fruit Juices	Cheese Omelet	B'fast Chicken Patty	Carb 66.9*g 62.7%Cal
Asst. Fruit Juices	Asst. Fruit Juices	Chilled Peaches	Mandarin Fruit Cup	Asst. Fruit Juices	S.Fat 3.5*g 7.3%Cal
Fresh Bananas	Fresh Apples	Low Fat Milk	Asst. Fruit Juices	Sliced Apples and Grape	
Low Fat Milk	Low Fat Milk	Chocolate Milk	Chocolate Milk	Chocolate Milk	
Chocolate Milk	Chocolate Milk	Fat Free Milk	Low Fat Milk	Low Fat Milk	
Fat Free Milk	Fat Free Milk	Strawberry Milk	Assorted Jellies		
Strawberry Milk	Strawberry Milk	Pancake Syrup			
Assorted Jellies	Assorted Jellies				

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