

Hinds County School District

Lunch K-8

January 2023

Lunch Menu K-8

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Jan - 2 School Out	Jan - 3 School Out	Jan - 4 School Out	Jan - 5 Ham and Cheese on Bun Diced Pears Yam Patties Tossed Salad w/ Dressing Chocolate Milk Low Fat Milk Mayonnaise Mustard, PC, MS1538	Jan - 6 Beefy Nachos Grande Assorted Fruit Juices Glazed Carrots Green Beans w/Ham Chocolate Milk Low Fat Milk	Avg Nutrients Target Cals... 249* 42% Chol... 20* mg Fiber... 2.9* g Iron... 1.3* mg Calcium187.8* mg Vit A 4169* IU Vit C 9.3* mg Sugar 18.0*g 28.8%Cal Prot 10.5*g 16.9%Cal Carb 35.7*g 57.3%Cal T.Fat 7.3*g 26.2%Cal S.Fat 2.7*g 9.8%Cal
Jan - 9 Chicken Tenders Mashed Potatoes Mixed Berries, Cup, Froze Celery Sticks with Dip Yeast Roll Chocolate Milk Low Fat Milk	Jan - 10 Chicken and Sausage Jambalaya Fruited Gelatin Green Beans w/Ham Garden Salad W/Dressing WW Texas Toast Chocolate Milk Low Fat Milk	Jan - 11 Ham and Cheese on Bun` Or Hot Dog Crinkle Cut Fries Tomatoes & Carrots w/Dip Fresh Fruit Bowl Strawberries in cup Fat Free Milk Chocolate Milk	Jan - 12 Beef-A-Roni Yeast Roll Black-Eyed Peas Broccoli Florets w/ Dip Peaches, CND, Slices Chocolate Milk Fat Free Milk	Jan - 13 Pepperoni Pizza Wedge Rosey Applesauce Tossed Salad w/ Dressing Mexicali Corn Chocolate Milk Low Fat Milk	Avg Nutrients Target Cals... 622* 100% Chol... 53* mg Fiber... 7.8* g Iron... 3.9* mg Calcium485.0* mg Vit A 3528* IU Vit C 36.3* mg Sugar 40.9*g 26.3%Cal Prot 30.8*g 19.9%Cal Carb 91.2*g 58.7%Cal T.Fat 16.0*g 23.1%Cal S.Fat 5.7*g 8.2%Cal
Jan - 16 School Out MARTIN LUTHER KING, HOLIDAY	Jan - 17 Hamburger Pie with Tots Fruited Gelatin Baby Carrots w/ Dressing Seasoned Green Beans Whole Wheat Roll Chocolate Milk Low Fat Milk	Jan - 18 Corn Dog Or Chicken Salad on Croissant Bun Banana Baby Carrots w/ Dressing Baked Potato Wedges Chocolate Milk Low Fat Milk	Jan - 19 Barbecue Chicken Baked Beans Creamy Coleslaw WW Texas Toast Apple Slices in a Bag Chocolate Milk Low Fat Milk	Jan - 20 Cheeseburger Or Chef Salad Yam Patties Grapes, Seedless Red Celery Sticks with Dip Low Fat Milk Chocolate Milk	Avg Nutrients Target Cals... 493* 82% Chol... 48* mg Fiber... 6.7* g Iron... 2.0* mg Calcium332.1* mg Vit A 6450* IU Vit C 15.9* mg Sugar 34.7*g 28.1%Cal Prot 19.9*g 16.1%Cal Carb 70.1*g 56.9%Cal T.Fat 15.6*g 28.5%Cal S.Fat 5.0*g 9.1%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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January 2023

Lunch Menu K-8

Jan 9, 2023

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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Jan - 23 Corn Dog Or Hamburger w/ Trimmings Strawberries in cup Baked Potato Wedges Baby Carrots Chocolate Milk Low Fat Milk Mustard, PC, MS1538 Ketchup	Jan - 24 Chicken Spaghetti Applesauce Garden Salad W/Dressing Southern Green Beans Whole Wheat Roll Chocolate Milk Fat Free Milk	Jan - 25 Stuffed Crust Pizza Or Chef Salad Mixed Berries, Cup, Froze Caesar Salad Whole Kernel Corn Chocolate Milk Fat Free Milk	Jan - 26 BBQ Chicken Sandwich Or Grilled Fajita Salad Mandarin Fruit Cup Baked Beans Garden Salad W/Dressing Chocolate Milk Low Fat Milk	Jan - 27 Hamburger w/ Trimmings Or Sloppy Joe on Bun Peaches, CND, Slices Baby Carrots w/ Dressing French Fries, Straight Cut Chocolate Milk Mayonnaise Ketchup	Avg Nutrients Target Cals... 648* 100% Chol... 64* mg Fiber... 9.1* g Iron... 3.8* mg Calcium471.1* mg Vit A 8807* IU Vit C 30.3* mg Sugar 43.9*g 27.1%Cal Prot 31.1*g 19.2%Cal Carb 96.9*g 59.8%Cal T.Fat 16.1*g 22.3%Cal S.Fat 5.0*g 7.0%Cal
Jan - 30 Chicken Nuggets Or Hot Dog Mashed Potatoes Steamed Broccoli Florets Fresh Pears Whole Wheat Roll Chocolate Milk Fat Free Milk Variety of Dipping Sauce	Jan - 31 Spaghetti & Meat Sauce Or Tuna Salad with Crackers Chilled Peaches Garden Salad W/Dressing Whole Kernel Corn WW Texas Toast Chocolate Milk Low Fat Milk				Avg Nutrients Target Cals... 720* 111% Chol... 62* mg Fiber... 9.9* g Iron... 4.5* mg Calcium401.0* mg Vit A 4361* IU Vit C 110.3* mg Sugar 43.8*g 24.3%Cal Prot 31.7*g 17.6%Cal Carb 104.7*g 58.2%Cal T.Fat 20.5*g 25.7%Cal S.Fat 5.1*g 6.4%Cal

This institution is an equal opportunity provider.

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