

Hinds County School District

K-12 Breakfast

Breakfast Menu K-12

March 2022

Feb 23, 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
	Mar - 1 Poptarts, Assorted Asst. Fruit Juice Box Fresh Fruit Bowl Low Fat Milk Chocolate Milk	Mar - 2 Assorted Breakfast Bread Asst. Fruit Juice Box Fresh Fruit Bowl Low Fat Milk Chocolate Milk	Mar - 3 Powdered Donuts Asst. Fruit Juice Box Fresh Fruit Bowl Chocolate Milk Low Fat Milk	Mar - 4 Cinnamon Crunch Filled Pastry Asst. Fruit Juice Box Fresh Fruit Bowl Chocolate Milk Low Fat Milk	Avg Nutrients Target Cals... 494 100% Chol... 9* mg Fiber... 5.3* g Iron... 1.9* mg Calcium 411.9* mg Vit A 1036* IU Vit C 29.8* mg Sugar 53.1*g 43.0%Cal Prot 13.5*g 10.9%Cal Carb 88.8*g 71.9%Cal T.Fat 9.4*g 17.2%Cal S.Fat 2.8*g 5.2%Cal
Mar - 7 Assorted Cold Cereals Asst. Fruit Juice Box Fresh Fruit Bowl Low Fat Milk Chocolate Milk	Mar - 8 Assorted Breakfast Bread Assorted Fruit Juices Fresh Fruit Bowl Chocolate Milk Low Fat Milk	Mar - 9 Apple Frudel Asst. Fruit Juice Box Fresh Fruit Bowl Chocolate Milk Low Fat Milk	Mar - 10 Chocolate Donuts Asst. Fruit Juice Box Fresh Fruit Bowl Chocolate Milk Low Fat Milk	Mar - 11 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 Calcium 380.0* 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
Mar - 14 School Out	Mar - 15	Mar - 16	Mar - 17	Mar - 18	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

**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
Mar - 21 Assorted Cold Cereals Asst. Fruit Juice Box Fresh Fruit Bowl Low Fat Milk Chocolate Milk	Mar - 22 Assorted Breakfast Bread Assorted Fruit Juices Fresh Fruit Bowl Chocolate Milk Low Fat Milk	Mar - 23 Apple Frudel Asst. Fruit Juice Box Fresh Fruit Bowl Chocolate Milk Low Fat Milk	Mar - 24 Chocolate Donuts Asst. Fruit Juice Box Fresh Fruit Bowl Chocolate Milk Low Fat Milk	Mar - 25 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
Mar - 28 Cinnamon Rolls Asst. Fruit Juice Box Fresh Fruit Bowl Low Fat Milk Chocolate Milk	Mar - 29 Assorted Breakfast Bread Asst. Fruit Juice Box Fresh Fruit Bowl Low Fat Milk Chocolate Milk	Mar - 30 Assorted Breakfast Bread Asst. Fruit Juice Box Fresh Fruit Bowl Low Fat Milk Chocolate Milk	Mar - 31 Powdered Donuts Asst. Fruit Juice Box Fresh Fruit Bowl Chocolate Milk Low Fat Milk	Avg Nutrients Target Cals... 449* 100% Chol... 7* mg Fiber... 4.8* g Iron... 1.3* mg Calcium382.3* mg Vit A 1336* IU Vit C 31.2* mg Sugar 50.2*g 44.7%Cal Prot 13.2*g 11.7%Cal Carb 78.5*g 69.8%Cal T.Fat 9.7*g 19.4%Cal S.Fat 2.3*g 4.6%Cal	

This institution is an equal opportunity provider.

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