

Big Hollow School District 38

Prim/Elem Breakfast

Mar 18, 2019

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APRIL 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Apr - 1 BANANA BREAD STRING CHEESE FRESH APPLES FRUITABLES MILK,1% Lowfat	Apr - 2 MUFFIN YOGURT DRIED CHERRIES APPLE JUICE MILK,1% Lowfat	Apr - 3 MINI DONUTS GRAHAM CRACKERS FRESH APPLES SMOOTHIE MILK,1% Lowfat	Apr - 4 CINN TST CRNCH CE GRAHAM CRACKERS ORANGE HALVES ORANGE JUICE MILK,1% Lowfat	Apr - 5 BREAKFAST BAGEL YOGURT FRESH GRAPES FRUITABLES MILK,1% Lowfat
Nutrients Target Cals... 561 112% Chol... 27 mg Sodium... 551 mg Fiber... 3.7 g Iron... 1.3 mg Calcium 593.8 mg Vit A 1260 IU Vit C 63.2 mg Sugar 44.9*g 32.0%Cal Prot 20.7g 14.7%Cal Carb 80.8g 57.6%Cal T.Fat 18.4g 29.4%Cal S.Fat 6.9g 11.1%Cal	Nutrients Target Cals... 540 108% Chol... 55 mg Sodium... 307 mg Fiber... 5.2 g Iron... 1.3 mg Calcium 504.9 mg Vit A 579 IU Vit C 50.1 mg Sugar 48.6*g 36.0%Cal Prot 15.3g 11.4%Cal Carb 101.2g 75.0%Cal T.Fat 8.5g 14.2%Cal S.Fat 3.6g 6.0%Cal	Nutrients Target Cals... 603 121% Chol... 14 mg Sodium... 483 mg Fiber... 5.3 g Iron... 1.9 mg Calcium 593.5 mg Vit A 1048 IU Vit C 9.6 mg Sugar 56.6*g 37.6%Cal Prot 17.7g 11.8%Cal Carb 103.1g 68.5%Cal T.Fat 16.1g 24.0%Cal S.Fat 4.6g 6.8%Cal	Nutrients Target Cals... 392 100% Chol... 12 mg Sodium... 407 mg Fiber... 3.9 g Iron... 4.6 mg Calcium 523.7 mg Vit A 1743 IU Vit C 77.1 mg Sugar 43.7*g 44.6%Cal Prot 12.7g 13.0%Cal Carb 72.6g 74.1%Cal T.Fat 8.1g 18.7%Cal S.Fat 2.1g 4.7%Cal	Nutrients Target Cals... 498 100% Chol... 30 mg Sodium... 660 mg Fiber... 3.0 g Iron... 1.8 mg Calcium 670.9 mg Vit A 1192 IU Vit C 64.5 mg Sugar 19.7*g 15.8%Cal Prot 21.9g 17.6%Cal Carb 84.6g 67.9%Cal T.Fat 8.8g 15.8%Cal S.Fat 3.7g 6.6%Cal
Apr - 8 MINI WAFFLE SAUSAGE PATTY FRESH APPLES ORANGE JUICE MILK,1% Lowfat	Apr - 9 COTTAGE CHEESE STRAWBERRIES FRUITABLES MILK,1% Lowfat	Apr - 10 CINNAMON ROLL FRESH APPLES SMOOTHIE MILK,1% Lowfat	Apr - 11 MINI FRN TOAST YOGURT FRESH GRAPES ORANGE JUICE MILK,1% Lowfat	Apr - 12 PARFAIT BANANA ORANGE JUICE MILK,1% Lowfat
Nutrients Target Cals... 587 117% Chol... 47 mg Sodium... 573 mg Fiber... 5.0 g Iron... 1.0 mg Calcium 341.6 mg Vit A 733 IU Vit C 40.6 mg Sugar 42.8*g 29.1%Cal Prot 19.2g 13.1%Cal Carb 73.4g 50.0%Cal T.Fat 25.7g 39.4%Cal S.Fat 2.6g 4.0%Cal	Nutrients Target Cals... 356 100% Chol... 37 mg Sodium... 559 mg Fiber... 3.4 g Iron... 0.9 mg Calcium 408.5 mg Vit A 1498 IU Vit C 131.3 mg Sugar 21.2*g 23.8%Cal Prot 22.4g 25.2%Cal Carb 51.9g 58.3%Cal T.Fat 7.3g 18.5%Cal S.Fat 4.6g 11.5%Cal	Nutrients Target Cals... 517 103% Chol... 15 mg Sodium... 444 mg Fiber... 4.6 g Iron... 2.0 mg Calcium 515.0 mg Vit A 559 IU Vit C 11.7 mg Sugar 49.2*g 38.0%Cal Prot 17.8g 13.8%Cal Carb 92.0g 71.1%Cal T.Fat 9.6g 16.7%Cal S.Fat 3.1g 5.3%Cal	Nutrients Target Cals... 517 103% Chol... 15 mg Sodium... 420 mg Fiber... 4.4 g Iron... 4.1 mg Calcium 683.3 mg Vit A 1810 IU Vit C 42.0 mg Sugar 36.6*g 28.3%Cal Prot 17.8g 13.8%Cal Carb 98.3g 76.1%Cal T.Fat 8.0g 13.8%Cal S.Fat 3.2g 5.5%Cal	Nutrients Target Cals... 525 105% Chol... 15 mg Sodium... 255 mg Fiber... 6.3 g Iron... 1.7 mg Calcium 509.2 mg Vit A 815 IU Vit C 56.2 mg Sugar 58.4*g 44.5%Cal Prot 17.8g 13.5%Cal Carb 104.1g 79.3%Cal T.Fat 6.6g 11.3%Cal S.Fat 1.7g 2.9%Cal
Apr - 15 MINI PANCAKE YOGURT BANANA SUNSET JUICE MILK,1% Lowfat	Apr - 16 CINNAMON BUN STRING CHEESE FRESH GRAPES APPLE JUICE MILK,1% Lowfat	Apr - 17 MINI DONUTS GRAHAM CRACKERS FRESH APPLES SMOOTHIE MILK,1% Lowfat	Apr - 18 CHERRIOS CEREAL GRAHAM CRACKERS ORANGE HALVES APPLE JUICE MILK,1% Lowfat	Apr - 19

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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Carb	68.1g	62.3%Cal																																																																																																																																																																																																																																																																																																																																																																																									
T.Fat	12.8g	26.2%Cal																																																																																																																																																																																																																																																																																																																																																																																									
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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.