

Big Hollow School District 38

Big Hollow Prim & Elem

Apr 26, 2019

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MAY 2019

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																																																																						
		May - 1 MINI WAFFLE SAUSAGE PATTY 1/2c CUCUMBER,RA 1/4c HASH BROWN APPLE JUICE MILK,1% Lowfat SYRUP	May - 2 BOSCO BITES 1/2c CAULIFLOWER 1/2c CARROT STICKS FRESH MELON MILK,1% Lowfat MARINARA SAUCE	May - 3 ORANGE CHICKEN BROWN RICE 1/2c STMD BROCCOL 1/4c SLC RED PEPP PINEAPPLE CHUNKS MILK,1% Lowfat																																																																																																																																																						
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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																																																																																																																																																									
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Cals...	680																																																																																																																																																									
	105%																																																																																																																																																									
Chol...	47 mg																																																																																																																																																									
Sodium.	662 mg																																																																																																																																																									
Fiber..	9.7 g																																																																																																																																																									
Iron...	4.4 mg																																																																																																																																																									
Calcium	598.2 mg																																																																																																																																																									
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Prot	30.5g 18.0%Cal																																																																																																																																																									
Carb	105.1g 61.8%Cal																																																																																																																																																									
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S.Fat	10.6g 14.0%Cal																																																																																																																																																									
Nutrients	Target																																																																																																																																																									
Cals...	675																																																																																																																																																									
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Sodium.	884 mg																																																																																																																																																									
Fiber..	10.0 g																																																																																																																																																									
Iron...	4.6 mg																																																																																																																																																									
Calcium	372.9 mg																																																																																																																																																									
Vit A	7297 IU																																																																																																																																																									
Vit C	38.2* mg																																																																																																																																																									
Sugar	28.1*g 16.7%Cal																																																																																																																																																									
Prot	30.4g 18.0%Cal																																																																																																																																																									
Carb	82.5g 48.9%Cal																																																																																																																																																									
T.Fat	25.9g 34.6%Cal																																																																																																																																																									
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May - 13 CHICAGO HOT DOG 1/2c BAKED FRIES 1/2c BAKED BEANS FRESH GRAPES MILK,1% Lowfat KETCHUP	May - 14 BAKED MOST 1c TOSSED SALAD 1/4c SLC RED PEPP FRUIT SALAD MILK,1% Lowfat GARLIC BREAD RANCH DRESSING	May - 15 WAFFLES BACON 1/2c CUCUMBER,RA 1/4c HASH BROWN ORANGE JUICE MILK,1% Lowfat SYRUP	May - 16 CHEESE PIZZA 1/2c GREEN BEANS 1/4c CHERRY TOMAT APPLESAUCE MILK,1% Lowfat	May - 17 ANIMAL SHAPE NUG 1/2c POTATO SMILES 1/2c CARROT STICKS MANDARIN ORANGE MILK,1% Lowfat KETCHUP VANILLA PUDDING																																																																																																																																																						

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

Big Hollow Prim & Elem

Apr 26, 2019

Page 2

MAY 2019

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																																																																						
<table style="width: 100%; border-collapse: collapse;"> <tr><td>Nutrients</td><td>Target</td></tr> <tr><td>Cals...</td><td>828</td></tr> <tr><td>127%</td><td></td></tr> <tr><td>Chol...</td><td>42 mg</td></tr> <tr><td>Sodium</td><td>1416 mg</td></tr> <tr><td>Fiber..</td><td>12.3 g</td></tr> <tr><td>Iron...</td><td>4.6 mg</td></tr> <tr><td>Calcium</td><td>420.9 mg</td></tr> <tr><td>Vit A</td><td>847 IU</td></tr> <tr><td>Vit C</td><td>21.5* mg</td></tr> <tr><td>Sugar</td><td>16.3*g 7.9%Cal</td></tr> <tr><td>Prot</td><td>30.1g 14.5%Cal</td></tr> <tr><td>Carb</td><td>122.7g 59.3%Cal</td></tr> <tr><td>T.Fat</td><td>27.0g 29.3%Cal</td></tr> <tr><td>S.Fat</td><td>8.6g 9.4%Cal</td></tr> </table>	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	<table style="width: 100%; border-collapse: collapse;"> <tr><td>Nutrients</td><td>Target</td></tr> <tr><td>Cals...</td><td>710</td></tr> <tr><td>109%</td><td></td></tr> <tr><td>Chol...</td><td>74 mg</td></tr> <tr><td>Sodium</td><td>854 mg</td></tr> <tr><td>Fiber..</td><td>8.8 g</td></tr> <tr><td>Iron...</td><td>5.9 mg</td></tr> <tr><td>Calcium</td><td>412.2 mg</td></tr> <tr><td>Vit A</td><td>5379 IU</td></tr> <tr><td>Vit C</td><td>55.9* mg</td></tr> <tr><td>Sugar</td><td>18.0*g 10.1%Cal</td></tr> <tr><td>Prot</td><td>36.3g 20.4%Cal</td></tr> <tr><td>Carb</td><td>90.3g 50.9%Cal</td></tr> <tr><td>T.Fat</td><td>23.7g 30.1%Cal</td></tr> <tr><td>S.Fat</td><td>7.2g 9.2%Cal</td></tr> </table>	Nutrients	Target	Cals...	710	109%		Chol...	74 mg	Sodium	854 mg	Fiber..	8.8 g	Iron...	5.9 mg	Calcium	412.2 mg	Vit A	5379 IU	Vit C	55.9* mg	Sugar	18.0*g 10.1%Cal	Prot	36.3g 20.4%Cal	Carb	90.3g 50.9%Cal	T.Fat	23.7g 30.1%Cal	S.Fat	7.2g 9.2%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr><td>Nutrients</td><td>Target</td></tr> <tr><td>Cals...</td><td>592</td></tr> <tr><td>100%</td><td></td></tr> <tr><td>Chol...</td><td>37 mg</td></tr> <tr><td>Sodium</td><td>965 mg</td></tr> <tr><td>Fiber..</td><td>5.5 g</td></tr> <tr><td>Iron...</td><td>5.0 mg</td></tr> <tr><td>Calcium</td><td>455.8 mg</td></tr> <tr><td>Vit A</td><td>717 IU</td></tr> <tr><td>Vit C</td><td>37.9* mg</td></tr> <tr><td>Sugar</td><td>24.5*g 16.5%Cal</td></tr> <tr><td>Prot</td><td>20.4g 13.8%Cal</td></tr> <tr><td>Carb</td><td>101.4g 68.5%Cal</td></tr> <tr><td>T.Fat</td><td>12.8g 19.4%Cal</td></tr> <tr><td>S.Fat</td><td>3.7g 5.6%Cal</td></tr> </table>	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	<table style="width: 100%; border-collapse: collapse;"> <tr><td>Nutrients</td><td>Target</td></tr> <tr><td>Cals...</td><td>409</td></tr> <tr><td>74%</td><td></td></tr> <tr><td>Chol...</td><td>29 mg</td></tr> <tr><td>Sodium</td><td>766 mg</td></tr> <tr><td>Fiber..</td><td>4.2 g</td></tr> <tr><td>Iron...</td><td>2.7 mg</td></tr> <tr><td>Calcium</td><td>701.5 mg</td></tr> <tr><td>Vit A</td><td>1292 IU</td></tr> <tr><td>Vit C</td><td>10.3* mg</td></tr> <tr><td>Sugar</td><td>12.7*g 12.4%Cal</td></tr> <tr><td>Prot</td><td>26.5g 26.0%Cal</td></tr> <tr><td>Carb</td><td>55.4g 54.3%Cal</td></tr> <tr><td>T.Fat</td><td>9.5g 21.0%Cal</td></tr> <tr><td>S.Fat</td><td>5.2g 11.5%Cal</td></tr> </table>	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	<table style="width: 100%; border-collapse: collapse;"> <tr><td>Nutrients</td><td>Target</td></tr> <tr><td>Cals...</td><td>793</td></tr> <tr><td>122%</td><td></td></tr> <tr><td>Chol...</td><td>47 mg</td></tr> <tr><td>Sodium</td><td>1103 mg</td></tr> <tr><td>Fiber..</td><td>9.9 g</td></tr> <tr><td>Iron...</td><td>4.2 mg</td></tr> <tr><td>Calcium</td><td>678.7 mg</td></tr> <tr><td>Vit A</td><td>10975 IU</td></tr> <tr><td>Vit C</td><td>40.7* mg</td></tr> <tr><td>Sugar</td><td>29.9*g 15.1%Cal</td></tr> <tr><td>Prot</td><td>28.1g 14.2%Cal</td></tr> <tr><td>Carb</td><td>109.9g 55.4%Cal</td></tr> <tr><td>T.Fat</td><td>26.7g 30.3%Cal</td></tr> <tr><td>S.Fat</td><td>8.0g 9.1%Cal</td></tr> </table>	Nutrients	Target	Cals...	793	122%		Chol...	47 mg	Sodium	1103 mg	Fiber..	9.9 g	Iron...	4.2 mg	Calcium	678.7 mg	Vit A	10975 IU	Vit C	40.7* mg	Sugar	29.9*g 15.1%Cal	Prot	28.1g 14.2%Cal	Carb	109.9g 55.4%Cal	T.Fat	26.7g 30.3%Cal	S.Fat	8.0g 9.1%Cal
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May - 20 CORN DOG 1/2c SWT POT FRIES 1/2c BEAN SALAD PEARS MILK,1% Lowfat KETCHUP	May - 21 POPCORN CHICKEN 1/2c MASHED POTAT 1/4c CORN PEACHES MILK,1% Lowfat KETCHUP BROWN GRAVY	May - 22 PANCAKES SAUSAGE PATTY 1/2c CUCUMBER,RA 1/4c HASH BROWN ORANGE JUICE MILK,1% Lowfat SYRUP	May - 23 DOMINO'S PIZZA 1/2c SPINACH 1/4c CHERRY TOMAT FRESH APPLES MILK,1% Lowfat ICE CREAM CUP	May - 24 MOZZ STICKS 1/2c STMD BROCCOL 1/4c SLC RED PEPP FRESH MELON MILK,1% Lowfat MARINARA SAUCE																																																																																																																																																						
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May - 27	May - 28 WALKING TACO BROWN RICE 1/2c REFRIED BEANS 1/4c CORN FRESH PEAR MILK,1% Lowfat SALSA	May - 29 PAN/SAUS BITES 1/2c CUCUMBER,RA 1/2c HASH BROWN ORANGE JUICE MILK,1% Lowfat	May - 30 PEPPERONI PIZZA 1/2c STMD BROCCOL 1/2c CARROT STICKS BLUEBERRIES MILK,1% Lowfat	May - 31 BRD CHK PAT SAND 1/2c BAKED FRIES 1/4c CHERRY TOMAT ORANGES HALVES MILK,1% Lowfat KETCHUP																																																																																																																																																						
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Sodium	625 mg																																																																																																																																																									
Fiber..	11.7 g																																																																																																																																																									
Iron...	3.7 mg																																																																																																																																																									
Calcium	614.2 mg																																																																																																																																																									
Vit A	12651 IU																																																																																																																																																									
Vit C	52.4* mg																																																																																																																																																									
Sugar	23.9*g 15.7%Cal																																																																																																																																																									
Prot	30.1g 19.7%Cal																																																																																																																																																									
Carb	86.8g 56.8%Cal																																																																																																																																																									
T.Fat	26.3g 38.8%Cal																																																																																																																																																									
S.Fat	10.6g 15.7%Cal																																																																																																																																																									
Nutrients	Target																																																																																																																																																									
Cals...	789																																																																																																																																																									
121%																																																																																																																																																										
Chol...	59 mg																																																																																																																																																									
Sodium	1121 mg																																																																																																																																																									
Fiber..	11.0 g																																																																																																																																																									
Iron...	3.0 mg																																																																																																																																																									
Calcium	561.6 mg																																																																																																																																																									
Vit A	626 IU																																																																																																																																																									
Vit C	46.3* mg																																																																																																																																																									
Sugar	23.5*g 11.9%Cal																																																																																																																																																									
Prot	34.6g 17.5%Cal																																																																																																																																																									
Carb	101.5g 51.4%Cal																																																																																																																																																									
T.Fat	27.3g 31.2%Cal																																																																																																																																																									
S.Fat	5.9g 6.7%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.