

Big Hollow School District 38

Prim/Elem Breakfast

Feb 25, 2019

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MARCH 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				Mar - 1 OATMEAL YOGURT BANANA SUNSET JUICE MILK,1% Lowfat
				Nutrients Target Cals... 402 100% Chol... 15 mg Sodium. 185 mg Fiber.. 5.1 g Iron... 1.2 mg Calcium 469.9 mg Vit A 1054 IU Vit C 70.3 mg Sugar 36.1*g 36.0%Cal Prot 16.6g 16.5%Cal Carb 77.8g 77.5%Cal T.Fat 3.9g 8.8%Cal S.Fat 1.9g 4.2%Cal
Mar - 4 BANANA BREAD GRAHAM CRACKERS FRESH APPLES FRUITABLES MILK,1% Lowfat	Mar - 5 MUFFIN GRAHAM CRACKERS DRIED CHERRIES APPLE JUICE MILK,1% Lowfat	Mar - 6 CINNAMON ROLL FRESH APPLES ORANGE JUICE MILK,1% Lowfat	Mar - 7 CORN FLAKES CERE GRAHAM CRACKERS ORANGE HALVES APPLE JUICE MILK,1% Lowfat	Mar - 8 MINI BAGEL YOGURT BANANA APPLE 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... 550 110% Chol... 52 mg Sodium. 337 mg Fiber.. 6.2 g Iron... 2.0 mg Calcium 454.9 mg Vit A 1079 IU Vit C 50.1 mg Sugar 53.6*g 39.0%Cal Prot 13.3g 9.7%Cal Carb 102.2g 74.4%Cal T.Fat 11.0g 18.1%Cal S.Fat 3.6g 5.8%Cal	Nutrients Target Cals... 437 100% Chol... 12 mg Sodium. 383 mg Fiber.. 4.0 g Iron... 1.7 mg Calcium 361.6 mg Vit A 733 IU Vit C 40.6 mg Sugar 45.8*g 41.9%Cal Prot 14.2g 13.0%Cal Carb 74.4g 68.1%Cal T.Fat 9.7g 19.9%Cal S.Fat 3.1g 6.3%Cal	Nutrients Target Cals... 281 80% Chol... 12 mg Sodium. 209 mg Fiber.. 2.8 g Iron... 1.1 mg Calcium 442.7 mg Vit A 1132 IU Vit C 82.6 mg Sugar 35.8*g 50.9%Cal Prot 11.0g 15.6%Cal Carb 51.1g 72.7%Cal T.Fat 5.1g 16.4%Cal S.Fat 1.6g 5.1%Cal	Nutrients Target Cals... 575 115% Chol... 25 mg Sodium. 358 mg Fiber.. 5.3 g Iron... 1.6 mg Calcium 490.8 mg Vit A 655 IU Vit C 58.0 mg Sugar 52.0*g 36.2%Cal Prot 19.6g 13.7%Cal Carb 110.1g 76.7%Cal T.Fat 8.9g 14.0%Cal S.Fat 4.2g 6.6%Cal
Mar - 11 MINI WAFFLE GRAHAM CRACKERS FRESH APPLES ORANGE JUICE MILK,1% Lowfat	Mar - 12 MINI FRN TOAST YOGURT FRESH GRAPES ORANGE JUICE MILK,1% Lowfat	Mar - 13 MINI DONUTS GRAHAM CRACKERS FRESH APPLES ORANGE JUICE MILK,1% Lowfat	Mar - 14 CINN TST CRNCH CE GRAHAM CRACKERS ORANGE HALVES ORANGE JUICE MILK,1% Lowfat	Mar - 15 FRNCH TST BRK SA PEARS FRUITABLES MILK,1% Lowfat

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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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.