

Big Hollow School District 38

Bighollow Prim & Elem

Mar 21, 2017

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APRIL 2017

Monday	Tuesday	Wednesday	Thursday	Friday
Apr - 3 CHEESEBURGER 1/2c TATER TOTS 1/2c BAKED BEANS MANDARIN ORANGE MILK,1% Lowfat NATURAL KETCHUP	Apr - 4 CORN DOG 1/2c GREEN BEANS 1/4c CAULIFLOWER FRESH APPLES MILK,1% Lowfat NATURAL KETCHUP	Apr - 5 FRNCH TOAST STK YOGURT 1/2c CUCUMBER,RA 1/2c SWT POT FRIES APPLE JUICE MILK,1% Lowfat SYRUP	Apr - 6 DOMINO'S PIZZA 1/2c SPINACH 1/4c CHERRY TOMAT PINEAPPLE CHUNKS MILK,1% Lowfat	Apr - 7 BAKED MOST 1c TOSSED SALAD 1/4c CELERY STICKS FRUIT SALAD MILK,1% Lowfat GARLIC BREAD RANCH DRESSING
Nutrients Target Cals... 702 108% Chol... 37 mg Sodium. 1368 mg Fiber.. 11.6 g Iron... 5.0 mg Calcium 438.0 mg Vit A 1033 IU Vit C 28.9 mg Sugar 12.7*g 7.2%Cal Prot 33.3g 18.9%Cal Carb 105.1g 59.9%Cal T.Fat 18.3g 23.4%Cal S.Fat 6.0g 7.7%Cal	Nutrients Target Cals... 338 61% Chol... 12 mg Sodium. 809 mg Fiber.. 7.9 g Iron... 2.2 mg Calcium 363.8 mg Vit A 751 IU Vit C 60.7 mg Sugar 22.0*g 26.1%Cal Prot 19.3g 22.9%Cal Carb 57.9g 68.6%Cal T.Fat 5.4g 14.3%Cal S.Fat 2.2g 5.7%Cal	Nutrients Target Cals... 791 122% Chol... 110 mg Sodium. 731 mg Fiber.. 6.7 g Iron... 3.5 mg Calcium 513.6 mg Vit A 4023 IU Vit C 53.8 mg Sugar 34.1*g 17.3%Cal Prot 20.8g 10.5%Cal Carb 130.5g 66.0%Cal T.Fat 20.9g 23.8%Cal S.Fat 5.6g 6.3%Cal	Nutrients Target Cals... 460 84% Chol... 32 mg Sodium. 741 mg Fiber.. 7.5 g Iron... 4.2 mg Calcium 968.0 mg Vit A 12734 IU Vit C 17.5 mg Sugar 32.1*g 27.9%Cal Prot 32.5g 28.2%Cal Carb 62.7g 54.5%Cal T.Fat 10.3g 20.2%Cal S.Fat 5.2g 10.2%Cal	Nutrients Target Cals... 643 100% Chol... 60 mg Sodium. 849 mg Fiber.. 8.7 g Iron... 5.1 mg Calcium 420.3 mg Vit A 5430 IU Vit C 27.7 mg Sugar 18.8*g 11.7%Cal Prot 31.5g 19.6%Cal Carb 83.7g 52.1%Cal T.Fat 21.4g 29.9%Cal S.Fat 6.3g 8.8%Cal
Apr - 10 BOSCO STICKS 1/2c STMD BROCCOL 1/2c CARROT STICKS FRESH APPLES MILK,1% Lowfat RANCH DRESSING MARINARA SAUCE	Apr - 11 NACHOS SUPREME 1/2c REFRIED BEANS 1/4c CORN PEARS MILK,1% Lowfat SALSA	Apr - 12 MINI PANCAKE YOGURT 1/2c BUTTERNUT SQ 1/4c FRESH POTATO ORANGE JUICE MILK,1% Lowfat SYRUP	Apr - 13 HAM & CHZ SAND BAKED CHIPS 1/2c POTATO SALAD 1/4c GREEN BEANS STRAWBERRIES MILK,1% Lowfat	Apr - 14
Nutrients Target Cals... 489 89% Chol... 27 mg Sodium. 851 mg Fiber.. 10.2 g Iron... 3.9 mg Calcium 614.6 mg Vit A 12162 IU Vit C 62.2 mg Sugar 24.1*g 19.7%Cal Prot 25.9g 21.2%Cal Carb 73.0g 59.7%Cal T.Fat 11.6g 21.4%Cal S.Fat 4.1g 7.6%Cal	Nutrients Target Cals... 799 123% Chol... 95 mg Sodium. 1286 mg Fiber.. 9.9 g Iron... 6.4 mg Calcium 685.3 mg Vit A 1088 IU Vit C 16.8 mg Sugar 29.5*g 14.8%Cal Prot 47.4g 23.8%Cal Carb 86.3g 43.2%Cal T.Fat 33.0g 37.2%Cal S.Fat 11.0g 12.4%Cal	Nutrients Target Cals... 680 105% Chol... 15 mg Sodium. 367 mg Fiber.. 7.1 g Iron... 2.3 mg Calcium 549.2 mg Vit A 2246 IU Vit C 51.4* mg Sugar 37.6*g 22.1%Cal Prot 19.6g 11.6%Cal Carb 135.1g 79.5%Cal T.Fat 9.7g 12.8%Cal S.Fat 2.1g 2.8%Cal	Nutrients Target Cals... 741 114% Chol... 45 mg Sodium. 1291 mg Fiber.. 9.4 g Iron... 3.5 mg Calcium 428.8 mg Vit A 850 IU Vit C 60.0* mg Sugar 12.7*g 6.8%Cal Prot 27.6g 14.9%Cal Carb 113.7g 61.4%Cal T.Fat 23.5g 28.5%Cal S.Fat 8.0g 9.7%Cal	
Apr - 17	Apr - 18 CHICK PARM SAND W/G SEASON PASTA 1/2c CARROTS 1/4c CORN ORANGES HALVES MILK,1% Lowfat NATURAL KETCHUP	Apr - 19 MINI BLUBRY WAFFL SAUSAGE PATTY 1/2c CUCUMBER,RA 1/4c FRESH POTATO ORANGE JUICE MILK,1% Lowfat SYRUP	Apr - 20 DOMINO'S PIZZA 1/2c SPINACH 1/4c CHERRY TOMAT PINEAPPLE CHUNKS MILK,1% Lowfat	Apr - 21 SMILEY FACE NUJG 1/2c BAKED FRIES 1/2c BAKED BEANS APRICOTS MILK,1% Lowfat NATURAL KETCHUP CHOC CHIP COOKIE

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.