

Hinds County School District

K-12 Breakfast

Breakfast Menu K-12

May 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
May - 2 Cinnamon Rolls Asst. Fruit Juice Box Fresh Fruit Bowl Low Fat Milk Chocolate Milk	May - 3 Poptarts, Assorted Asst. Fruit Juice Box Fresh Fruit Bowl Low Fat Milk Chocolate Milk	May - 4 Assorted Breakfast Bread Asst. Fruit Juice Box Fresh Fruit Bowl Low Fat Milk Chocolate Milk	May - 5 Powdered Donuts Asst. Fruit Juice Box Fresh Fruit Bowl Chocolate Milk Low Fat Milk	May - 6 Cinnamon Crunch Filled Pastry Asst. Fruit Juice Box Fresh Fruit Bowl Chocolate Milk Low Fat Milk	Avg Nutrients Target Cals... 482 100% Chol... 9* mg Fiber... 5.8* g Iron... 1.8* mg Calcium400.3* mg Vit A 1388* IU Vit C 34.2* mg Sugar 52.0*g 43.2%Cal Prot 13.4*g 11.1%Cal Carb 87.0*g 72.2%Cal T.Fat 8.9*g 16.5%Cal S.Fat 2.5*g 4.7%Cal
May - 9 Assorted Cold Cereals Asst. Fruit Juice Box Fresh Fruit Bowl Low Fat Milk Chocolate Milk	May - 10 Assorted Breakfast Bread Assorted Fruit Juices Fresh Fruit Bowl Chocolate Milk Low Fat Milk	May - 11 Apple Frudel Asst. Fruit Juice Box Fresh Fruit Bowl Chocolate Milk Low Fat Milk	May - 12 Chocolate Donuts Asst. Fruit Juice Box Fresh Fruit Bowl Chocolate Milk Low Fat Milk	May - 13 Cinnamon Rolls Asst. Fruit Juice Box Fresh Fruit Bowl Low Fat Milk Chocolate Milk	Avg Nutrients Target Cals... 472 100% Chol... 10* mg Fiber... 5.9* g Iron... 2.4* mg Calcium380.0* mg Vit A 1331* IU Vit C 47.0* mg Sugar 52.7*g 44.6%Cal Prot 13.0*g 11.0%Cal Carb 84.0*g 71.1%Cal T.Fat 9.1*g 17.4%Cal S.Fat 3.1*g 5.9%Cal
May - 16 Cinnamon Rolls Asst. Fruit Juice Box Fresh Fruit Bowl Low Fat Milk Chocolate Milk	May - 17 Poptarts, Assorted Asst. Fruit Juice Box Fresh Fruit Bowl Low Fat Milk Chocolate Milk	May - 18 Assorted Breakfast Bread Asst. Fruit Juice Box Fresh Fruit Bowl Low Fat Milk Chocolate Milk	May - 19 Powdered Donuts Asst. Fruit Juice Box Fresh Fruit Bowl Chocolate Milk Low Fat Milk	May - 20 Cinnamon Crunch Filled Pastry Asst. Fruit Juice Box Fresh Fruit Bowl Chocolate Milk Low Fat Milk	Avg Nutrients Target Cals... 482 100% Chol... 9* mg Fiber... 5.8* g Iron... 1.8* mg Calcium400.3* mg Vit A 1388* IU Vit C 34.2* mg Sugar 52.0*g 43.2%Cal Prot 13.4*g 11.1%Cal Carb 87.0*g 72.2%Cal T.Fat 8.9*g 16.5%Cal S.Fat 2.5*g 4.7%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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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
May - 23 Assorted Cold Cereals Asst. Fruit Juice Box Fresh Fruit Bowl Low Fat Milk Chocolate Milk	May - 24 Assorted Breakfast Bread Assorted Fruit Juices Fresh Fruit Bowl Chocolate Milk Low Fat Milk	May - 25 Apple Frudel Asst. Fruit Juice Box Fresh Fruit Bowl Chocolate Milk Low Fat Milk	May - 26 Chocolate Donuts Asst. Fruit Juice Box Fresh Fruit Bowl Chocolate Milk Low Fat Milk	May - 27 School Out	Avg Nutrients Target Cals... 387* 86% Chol... 8* mg Fiber... 4.4* g Iron... 2.1* mg Calcium309.2* mg Vit A 772* IU Vit C 36.8* mg Sugar 43.9*g 45.3%Cal Prot 10.4*g 10.8%Cal Carb 68.8*g 71.1%Cal T.Fat 7.6*g 17.7%Cal S.Fat 2.8*g 6.4%Cal
May - 30	May - 31				Avg Nutrients Target Cals... *N/A* Chol... *N/A* mg Fiber... *N/A* g Iron... *N/A* mg Calcium *N/A* mg Vit A *N/A* IU Vit C *N/A* mg Sugar *N/A*g *N/A*%Cal Prot *N/A*g *N/A*%Cal Carb *N/A*g *N/A*%Cal T.Fat *N/A*g *N/A*%Cal S.Fat *N/A*g *N/A*%Cal

This institution is an equal opportunity provider.

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