

# Hinds County School District

## Lunch 9-12

### May 2022

### Lunch Menu 9-12

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
May - 2  Chicken Nuggets Fresh Apples Strawberries in cup Cheesy Broccoli Mashed Potatoes Yeast Roll Chocolate Milk Low Fat Milk Variety of Dipping Sauce	May - 3  Spaghetti & Meat Sauce Sliced Apples and Grapes Chilled Peaches Garden Salad W/Dressing Whole Kernel Corn Yeast Roll Chocolate Milk Low Fat Milk	May - 4  Chicken Fajitas Fresh Oranges Pineapple Tidbits Tossed Salad w/ Dressing Salsa Pinto Beans Chocolate Milk Low Fat Milk Sugar Cookie	May - 5  Ham and Cheese Croissa Fresh Grapes Diced Pears Yam Patties Tossed Salad w/ Dressing Chocolate Milk Low Fat Milk Mayonnaise Mustard, PC, MS1538	May - 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...            822        100% Chol...            68 mg Fiber...          10.5 g Iron...            4.7* mg Calcium569.5* mg Vit A            6891* IU Vit C            98.7* mg Sugar 58.7*g    28.6%Cal Prot            33.7g    16.4%Cal Carb            125.1g   60.9%Cal T.Fat            21.9g    24.0%Cal S.Fat            8.4g     9.2%Cal
May - 9  Chicken Tenders Mashed Potatoes Yeast Roll Mixed Berries, Cup, Froze Fresh Bananas Celery Sticks with Dip Chocolate Milk Low Fat Milk	May - 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	May - 11  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	May - 12  Beef-A-Roni Yeast Roll Black-Eyed Peas Broccoli Florets w/ Dip Apple Delicious Chilled Peach Slices Chocolate Milk Low Fat Milk	May - 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...            831        100% Chol...            56 mg Fiber...          13.3 g Iron...            4.8* mg Calcium504.1* mg Vit A            4981* IU Vit C            39.8* mg Sugar 57.5*g    27.7%Cal Prot            34.4g    16.5%Cal Carb            131.7g   63.4%Cal T.Fat            20.7g    22.4%Cal S.Fat            6.7g     7.3%Cal
May - 16  Chicken Nuggets Fresh Bananas Assorted Fruit Juices Cheesy Broccoli Mixed Vegetables Yeast Roll Chocolate Milk Low Fat Milk Variety of Dipping Sauce	May - 17  Hamburger Pie with Tots Fresh Pears Mandarin Fruit Cup Garden Salad W/Dressing Whole Kernel Corn Yeast Roll Chocolate Milk Fat Free Milk	May - 18  Corn Dog Banana Chilled Peach Slices Baby Carrots w/ Dressing Baked Potato Wedges Chocolate Milk Low Fat Milk Mustard, PC, MS1538 Ketchup	May - 19  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	May - 20  Hamburger w/ Trimmings 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...            834        100% Chol...            59 mg Fiber...          10.4 g Iron...            3.6* mg Calcium476.2* mg Vit A            5305* IU Vit C            31.0* mg Sugar 60.7*g    29.1%Cal Prot            29.1g    13.9%Cal Carb            128.0g   61.4%Cal T.Fat            23.6g    25.5%Cal S.Fat            6.5g     7.0%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  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	May - 24  Chicken Spaghetti Fresh Orange Smiles Rosey Applesauce Garden Salad W/Dressing Southern Green Beans Yeast Roll Chocolate Milk Low Fat Milk	May - 25  Stuffed Crust Pizza Grapes, Seedless Red Fruited Gelatin Caesar Salad Whole Kernel Corn Chocolate Milk Fat Free Milk Rice Krispie Bars	May - 26  BBQ Chicken Sandwich Fresh Pears Mandarin Fruit Cup Baked Beans Tossed Salad w/ Dressing Chocolate Milk Low Fat Milk	May - 27  School Out	Avg Nutrients    Target Cals...            613*            82% Chol...            41* mg Fiber..            8.8* g Iron...            3.7* mg Calcium 428.5* mg Vit A            5100* IU Vit C            39.5* mg Sugar 48.9*g    31.9%Cal Prot 25.8*g    16.8%Cal Carb 100.8*g    65.8%Cal T.Fat 13.3*g    19.6%Cal S.Fat 4.1*g    6.0%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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