

**Hinds County Schools**  
**RAYMOND HIGH SCHOOL**  
**BREAKFAST MENU**  
**MAY2019**

Apr 29, 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
May - 6 Assorted Cold Cereals S'berry Poptart Pastry Z Breakfast Bread Asst. Fruit Juices Chilled Peach Slices Low Fat Milk Chocolate Milk Strawberry Milk Fat Free Milk	May - 7 Yogurts and Muffins Breakfast Scramble Asst. Fruit Juices Strawberry cups Chocolate Milk Low Fat Milk Assorted Jellies	May - 8 Breakfast Boat Sausage & Pancake on a Stick Asst. Fruit Juices Fruit Cocktail Low Fat Milk Chocolate Milk Strawberry Milk Fat Free Milk Pancake Syrup	May - 9 Yogurt Parfait Southern Biscuit B'fast Chicken Patty Asst. Fruit Juices Sliced Apples and Grape Chocolate Milk Low Fat Milk	May - 10 Breakfast Sausage Pizza Yogurts and Muffins Asst. Fruit Juices Chilled Peach Slices Chocolate Milk Low Fat Milk	Avg Nutrients Target Cals... 472 100% Sodium. 533 mg Carb 79.0g 67.0%Cal S.Fat 2.8g 5.4%Cal
May - 13 S'berry Poptart Pastry Assorted Cold Cereals Choice of Strawberry & Blueberry Yogurts Crispy Toast Fresh Oranges Chocolate Milk Low Fat Milk Assorted Jellies Margarine	May - 14 Breakfast Boat Fruit Flavor Cereal Bar Asst. Fruit Juices Fresh Apples Chocolate Milk Low Fat Milk	May - 15 Breakfast Sausage Pizza Yogurt Parfait Chilled Peach Slices Asst. Fruit Juices Chocolate Milk Low Fat Milk	May - 16 French Toast Sticks Breakfast Burrito Asst. Fruit Juices Chilled Diced Pears Chocolate Milk Low Fat Milk	May - 17 Pancakes(2) Crispy Toast Bacon Strips(2) Asst. Fruit Juices Fresh Grapes Chocolate Milk Low Fat Milk Assorted Jellies	Avg Nutrients Target Cals... 455 100% Sodium. 553 mg Carb 82.9g 73.0%Cal S.Fat 1.8g 3.5%Cal
May - 20 Waffles (2) Yogurts and Muffins Mandarin Fruit Cup Asst. Fruit Juices Chocolate Milk Low Fat Milk Margarine Pancake Syrup	May - 21 Chocolate Toaster Pastry S'berry Poptart Pastry Asst' Breakfast Bread Asst. Fruit Juices Chilled Diced Pears Chocolate Milk Low Fat Milk	May - 22 Crispy Toast Hot Grits Bacon Strips(2) Asst. Fruit Juices Applesauce Chocolate Milk Low Fat Milk Assorted Jellies Margarine	May - 23 Sausage & Pancake on a Stick Assorted Muffin Loaves Asst. Fruit Juices Fresh Apples Chocolate Milk Low Fat Milk	May - 24 Froot Loops Cereal Oat WG Cereal Bar Asst. Fruit Juices Chilled Peach Slices Chocolate Milk Low Fat Milk	Avg Nutrients Target Cals... 482 100% Sodium. 621 mg Carb 88.5g 73.4%Cal S.Fat 2.0g 3.7%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.