

Hinds County School District

Lunch 9-12

January 2023

Lunch Menu 9-12

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Jan - 2 School Out	Jan - 3 School Out	Jan - 4 School Out	Jan - 5 Ham and Cheese Croissa Fresh Grapes Diced Pears Yam Patties Tossed Salad w/ Dressing Chocolate Milk Low Fat Milk Mayonnaise Mustard, PC, MS1538	Jan - 6 Beefy Nachos Grande Tangerines Assorted Fruit Juices Glazed Carrots Green Beans w/Ham Chocolate Milk Low Fat Milk Chocolate Pudding	Avg Nutrients Target Cals... 307* 41% Chol... 26* mg Fiber... 3.2* g Iron... 1.4* mg Calcium238.9* mg Vit A 4405* IU Vit C 14.6* mg Sugar 25.2*g 32.8%Cal Prot 11.5*g 15.0%Cal Carb 45.3*g 59.1%Cal T.Fat 9.3*g 27.3%Cal S.Fat 3.9*g 11.5%Cal
Jan - 9 Chicken Tenders Mashed Potatoes Yeast Roll Mixed Berries, Cup, Froze Fresh Bananas Celery Sticks with Dip Chocolate Milk Low Fat Milk	Jan - 10 Chicken and Sausage Jambalaya Apple Slices in a Bag Chilled Diced Pears Baby Carrots w/ Dressing Green Peas WW Texas Toast Chocolate Milk Low Fat Milk	Jan - 11 Turkey & Cheese on Bun Or Hot Dog French Fries Fresh Pears Mandarin Fruit Cup Garden Salad W/Dressing Chocolate Milk Low Fat Milk Blueberry Cookie Bites Mayonnaise Ketchup Mustard, PC, MS1538	Jan - 12 Beef-A-Roni Yeast Roll Black-Eyed Peas Broccoli Florets w/ Dip Apple Delicious Chilled Peach Slices Chocolate Milk Low Fat Milk	Jan - 13 Pepperoni Pizza Wedge Fresh Apples Apple Slices in a Bag Tossed Salad w/ Dressing Mexicali Corn Chocolate Milk Low Fat Milk Blueberry Cookie Bites	Avg Nutrients Target Cals... 834* 100% Chol... 55* mg Fiber... 13.3* g Iron... 4.8* mg Calcium502.0* mg Vit A 4937* IU Vit C 39.7* mg Sugar 57.3*g 27.5%Cal Prot 33.7*g 16.2%Cal Carb 131.4*g 63.0%Cal T.Fat 21.3*g 23.0%Cal S.Fat 6.7*g 7.3%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.

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Jan 9, 2023

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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Jan - 16 School Out	Jan - 17 Hamburger Pie with Tots Fresh Pears Mandarin Fruit Cup Garden Salad W/Dressing Whole Kernel Corn Yeast Roll Chocolate Milk Fat Free Milk	Jan - 18 Corn Dog Or Chicken Salad on Croissant Bun Baked Potato Wedges Baby Carrots w/ Dressing Chilled Peach Slices Banana Chocolate Milk Low Fat Milk Mustard, PC, MS1538 Ketchup	Jan - 19 Buffalo Hot Wings Quick Baked Potato Celery Sticks with Dip Whole Wheat Roll Apple Slices in a Bag Mixed Berries, Cup, Froze Chocolate Milk Low Fat Milk Blueberry Cookie Bites	Jan - 20 Chef Salad Cheeseburger Grapes, Seedless Red Assorted Fruit Juices Yam Patties Celery Sticks with Dip Chocolate Milk Low Fat Milk Mayonnaise Mustard, PC, MS1538 Ketchup Assorted Puddings	Avg Nutrients Target Cals... 642* 86% Chol... 64* mg Fiber... 7.6* g Iron... 2.5* mg Calcium351.2* mg Vit A 4678* IU Vit C 21.7* mg Sugar 48.1*g 30.0%Cal Prot 23.5*g 14.6%Cal Carb 95.8*g 59.7%Cal T.Fat 19.2*g 26.9%Cal S.Fat 5.4*g 7.6%Cal
Jan - 23 Hamburger w/ Trimmings Or Corn Dog Apple Slices in a Bag Diced Pears Baked Potato Wedges Baby Carrots Garden Salad W/Dressing Chocolate Milk Low Fat Milk Chocolate Pudding	Jan - 24 Lemon Pepper Chicken Apple Slices in a Bag Mixed Berries, Cup, Froze Southern Turnip Greens Mashed Potatoes Cornbread Chocolate Milk Low Fat Milk Blueberry Cookie Bites	Jan - 25 Turkey & Cheese on Bun Fresh Pears Mandarin Fruit Cup Garden Salad W/Dressing French Fries Chocolate Milk Low Fat Milk Blueberry Cookie Bites Mayonnaise Ketchup	Jan - 26 BBQ Chicken Sandwich Or Grilled Fajita Salad Fresh Pears Mandarin Fruit Cup Baked Beans Tossed Salad w/ Dressing Chocolate Milk Low Fat Milk	Jan - 27 Sloppy Joe on Bun Cheeseburger Peaches, CND, Slices Assorted Fruit Juices Baby Carrots w/ Dressing French Fries, Straight Cut Low Fat Milk Chocolate Milk Mayonnaise Ketchup Mustard, PC, MS1538 Chocolate Chip Cookie	Avg Nutrients Target Cals... 821* 100% Chol... 61* mg Fiber... 12.0* g Iron... 4.5* mg Calcium521.5* mg Vit A 7106* IU Vit C 33.3* mg Sugar 62.4*g 30.4%Cal Prot 31.5*g 15.4%Cal Carb 127.3*g 62.0%Cal T.Fat 22.2*g 24.3%Cal S.Fat 6.9*g 7.6%Cal

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Jan - 30	Jan - 31				Avg Nutrients Target
Chicken Nuggets	Spaghetti & Meat Sauce				Cals... 893* 105%
Or	Or				Chol... 64* mg
Hot Dog	Tuna Salad with Crackers				Fiber.. 10.7* g
Fresh Apples	Sliced Apples and Grapes				Iron... 5.6* mg
Strawberries in cup	Chilled Peaches				Calcium453.9* mg
Cheesy Broccoli	Garden Salad				Vit A 4288* IU
Mashed Potatoes	W/Dressing				Vit C 152.8* mg
Yeast Roll	Whole Kernel Corn				Sugar 56.8*g 25.5%Cal
Chocolate Milk	Yeast Roll				Prot 32.9*g 14.7%Cal
Low Fat Milk	Chocolate Milk				Carb 140.7*g 63.0%Cal
Variety of Dipping Sauce	Low Fat Milk				T.Fat 23.3*g 23.5%Cal
					S.Fat 6.1*g 6.2%Cal

This institution is an equal opportunity provider.

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