

Hinds County School District

Lunch K-8

May 2022

Lunch Menu K-8

Apr 19, 2022

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| Monday | Tuesday | Wednesday | Thursday | Friday | Nutrients |
|---|--|--|--|---|--|
| May - 2 Chicken Nuggets Mashed Potatoes Steamed Broccoli Florets Fresh Pears Whole Wheat Roll Chocolate Milk Fat Free Milk Variety of Dipping Sauce | May - 3 Spaghetti & Meat Sauce Chilled Peaches Garden Salad W/Dressing Whole Kernel Corn WW Texas Toast Chocolate Milk Low Fat Milk | May - 4 Ham and Cheese on Bun` Diced Pears Yam Patties Tossed Salad w/ Dressing Chocolate Milk Low Fat Milk Mayonnaise Mustard, PC, MS1538 | May - 5 Chicken Fajitas Mandarin Fruit Cup Tossed Salad w/ Dressing Salsa Pinto Beans Chocolate Milk Low Fat Milk | May - 6 Beefy Nachos Grande Assorted Fruit Juices Glazed Carrots Green Beans w/Ham Chocolate Milk Low Fat Milk | Avg Nutrients Target Cals... 650 100% Chol... 62 mg Fiber... 9.0 g Iron... 4.2* mg Calcium483.9* mg Vit A 6664* IU Vit C 60.3* mg Sugar 40.1g 24.7%Cal Prot 32.0g 19.7%Cal Carb 90.4g 55.7%Cal T.Fat 18.5g 25.6%Cal S.Fat 6.9g 9.5%Cal |
| May - 9 Chicken Tenders Mashed Potatoes Mixed Berries, Cup, Froze Celery Sticks with Dip Yeast Roll Chocolate Milk Low Fat Milk | May - 10 Chicken and Sausage Jambalaya Fruited Gelatin Green Beans w/Ham Garden Salad W/Dressing WW Texas Toast Chocolate Milk Low Fat Milk | May - 11 BBQ Rib Sandwich Yam Patties Mandarin Fruit Cup Garden Salad W/Dressing Chocolate Milk | May - 12 Beef-A-Roni Yeast Roll Black-Eyed Peas Broccoli Florets w/ Dip Peaches, CND, Slices Chocolate Milk Fat Free Milk | May - 13 Pepperoni Pizza Wedge Rosey Applesauce Tossed Salad w/ Dressing Mexicali Corn Chocolate Milk Low Fat Milk | Avg Nutrients Target Cals... 599 100% Chol... 55 mg Fiber... 7.7 g Iron... 3.9* mg Calcium453.1* mg Vit A 3843* IU Vit C 28.2* mg Sugar 44.4*g 29.6%Cal Prot 29.9g 20.0%Cal Carb 88.7g 59.2%Cal T.Fat 15.0g 22.6%Cal S.Fat 5.2g 7.8%Cal |
| May - 16 Chicken Nuggets Assorted Fruit Juices Cheesy Broccoli Mixed Vegetables Whole Wheat Roll Chocolate Milk Low Fat Milk | May - 17 Hamburger Pie with Tots Fruited Gelatin Baby Carrots w/ Dressing Seasoned Green Beans Whole Wheat Roll Chocolate Milk Low Fat Milk | May - 18 Corn Dog Banana Baby Carrots w/ Dressing Baked Potato Wedges Chocolate Milk Low Fat Milk | May - 19 Barbecue Chicken Baked Beans Creamy Coleslaw WW Texas Toast Apple Slices in a Bag Chocolate Milk Low Fat Milk | May - 20 Hamburger w/ Trimmings Cheeseburger Grapes, Seedless Red Yam Patties Celery Sticks with Dip Chocolate Milk Low Fat Milk | Avg Nutrients Target Cals... 642 100% Chol... 55 mg Fiber... 9.1 g Iron... 2.8* mg Calcium404.9* mg Vit A 6724* IU Vit C 24.9* mg Sugar 42.6*g 26.6%Cal Prot 26.9g 16.8%Cal Carb 91.5g 57.1%Cal T.Fat 19.2g 27.0%Cal S.Fat 5.5g 7.8%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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| May - 23 Chicken Nuggets Mashed Potatoes Steamed Broccoli Florets Fresh Pears Whole Wheat Roll Chocolate Milk Fat Free Milk Variety of Dipping Sauce | May - 24 Spaghetti & Meat Sauce Chilled Peaches Garden Salad W/Dressing Whole Kernel Corn WW Texas Toast Chocolate Milk Low Fat Milk | May - 25 Chicken Fajitas Mandarin Fruit Cup Tossed Salad w/ Dressing Salsa Pinto Beans Chocolate Milk Low Fat Milk | May - 26 Ham and Cheese on Bun Diced Pears Yam Patties Tossed Salad w/ Dressing Chocolate Milk Low Fat Milk Mayonnaise Mustard, PC, MS1538 | May - 27 School Out | Avg Nutrients Target Cals... 521* 87% Chol... 50* mg Fiber... 7.7* g Iron... 3.4* mg Calcium 386.7* mg Vit A 3445* IU Vit C 55.5* mg Sugar 31.9*g 24.5%Cal Prot 26.8*g 20.6%Cal Carb 76.2*g 58.5%Cal T.Fat 12.6*g 21.9%Cal S.Fat 4.5*g 7.8%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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