

Big Hollow School District 38

Prim/Elem Breakfast

Aug 7, 2017

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AUGUST 2017

Monday	Tuesday	Wednesday	Thursday	Friday
	Aug - 1	Aug - 2	Aug - 3	Aug - 4
Aug - 7	Aug - 8	Aug - 9	Aug - 10	Aug - 11
Aug - 14	Aug - 15	Aug - 16	Aug - 17	Aug - 18
Aug - 21	Aug - 22	Aug - 23	Aug - 24	Aug - 25
	MINI BAGEL GRAHAM CRACKERS ORANGES HALVES APPLE JUICE MILK,1% Lowfat	GRAHAM CRACKERS ANIMAL CRACKERS YOGURT BANANAS SUNSET JUICE MILK,1% Lowfat	APPLE PASTRY GRAHAM CRACKERS FRESH APPLES ORANGE JUICE MILK,1% Lowfat	MUFFIN GRAHAM CRACKERS YOGURT DRIED CHERRIES APPLE JUICE MILK,1% Lowfat
	Nutrients Target Cals... 510 102% Chol... 22 mg Sodium... 387 mg Fiber... 4.8 g Iron... 2.1 mg Calcium 461.1 mg Vit A 1227 IU Vit C 82.6 mg Sugar 48.7g 38.2%Cal Prot 17.0g 13.3%Cal Carb 91.9g 72.0%Cal T.Fat 11.1g 19.6%Cal S.Fat 4.1g 7.2%Cal	Nutrients Target Cals... 548 110% Chol... 15 mg Sodium... 389 mg Fiber... 6.1 g Iron... 2.2 mg Calcium 660.9 mg Vit A 1554 IU Vit C 70.3 mg Sugar 49.1*g 35.9%Cal Prot 17.5g 12.8%Cal Carb 103.1g 75.3%Cal T.Fat 9.3g 15.2%Cal S.Fat 2.7g 4.4%Cal	Nutrients Target Cals... 447 100% Chol... 17 mg Sodium... 333 mg Fiber... 4.0 g Iron... 1.7 mg Calcium 421.6 mg Vit A 1233 IU Vit C 40.6 mg Sugar 48.8*g 43.6%Cal Prot 13.2g 11.9%Cal Carb 79.4g 71.1%Cal T.Fat 10.2g 20.5%Cal S.Fat 3.1g 6.2%Cal	Nutrients Target Cals... 905 181% Chol... 55 mg Sodium... 405 mg Fiber... 6.1 g Iron... 3.4 mg Calcium 655.9 mg Vit A 7827 IU Vit C 50.1 mg Sugar 29.6*g 13.1%Cal Prot 20.2g 8.9%Cal Carb 180.9g 80.0%Cal T.Fat 11.0g 11.0%Cal S.Fat 3.6g 3.5%Cal
Aug - 28	Aug - 29	Aug - 30	Aug - 31	
BANANA BREAD GRAHAM CRACKERS FRESH APPLES FRUITABLES MILK,1% Lowfat	CINN TST CRNCH CE GRAHAM CRACKERS ORANGES APPLE JUICE MILK,1% Lowfat	GRAHAM CRACKERS ANIMAL CRACKERS YOGURT BANANAS SUNSET JUICE MILK,1% Lowfat	BREAKFAST BAR GRAHAM CRACKERS FRESH APPLES ORANGE JUICE MILK,1% Lowfat	
Nutrients Target Cals... 568 114% Chol... 12 mg Sodium... 438 mg Fiber... 4.7 g Iron... 2.0 mg Calcium 489.1 mg Vit A 1616 IU Vit C 63.2 mg Sugar 49.9*g 35.1%Cal Prot 15.4g 10.8%Cal Carb 96.7g 68.1%Cal T.Fat 15.0g 23.7%Cal S.Fat 3.6g 5.6%Cal	Nutrients Target Cals... 390 100% Chol... 12 mg Sodium... 407 mg Fiber... 3.8 g Iron... 4.6 mg Calcium 521.1 mg Vit A 1527 IU Vit C 87.4 mg Sugar 44.7*g 45.9%Cal Prot 12.0g 12.3%Cal Carb 72.9g 74.7%Cal T.Fat 8.1g 18.7%Cal S.Fat 2.1g 4.8%Cal	Nutrients Target Cals... 548 110% Chol... 15 mg Sodium... 389 mg Fiber... 6.1 g Iron... 2.2 mg Calcium 660.9 mg Vit A 1554 IU Vit C 70.3 mg Sugar 49.1*g 35.9%Cal Prot 17.5g 12.8%Cal Carb 103.1g 75.3%Cal T.Fat 9.3g 15.2%Cal S.Fat 2.7g 4.4%Cal	Nutrients Target Cals... 463 100% Chol... 12 mg Sodium... 309 mg Fiber... 8.7 g Iron... 2.9 mg Calcium 425.7 mg Vit A 1771 IU Vit C 43.8 mg Sugar 51.9*g 44.9%Cal Prot 14.4g 12.5%Cal Carb 85.9g 74.3%Cal T.Fat 8.8g 17.1%Cal S.Fat 2.6g 5.0%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.