

Big Hollow School District 38

JUNE 2017

| Monday | Tuesday | Wednesday | Thursday | Friday | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--|-----------------|-----------|---|---|--------|---------|---------|-------|----------|---------|---------|----------|---------|---------|---------|----------|--------|---------|----------|--------|---------|----------------|---------|---------------|----------------|-----------------|----------------|----------------|----------------|--------------|----------------|-------|--------------|---|-----------|--------|---------|-----|------|--|---------|-------|----------|--------|---------|-------|---------|--------|---------|----------|-------|---------|-------|--------|-------|----------------|------|----------------|------|----------------|-------|---------------|-------|--------------|
| | | | Jun - 1 APPLE PASTRY GRAHAM CRACKERS FRESH APPLES ORANGE JUICE MILK,1% Lowfat | Jun - 2 BREAKFAST BAR GRAHAM CRACKERS FRESH APPLES MILK,1% Lowfat | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: left;">Nutrients</td> <td style="text-align: right;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">447</td> </tr> <tr> <td>100%</td> <td></td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">17 mg</td> </tr> <tr> <td>Sodium..</td> <td style="text-align: right;">333 mg</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">4.0 g</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">1.7 mg</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">421.6 mg</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">1233 IU</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">40.6 mg</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">48.8g 43.6%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">13.2g 11.9%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">79.4g 71.1%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">10.2g 20.5%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">3.1g 6.2%Cal</td> </tr> </table> | 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 | 48.8g 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 | <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: left;">Nutrients</td> <td style="text-align: right;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">404</td> </tr> <tr> <td>100%</td> <td></td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">12 mg</td> </tr> <tr> <td>Sodium..</td> <td style="text-align: right;">304 mg</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">8.3 g</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">2.8 mg</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">413.3 mg</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">1553 IU</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">6.3 mg</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">41.0g 40.6%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">13.6g 13.4%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">72.2g 71.5%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">8.6g 19.2%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">2.6g 5.8%Cal</td> </tr> </table> | Nutrients | Target | Cals... | 404 | 100% | | Chol... | 12 mg | Sodium.. | 304 mg | Fiber.. | 8.3 g | Iron... | 2.8 mg | Calcium | 413.3 mg | Vit A | 1553 IU | Vit C | 6.3 mg | Sugar | 41.0g 40.6%Cal | Prot | 13.6g 13.4%Cal | Carb | 72.2g 71.5%Cal | T.Fat | 8.6g 19.2%Cal | S.Fat | 2.6g 5.8%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 | 48.8g 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... | 404 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 100% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Chol... | 12 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium.. | 304 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fiber.. | 8.3 g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Iron... | 2.8 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Calcium | 413.3 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Vit A | 1553 IU | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Vit C | 6.3 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sugar | 41.0g 40.6%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Prot | 13.6g 13.4%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Carb | 72.2g 71.5%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| T.Fat | 8.6g 19.2%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S.Fat | 2.6g 5.8%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Jun - 5 MUFFIN GRAHAM CRACKERS YOGURT DRIED CHERRIES MILK,1% Lowfat | Jun - 6 | Jun - 7 | Jun - 8 | Jun - 9 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: left;">Nutrients</td> <td style="text-align: right;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">848</td> </tr> <tr> <td>170%</td> <td></td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">55 mg</td> </tr> <tr> <td>Sodium..</td> <td style="text-align: right;">400 mg</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">5.8 g</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">3.3 mg</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">646.0 mg</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">7825 IU</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">2.4 mg</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">17.7*g 8.3%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">20.1g 9.5%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">166.9g 78.7%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">10.9g 11.5%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">3.5g 3.8%Cal</td> </tr> </table> | Nutrients | Target | Cals... | 848 | 170% | | Chol... | 55 mg | Sodium.. | 400 mg | Fiber.. | 5.8 g | Iron... | 3.3 mg | Calcium | 646.0 mg | Vit A | 7825 IU | Vit C | 2.4 mg | Sugar | 17.7*g 8.3%Cal | Prot | 20.1g 9.5%Cal | Carb | 166.9g 78.7%Cal | T.Fat | 10.9g 11.5%Cal | S.Fat | 3.5g 3.8%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Nutrients | Target | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cals... | 848 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 170% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Chol... | 55 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium.. | 400 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fiber.. | 5.8 g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Iron... | 3.3 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Calcium | 646.0 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Vit A | 7825 IU | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Vit C | 2.4 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sugar | 17.7*g 8.3%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Prot | 20.1g 9.5%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Carb | 166.9g 78.7%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| T.Fat | 10.9g 11.5%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S.Fat | 3.5g 3.8%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Jun - 12 | Jun - 13 | Jun - 14 | Jun - 15 | Jun - 16 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Jun - 19 | Jun - 20 | Jun - 21 | Jun - 22 | Jun - 23 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Jun - 26 | Jun - 27 | Jun - 28 | Jun - 29 | Jun - 30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

**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.*