

# Big Hollow School District 38

Monday	Tuesday	Wednesday	Thursday	Friday
Apr - 1 OATMEAL ROUND STRING CHEESE PEARS MILK,1% Lowfat	Apr - 2 POP TART DRIED CHERRIES ORANGE JUICE MILK,1% Lowfat	Apr - 3 CEREAL PACK MILK,1% Lowfat	Apr - 4 MINI WAFFLE ORANGE HALVES MILK,1% Lowfat	Apr - 5 BAGEL & CREAM CH YOGURT PINEAPPLE CHUNKS MILK,1% Lowfat
Nutrients Target Cals... 331 95% Chol... 27 mg Sodium... 322 mg Fiber... 4.0 g Iron... 1.3 mg Calcium 525.0 mg Vit A 623 IU Vit C 0.9 mg Sugar 27.9g 33.7%Cal Prot 18.8g 22.7%Cal Carb 45.0g 54.4%Cal T.Fat 9.5g 25.7%Cal S.Fat 5.1g 13.9%Cal	Nutrients Target Cals... 494 100% Chol... 12 mg Sodium... 296 mg Fiber... 4.1 g Iron... 2.2 mg Calcium 324.7 mg Vit A 1242 IU Vit C 37.5 mg Sugar 47.6g 38.5%Cal Prot 11.3g 9.1%Cal Carb 95.2g 77.0%Cal T.Fat 8.1g 14.7%Cal S.Fat 3.3g 6.0%Cal	Nutrients Target Cals... 212 61% Chol... 12 mg Sodium... 307 mg Fiber... 1.0 g Iron... 3.7 mg Calcium 385.0 mg Vit A 878 IU Vit C 4.8 mg Sugar 21.7g 40.8%Cal Prot 9.2g 17.4%Cal Carb 34.2g 64.3%Cal T.Fat 5.4g 22.7%Cal S.Fat 2.0g 8.7%Cal	Nutrients Target Cals... 343 98% Chol... 17 mg Sodium... 287 mg Fiber... 4.6 g Iron... 0.9 mg Calcium 351.2 mg Vit A 626 IU Vit C 34.8 mg Sugar 30.8g 35.9%Cal Prot 12.8g 15.0%Cal Carb 56.9g 66.3%Cal T.Fat 8.4g 22.1%Cal S.Fat 2.6g 6.7%Cal	Nutrients Target Cals... 478 100% Chol... 25 mg Sodium... 354 mg Fiber... 3.0 g Iron... 1.6 mg Calcium 492.6 mg Vit A 626 IU Vit C 9.5 mg Sugar 41.6*g 34.8%Cal Prot 18.7g 15.6%Cal Carb 86.1g 72.1%Cal T.Fat 8.5g 16.0%Cal S.Fat 4.1g 7.6%Cal
Apr - 8 MUFFIN DRIED CHERRIES APPLE JUICE MILK,1% Lowfat	Apr - 9 MINI DONUTS PEACHES MILK,1% Lowfat	Apr - 10 CEREAL PACK MILK,1% Lowfat	Apr - 11 MINI FRN TOAST FRESH GRAPES MILK,1% Lowfat	Apr - 12 PARFAIT STRING CHEESE BANANA MILK,1% Lowfat
Nutrients Target Cals... 460 100% Chol... 52 mg Sodium... 242 mg Fiber... 5.2 g Iron... 1.3 mg Calcium 354.9 mg Vit A 579 IU Vit C 50.1 mg Sugar 48.6*g 42.3%Cal Prot 11.3g 9.9%Cal Carb 85.2g 74.2%Cal T.Fat 8.5g 16.7%Cal S.Fat 3.6g 7.0%Cal	Nutrients Target Cals... 420 100% Chol... 12 mg Sodium... 343 mg Fiber... 3.2 g Iron... 1.1 mg Calcium 370.4 mg Vit A 784 IU Vit C 3.4 mg Sugar 33.7*g 32.1%Cal Prot 12.7g 12.1%Cal Carb 65.2g 62.1%Cal T.Fat 13.5g 28.9%Cal S.Fat 4.5g 9.7%Cal	Nutrients Target Cals... 212 61% Chol... 12 mg Sodium... 307 mg Fiber... 1.0 g Iron... 3.7 mg Calcium 385.0 mg Vit A 878 IU Vit C 4.8 mg Sugar 21.7*g 40.8%Cal Prot 9.2g 17.4%Cal Carb 34.2g 64.3%Cal T.Fat 5.4g 22.7%Cal S.Fat 2.0g 8.7%Cal	Nutrients Target Cals... 378 100% Chol... 12 mg Sodium... 350 mg Fiber... 4.0 g Iron... 4.0 mg Calcium 520.9 mg Vit A 1592 IU Vit C 4.5 mg Sugar 25.7*g 27.2%Cal Prot 12.9g 13.7%Cal Carb 68.6g 72.5%Cal T.Fat 7.8g 18.5%Cal S.Fat 3.2g 7.5%Cal	Nutrients Target Cals... 549 110% Chol... 30 mg Sodium... 457 mg Fiber... 6.0 g Iron... 1.6 mg Calcium 701.5 mg Vit A 742 IU Vit C 18.8 mg Sugar 47.5*g 34.6%Cal Prot 24.2g 17.6%Cal Carb 91.5g 66.6%Cal T.Fat 12.3g 20.1%Cal S.Fat 5.0g 8.3%Cal
Apr - 15 BRFAST SANDWICH YOGURT PLUMS MILK,1% Lowfat	Apr - 16 BANANA BREAD STRING CHEESE MIXED BERRIES MILK,1% Lowfat	Apr - 17 CEREAL PACK MILK,1% Lowfat	Apr - 18 MINI PANCAKES FRUIT SALAD MILK,1% Lowfat	Apr - 19 HARD BOILED EGG DRIED CHERRIES APPLE JUICE MILK,1% Lowfat
Nutrients Target Cals... 415 100% Chol... 30 mg Sodium... 642 mg Fiber... 3.6 g Iron... 1.7 mg Calcium 661.8 mg Vit A 969 IU Vit C 10.8 mg Sugar 30.9*g 29.8%Cal Prot 22.0g 21.2%Cal Carb 64.1g 61.9%Cal T.Fat 8.7g 18.8%Cal S.Fat 3.6g 7.7%Cal	Nutrients Target Cals... 555 111% Chol... 27 mg Sodium... 535 mg Fiber... 4.0 g Iron... 1.2* mg Calcium589.7* mg Vit A 723* IU Vit C 0.0* mg Sugar 53.7*g 38.7%Cal Prot 20.5g 14.8%Cal Carb 77.3g 55.7%Cal T.Fat 18.2g 29.6%Cal S.Fat 6.9g 11.2%Cal	Nutrients Target Cals... 212 61% Chol... 12 mg Sodium... 307 mg Fiber... 1.0 g Iron... 3.7* mg Calcium385.0* mg Vit A 878* IU Vit C 4.8* mg Sugar 21.7*g 40.8%Cal Prot 9.2g 17.4%Cal Carb 34.2g 64.3%Cal T.Fat 5.4g 22.7%Cal S.Fat 2.0g 8.7%Cal	Nutrients Target Cals... 406 94% Chol... 12 mg Sodium... 265 mg Fiber... 4.3 g Iron... 1.2* mg Calcium353.8* mg Vit A 1019* IU Vit C 3.2* mg Sugar 26.7*g 26.3%Cal Prot 12.7g 12.5%Cal Carb 72.3g 71.3%Cal T.Fat 9.5g 21.0%Cal S.Fat 2.1g 4.6%Cal	Nutrients Target Cals... 330 94% Chol... 12 mg Sodium... 278 mg Fiber... 3.2 g Iron... 0.4* mg Calcium324.9* mg Vit A 479* IU Vit C 47.7* mg Sugar 49.3*g 59.9%Cal Prot 19.2g 23.4%Cal Carb 54.9g 66.6%Cal T.Fat 2.7g 7.5%Cal S.Fat 1.6g 4.3%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.

# Big Hollow School District 38

APRIL 2024

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Monday	Tuesday	Wednesday	Thursday	Friday
Apr - 22 CINNAMON BUN STRING CHEESE FRESH APPLES MILK,1% Lowfat	Apr - 23 APPLE FRITTER YOGURT MANDARIN ORANGE MILK,1% Lowfat	Apr - 24 CEREAL PACK MILK,1% Lowfat	Apr - 25 BRFAST CRESCENT PEARS MILK,1% Lowfat	Apr - 26 BRKFAST BAR PACK MILK,1% Lowfat
Nutrients            Target Cals...            497 100% Chol...            27 mg Sodium...        586 mg Fiber...           5.3 g Iron...            1.8* mg Calcium558.0* mg Vit A              698* IU Vit C              6.3* mg Sugar 42.0*g    33.8%Cal Prot    20.9g    16.8%Cal Carb    71.4g    57.4%Cal T.Fat    15.5g    28.0%Cal S.Fat    6.4g    11.7%Cal	Nutrients            Target Cals...            486 100% Chol...            15 mg Sodium...        587 mg Fiber...           2.7 g Iron...            3.2* mg Calcium487.5* mg Vit A              778* IU Vit C              21.0* mg Sugar 13.4*g    11.0%Cal Prot    20.0g    16.5%Cal Carb    84.0g    69.1%Cal T.Fat    7.8g    14.4%Cal S.Fat    2.3g    4.3%Cal	Nutrients            Target Cals...            212 61% Chol...            12 mg Sodium...        307 mg Fiber...           1.0 g Iron...            3.7* mg Calcium385.0* mg Vit A              878* IU Vit C              4.8* mg Sugar 21.7*g    40.8%Cal Prot    9.2g    17.4%Cal Carb    34.2g    64.3%Cal T.Fat    5.4g    22.7%Cal S.Fat    2.0g    8.7%Cal	Nutrients            Target Cals...            404 100% Chol...            12 mg Sodium...        384 mg Fiber...           4.0 g Iron...            1.9* mg Calcium331.3* mg Vit A              478* IU Vit C              0.9* mg Sugar 37.9*g    37.5%Cal Prot    14.5g    14.3%Cal Carb    68.2g    67.5%Cal T.Fat    10.4g    23.2%Cal S.Fat    3.0g    6.8%Cal	Nutrients            Target Cals...            242 69% Chol...            12 mg Sodium...        207 mg Fiber...           4.0 g Iron...            1.9* mg Calcium305.0* mg Vit A              978* IU Vit C              0.0* mg Sugar 21.7*g    35.8%Cal Prot    11.2g    18.5%Cal Carb    36.2g    59.7%Cal T.Fat    5.9g    21.8%Cal S.Fat    2.5g    9.4%Cal
Apr - 29 ANIMAL CRACKERS GRANOLA BAR YOGURT FRUIT COCKTAIL MILK,1% Lowfat	Apr - 30 CINNAMON ROLL APPLESAUCE ORANGE JUICE MILK,1% Lowfat			
Nutrients            Target Cals...            481 100% Chol...            15 mg Sodium...        360 mg Fiber...           4.2 g Iron...            1.9* mg Calcium642.3* mg Vit A              730* IU Vit C              2.3* mg Sugar 44.5*g    37.0%Cal Prot    15.7g    13.0%Cal Carb    84.2g    70.0%Cal T.Fat    9.5g    17.7%Cal S.Fat    4.1g    7.6%Cal	Nutrients            Target Cals...            449 100% Chol...            12 mg Sodium...        384 mg Fiber...           3.7 g Iron...            1.8* mg Calcium361.2* mg Vit A              730* IU Vit C              38.8* mg Sugar 38.6*g    34.4%Cal Prot    14.3g    12.7%Cal Carb    77.7g    69.2%Cal T.Fat    9.6g    19.2%Cal S.Fat    3.1g    6.2%Cal			

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