

Big Hollow School District 38

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																																																																						
Apr - 1 CHEESEBURGER 1/2c ONION RINGS 1/2c BAKED BEANS MANDARIN ORANGE MILK,1% Lowfat KETCHUP	Apr - 2 MINI QUESADILLA 1/2c CORN 1/2c EDAMAME BEAN PEARS MILK,1% Lowfat SALSA	Apr - 3 FRNCH TOAST STK YOGURT 1/2c CUCUMBER 1/2c HASH BROWN APPLE JUICE MILK,1% Lowfat SYRUP	Apr - 4 ORANGE CHICKEN BROWN RICE 1/2c FRSH BROCCOL 1/4c SLC RED PEPP PINEAPPLE CHUNKS MILK,1% Lowfat FORTUNE COOKIE	Apr - 5 PEPPERONI PIZZA 1/2c CARROTS 1/4c SQUASH MIXED BERRIES MILK,1% Lowfat																																																																																																																																																						
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Apr - 15 BOSCO STICKS 1/2c PEAS & CARROT 1/2c FRSH GARBONZ FRUIT JELL-O MILK,1% Lowfat MARINARA SAUCE	Apr - 16 SPAGHETTI W/MTBL 1c TOSSED SALAD 1/2c MIXED VEGETAB APPLESAUCE MILK,1% Lowfat GARLIC BREAD RANCH DRESSING	Apr - 17 WAFFLES BACON 1/2c CUCUMBER 1/2c HASH BROWN SMOOTHIE MILK,1% Lowfat SYRUP	Apr - 18 POPCORN CHICKEN 1/2c POTATO SMILES 1/4c ZUCCHINI MANGOS MILK,1% Lowfat KETCHUP	Apr - 19 BEEF SANDWICH 1/2c BAKED FRIES 1/4c JICAMA BANANA MILK,1% Lowfat KETCHUP																																																																																																																																																						

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.

Big Hollow School District 38

APRIL 2024

Mar 26, 2024

Page 2

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<p>MAC & CHEESE 1/2c CAULIFLOWER 1/2c CARROT STICKS FRESH MELON MILK,1% Lowfat DINNER ROLL</p>	<p>BRD CHK PAT SAND 1/2c ROASTED WED 1/2c GREEN BEANS ORANGES HALVES MILK,1% Lowfat KETCHUP</p>	<p>PAN/SAUS STICK 1/2c CUCUMBER 1/2c HASH BROWN ORANGE JUICE MILK,1% Lowfat SYRUP</p>	<p>DOMINO'S PIZZA 1/2c ASPARAGUS 1/2c SPINACH SALAD PEACHES MILK,1% Lowfat RICE KRISPIE</p>	<p>CHICKEN STRIPS 1/2c TATER TOTS 1/4c SLC GRN PEPP FRESH GRAPES MILK,1% Lowfat KETCHUP</p>																																																																																																																																												
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Chol... 44 mg																																																																																																																																																
Sodium... 1062 mg																																																																																																																																																
Fiber... 10.7* g																																																																																																																																																
Iron... 3.1* mg																																																																																																																																																
Calcium806.4* mg																																																																																																																																																
Vit A 1804* IU																																																																																																																																																
Vit C 14.9* mg																																																																																																																																																
Sugar 12.7*g	7.7%Cal																																																																																																																																															
Prot 32.4g	19.8%Cal																																																																																																																																															
Carb 92.6g	56.4%Cal																																																																																																																																															
T.Fat 18.5g	25.3%Cal																																																																																																																																															
S.Fat 8.3*g	11.4%Cal																																																																																																																																															
Nutrients	Target																																																																																																																																															
Cals... 738	114%																																																																																																																																															
Chol... 80 mg																																																																																																																																																
Sodium... 778 mg																																																																																																																																																
Fiber... 10.0* g																																																																																																																																																
Iron... 2.8* mg																																																																																																																																																
Calcium579.0* mg																																																																																																																																																
Vit A 1264* IU																																																																																																																																																
Vit C 10.3* mg																																																																																																																																																
Sugar 35.7*g	19.4%Cal																																																																																																																																															
Prot 38.2g	20.7%Cal																																																																																																																																															
Carb 84.0g	45.5%Cal																																																																																																																																															
T.Fat 28.5g	34.7%Cal																																																																																																																																															
S.Fat 9.9*g	12.0%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.