

Big Hollow School District 38

Prim/Elem Breakfast

May 22, 2019

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JUNE 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Jun - 3 MINI DONUTS GRAHAM CRACKERS FRESH APPLES ORANGE JUICE MILK,1% Lowfat	Jun - 4 MUFFIN DRIED CHERRIES APPLE JUICE MILK,1% Lowfat	Jun - 5	Jun - 6	Jun - 7
Nutrients Target Cals... 557 111% Chol... 12 mg Sodium... 438 mg Fiber... 5.0 g Iron... 1.7 mg Calcium 481.6 mg Vit A 1233 IU Vit C 40.6 mg Sugar 56.8g 40.8%Cal Prot 15.2g 11.0%Cal Carb 93.4g 67.1%Cal T.Fat 16.2g 26.1%Cal S.Fat 4.6g 7.4%Cal	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			
Jun - 10	Jun - 11	Jun - 12	Jun - 13	Jun - 14
Jun - 17	Jun - 18	Jun - 19	Jun - 20	Jun - 21
Jun - 24	Jun - 25	Jun - 26	Jun - 27	Jun - 28

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.