

# Big Hollow School District 38

Big Hollow Prim & Elem

May 22, 2019

JUNE 2019

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Monday	Tuesday	Wednesday	Thursday	Friday
Jun - 3	Jun - 4	Jun - 5	Jun - 6	Jun - 7
CHICAGO HOT DOG 1/2c BAKED FRIES 1/2c BAKED BEANS FRESH MELON MILK,1% Lowfat KETCHUP	PIZZA DIPPERS 1/2c MIXED VEGETAB 1/4c ZUCCHINI FRESH APPLES MILK,1% Lowfat MARINARA SAUCE			
Nutrients Target Cals... 793 122% Chol... 42 mg Sodium. 1434 mg Fiber.. 12.2 g Iron... 4.4 mg Calcium 411.8 mg Vit A 790 IU Vit C 37.4* mg Sugar 25.5*g 12.9%Cal Prot 30.0g 15.1%Cal Carb 113.5g 57.3%Cal T.Fat 26.7g 30.3%Cal S.Fat 8.5g 9.7%Cal	Nutrients Target Cals... 549 100% Chol... 22 mg Sodium. 1197 mg Fiber.. 11.2 g Iron... 3.2 mg Calcium 656.9 mg Vit A 2236 IU Vit C 33.7* mg Sugar 22.9*g 16.6%Cal Prot 26.9g 19.6%Cal Carb 74.0g 53.9%Cal T.Fat 17.6g 28.8%Cal S.Fat 6.6g 10.7%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.