

Big Hollow School District 38

Big Hollow Prim & Elem

Mar 18, 2019

Page 1

APRIL 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Apr - 1	Apr - 2	Apr - 3	Apr - 4	Apr - 5
CHEESEBURGER 1/2c ONION RINGS 1/2c BAKED BEANS MANDARIN ORANGE MILK,1% Lowfat KETCHUP	FISH & CHIPS 1/2c STMD BROCCOL 1/4c SLC RED PEPP PINEAPPLE CHUNKS MILK,1% Lowfat	WAFFLES BACON 1/2c CUCUMBER,RA 1/4c POTATO ORANGE JUICE MILK,1% Lowfat SYRUP	SAUSAGE PIZZA 1/2c MIXED VEGETAB 1/4c ZUCCHINI STRAWBERRIES MILK,1% Lowfat	CHICKEN STRIPS 1/2c SWT POT TOTS 1/4c CAULIFLOWER FRUIT SALAD MILK,1% Lowfat KETCHUP COOKIE
Nutrients Target Cals... 732 113% Chol... 37 mg Sodium. 1208 mg Fiber.. 12.6 g Iron... 5.3 mg Calcium 538.0 mg Vit A 1033 IU Vit C 26.5* mg Sugar 12.7*g 6.9%Cal Prot 34.3g 18.7%Cal Carb 112.1g 61.3%Cal T.Fat 17.3g 21.2%Cal S.Fat 5.0g 6.1%Cal	Nutrients Target Cals... 603 100% Chol... 64 mg Sodium. 577 mg Fiber.. 8.0 g Iron... 2.2 mg Calcium 428.4 mg Vit A 2486 IU Vit C 111.7* mg Sugar 31.3*g 20.8%Cal Prot 31.5g 20.9%Cal Carb 73.5g 48.8%Cal T.Fat 22.9g 34.1%Cal S.Fat 4.8g 7.2%Cal	Nutrients Target Cals... 592 100% Chol... 37 mg Sodium. 965 mg Fiber.. 5.5 g Iron... 5.0 mg Calcium 455.8 mg Vit A 717 IU Vit C 37.9* mg Sugar 24.5*g 16.5%Cal Prot 20.4g 13.8%Cal Carb 101.4g 68.5%Cal T.Fat 12.8g 19.4%Cal S.Fat 3.7g 5.6%Cal	Nutrients Target Cals... 680 105% Chol... 47 mg Sodium. 662 mg Fiber.. 9.7 g Iron... 4.4 mg Calcium 598.2 mg Vit A 2926 IU Vit C 68.3* mg Sugar 20.7*g 12.2%Cal Prot 30.5g 18.0%Cal Carb 105.1g 61.8%Cal T.Fat 25.7g 34.1%Cal S.Fat 10.6g 14.0%Cal	Nutrients Target Cals... 690 106% Chol... 62 mg Sodium. 890 mg Fiber.. 8.1 g Iron... 4.8 mg Calcium 373.0 mg Vit A 7785 IU Vit C 38.5* mg Sugar 28.1*g 16.3%Cal Prot 30.4g 17.6%Cal Carb 87.7g 50.9%Cal T.Fat 25.3g 33.0%Cal S.Fat 7.0g 9.1%Cal
Apr - 8	Apr - 9	Apr - 10	Apr - 11	Apr - 12
CHICAGO HOT DOG 1/2c BAKED FRIES 1/2c BAKED BEANS FRESH GRAPES MILK,1% Lowfat KETCHUP	LASAGNA ROLL-UP 1c TOSSED SALAD 1/4c SLC RED PEPP FRUIT SALAD MILK,1% Lowfat GARLIC BREAD RANCH DRESSING	FRNCH TOAST STK YOGURT 1/2c CUCUMBER,RA 1/4c POTATO APPLE JUICE MILK,1% Lowfat SYRUP	CHEESE PIZZA 1/2c GREEN BEANS 1/4c CHERRY TOMAT APPLESAUCE MILK,1% Lowfat	SMILEY FACE NUGG 1/2c POTATO SMILES 1/2c CARROT STICKS MANDARIN ORANGE MILK,1% Lowfat KETCHUP CHOC PUDDING
Nutrients Target Cals... 828 127% Chol... 42 mg Sodium. 1416 mg Fiber.. 12.3 g Iron... 4.6 mg Calcium 420.9 mg Vit A 847 IU Vit C 21.5* mg Sugar 16.3*g 7.9%Cal Prot 30.1g 14.5%Cal Carb 122.7g 59.3%Cal T.Fat 27.0g 29.3%Cal S.Fat 8.6g 9.4%Cal	Nutrients Target Cals... 609 100% Chol... 52 mg Sodium. 934 mg Fiber.. 7.7 g Iron... 3.1 mg Calcium 673.7 mg Vit A 5217 IU Vit C 55.8* mg Sugar 23.0*g 15.1%Cal Prot 29.0g 19.0%Cal Carb 81.9g 53.8%Cal T.Fat 19.4g 28.7%Cal S.Fat 7.1g 10.5%Cal	Nutrients Target Cals... 641 100% Chol... 110 mg Sodium. 523 mg Fiber.. 3.3 g Iron... 2.8 mg Calcium 496.9 mg Vit A 690 IU Vit C 50.6* mg Sugar 24.8*g 15.5%Cal Prot 20.9g 13.1%Cal Carb 115.0g 71.7%Cal T.Fat 11.6g 16.2%Cal S.Fat 3.6g 5.0%Cal	Nutrients Target Cals... 409 74% Chol... 29 mg Sodium. 766 mg Fiber.. 4.2 g Iron... 2.7 mg Calcium 701.5 mg Vit A 1292 IU Vit C 10.3* mg Sugar 12.7*g 12.4%Cal Prot 26.5g 26.0%Cal Carb 55.4g 54.3%Cal T.Fat 9.5g 21.0%Cal S.Fat 5.2g 11.5%Cal	Nutrients Target Cals... 843 130% Chol... 52 mg Sodium. 1173 mg Fiber.. 9.9 g Iron... 4.6 mg Calcium 698.7 mg Vit A 10975 IU Vit C 40.7* mg Sugar 29.9*g 14.2%Cal Prot 31.1g 14.7%Cal Carb 112.9g 53.6%Cal T.Fat 29.7g 31.7%Cal S.Fat 8.5g 9.1%Cal
Apr - 15	Apr - 16	Apr - 17	Apr - 18	Apr - 19
MINI CORN DOGS 1/2c SWT POT FRIES 1/4c FRSH BROCCOL PEARS MILK,1% Lowfat KETCHUP	POPCORN CHICKEN 1/2c BAKED FRIES 1/2c BEAN SALAD PEACHES MILK,1% Lowfat KETCHUP	PANCAKES SAUSAGE PATTY 1/2c CUCUMBER,RA 1/4c POTATO ORANGE JUICE MILK,1% Lowfat SYRUP	DOMINO'S PIZZA 1/2c SPINACH 1/4c CHERRY TOMAT FRESH APPLES MILK,1% Lowfat	

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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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.