

Big Hollow School District 38

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MARCH 2025

Feb 27, 2025

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																																																																																																																								
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POP TART STRING CHEESE SMOOTHIE MILK,1% Lowfat	HARD BOILED EGG GRAHAM CRACKERS BANANA MILK,1% Lowfat	CEREAL PACK MILK,1% Lowfat	MINI PANCAKES FRUIT SALAD MILK,1% Lowfat	CINNAMON ROLL MANGOS ORANGE JUICE MILK,1% Lowfat																																																																																																																																																																																																								
<table><tr><td>Nutrients</td><td>Target</td></tr><tr><td>Cals...</td><td>548</td></tr><tr><td>110%</td><td></td></tr><tr><td>Chol...</td><td>30 mg</td></tr><tr><td>Sodium...</td><td>565 mg</td></tr><tr><td>Fiber...</td><td>1.6 g</td></tr><tr><td>Iron...</td><td>2.6 mg</td></tr><tr><td>Calcium</td><td>682.8 mg</td></tr><tr><td>Vit A</td><td>1212 IU</td></tr><tr><td>Vit C</td><td>8.5 mg</td></tr><tr><td>Sugar</td><td>27.0*g</td></tr><tr><td>Prot</td><td>22.1g</td></tr><tr><td>Carb</td><td>85.9g</td></tr><tr><td>T.Fat</td><td>13.9g</td></tr><tr><td>S.Fat</td><td>6.7g</td></tr><tr><td></td><td>19.7%Cal</td></tr><tr><td></td><td>16.2%Cal</td></tr><tr><td></td><td>62.7%Cal</td></tr><tr><td></td><td>22.8%Cal</td></tr><tr><td></td><td>11.0%Cal</td></tr></table>	Nutrients	Target	Cals...	548	110%		Chol...	30 mg	Sodium...	565 mg	Fiber...	1.6 g	Iron...	2.6 mg	Calcium	682.8 mg	Vit A	1212 IU	Vit C	8.5 mg	Sugar	27.0*g	Prot	22.1g	Carb	85.9g	T.Fat	13.9g	S.Fat	6.7g		19.7%Cal		16.2%Cal		62.7%Cal		22.8%Cal		11.0%Cal	<table><tr><td>Nutrients</td><td>Target</td></tr><tr><td>Cals...</td><td>357</td></tr><tr><td>100%</td><td></td></tr><tr><td>Chol...</td><td>12 mg</td></tr><tr><td>Sodium...</td><td>370 mg</td></tr><tr><td>Fiber...</td><td>4.1 g</td></tr><tr><td>Iron...</td><td>1.3 mg</td></tr><tr><td>Calcium</td><td>420.9 mg</td></tr><tr><td>Vit A</td><td>1054 IU</td></tr><tr><td>Vit C</td><td>10.3 mg</td></tr><tr><td>Sugar</td><td>32.8*g</td></tr><tr><td>Prot</td><td>22.4g</td></tr><tr><td>Carb</td><td>56.8g</td></tr><tr><td>T.Fat</td><td>5.5g</td></tr><tr><td>S.Fat</td><td>1.7g</td></tr><tr><td></td><td>36.7%Cal</td></tr><tr><td></td><td>25.1%Cal</td></tr><tr><td></td><td>63.6%Cal</td></tr><tr><td></td><td>13.7%Cal</td></tr><tr><td></td><td>4.2%Cal</td></tr></table>	Nutrients	Target	Cals...	357	100%		Chol...	12 mg	Sodium...	370 mg	Fiber...	4.1 g	Iron...	1.3 mg	Calcium	420.9 mg	Vit A	1054 IU	Vit C	10.3 mg	Sugar	32.8*g	Prot	22.4g	Carb	56.8g	T.Fat	5.5g	S.Fat	1.7g		36.7%Cal		25.1%Cal		63.6%Cal		13.7%Cal		4.2%Cal	<table><tr><td>Nutrients</td><td>Target</td></tr><tr><td>Cals...</td><td>212</td></tr><tr><td>61%</td><td></td></tr><tr><td>Chol...</td><td>12 mg</td></tr><tr><td>Sodium...</td><td>307 mg</td></tr><tr><td>Fiber...</td><td>1.0 g</td></tr><tr><td>Iron...</td><td>3.7 mg</td></tr><tr><td>Calcium</td><td>385.0 mg</td></tr><tr><td>Vit A</td><td>878 IU</td></tr><tr><td>Vit C</td><td>4.8 mg</td></tr><tr><td>Sugar</td><td>21.7*g</td></tr><tr><td>Prot</td><td>9.2g</td></tr><tr><td>Carb</td><td>34.2g</td></tr><tr><td>T.Fat</td><td>5.4g</td></tr><tr><td>S.Fat</td><td>2.0g</td></tr><tr><td></td><td>40.8%Cal</td></tr><tr><td></td><td>17.4%Cal</td></tr><tr><td></td><td>64.3%Cal</td></tr><tr><td></td><td>22.7%Cal</td></tr><tr><td></td><td>8.7%Cal</td></tr></table>	Nutrients	Target	Cals...	212	61%		Chol...	12 mg	Sodium...	307 mg	Fiber...	1.0 g	Iron...	3.7 mg	Calcium	385.0 mg	Vit A	878 IU	Vit C	4.8 mg	Sugar	21.7*g	Prot	9.2g	Carb	34.2g	T.Fat	5.4g	S.Fat	2.0g		40.8%Cal		17.4%Cal		64.3%Cal		22.7%Cal		8.7%Cal	<table><tr><td>Nutrients</td><td>Target</td></tr><tr><td>Cals...</td><td>406</td></tr><tr><td>100%</td><td></td></tr><tr><td>Chol...</td><td>12 mg</td></tr><tr><td>Sodium...</td><td>265 mg</td></tr><tr><td>Fiber...</td><td>4.3 g</td></tr><tr><td>Iron...</td><td>1.2 mg</td></tr><tr><td>Calcium</td><td>353.8 mg</td></tr><tr><td>Vit A</td><td>1019 IU</td></tr><tr><td>Vit C</td><td>3.2 mg</td></tr><tr><td>Sugar</td><td>26.7*g</td></tr><tr><td>Prot</td><td>12.7g</td></tr><tr><td>Carb</td><td>72.3g</td></tr><tr><td>T.Fat</td><td>9.5g</td></tr><tr><td>S.Fat</td><td>2.1g</td></tr><tr><td></td><td>26.3%Cal</td></tr><tr><td></td><td>12.5%Cal</td></tr><tr><td></td><td>71.3%Cal</td></tr><tr><td></td><td>21.0%Cal</td></tr><tr><td></td><td>4.6%Cal</td></tr></table>	Nutrients	Target	Cals...	406	100%		Chol...	12 mg	Sodium...	265 mg	Fiber...	4.3 g	Iron...	1.2 mg	Calcium	353.8 mg	Vit A	1019 IU	Vit C	3.2 mg	Sugar	26.7*g	Prot	12.7g	Carb	72.3g	T.Fat	9.5g	S.Fat	2.1g		26.3%Cal		12.5%Cal		71.3%Cal		21.0%Cal		4.6%Cal	<table><tr><td>Nutrients</td><td>Target</td></tr><tr><td>Cals...</td><td>469</td></tr><tr><td>100%</td><td></td></tr><tr><td>Chol...</td><td>12 mg</td></tr><tr><td>Sodium...</td><td>383 mg</td></tr><tr><td>Fiber...</td><td>4.2 g</td></tr><tr><td>Iron...</td><td>1.8 mg</td></tr><tr><td>Calcium</td><td>369.9 mg</td></tr><tr><td>Vit A</td><td>1923 IU</td></tr><tr><td>Vit C</td><td>78.8 mg</td></tr><tr><td>Sugar</td><td>54.1*g</td></tr><tr><td>Prot</td><td>15.0g</td></tr><tr><td>Carb</td><td>81.9g</td></tr><tr><td>T.Fat</td><td>10.0g</td></tr><tr><td>S.Fat</td><td>3.2g</td></tr><tr><td></td><td>46.1%Cal</td></tr><tr><td></td><td>12.8%Cal</td></tr><tr><td></td><td>69.8%Cal</td></tr><tr><td></td><td>19.2%Cal</td></tr><tr><td></td><td>6.1%Cal</td></tr></table>	Nutrients	Target	Cals...	469	100%		Chol...	12 mg	Sodium...	383 mg	Fiber...	4.2 g	Iron...	1.8 mg	Calcium	369.9 mg	Vit A	1923 IU	Vit C	78.8 mg	Sugar	54.1*g	Prot	15.0g	Carb	81.9g	T.Fat	10.0g	S.Fat	3.2g		46.1%Cal		12.8%Cal		69.8%Cal		19.2%Cal		6.1%Cal
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mg	Sugar	35.6*g	Prot	17.7g	Carb	52.1g	T.Fat	8.5g	S.Fat	3.6g		40.9%Cal		20.3%Cal		59.9%Cal		22.0%Cal		9.2%Cal	<table><tr><td>Nutrients</td><td>Target</td></tr><tr><td>Cals...</td><td>404</td></tr><tr><td>100%</td><td></td></tr><tr><td>Chol...</td><td>12 mg</td></tr><tr><td>Sodium...</td><td>384 mg</td></tr><tr><td>Fiber...</td><td>4.0 g</td></tr><tr><td>Iron...</td><td>1.9 mg</td></tr><tr><td>Calcium</td><td>331.3 mg</td></tr><tr><td>Vit A</td><td>478 IU</td></tr><tr><td>Vit C</td><td>0.9 mg</td></tr><tr><td>Sugar</td><td>37.9*g</td></tr><tr><td>Prot</td><td>14.5g</td></tr><tr><td>Carb</td><td>68.2g</td></tr><tr><td>T.Fat</td><td>10.4g</td></tr><tr><td>S.Fat</td><td>3.0g</td></tr><tr><td></td><td>37.5%Cal</td></tr><tr><td></td><td>14.3%Cal</td></tr><tr><td></td><td>67.5%Cal</td></tr><tr><td></td><td>23.2%Cal</td></tr><tr><td></td><td>6.8%Cal</td></tr></table>	Nutrients	Target	Cals...	404	100%		Chol...	12 mg	Sodium...	384 mg	Fiber...	4.0 g	Iron...	1.9 mg	Calcium	331.3 mg	Vit A	478 IU	Vit C	0.9 mg	Sugar	37.9*g	Prot	14.5g	Carb	68.2g	T.Fat	10.4g	S.Fat	3.0g		37.5%Cal		14.3%Cal		67.5%Cal		23.2%Cal		6.8%Cal	<table><tr><td>Nutrients</td><td>Target</td></tr><tr><td>Cals...</td><td>212</td></tr><tr><td>61%</td><td></td></tr><tr><td>Chol...</td><td>12 mg</td></tr><tr><td>Sodium...</td><td>307 mg</td></tr><tr><td>Fiber...</td><td>1.0 g</td></tr><tr><td>Iron...</td><td>3.7 mg</td></tr><tr><td>Calcium</td><td>385.0 mg</td></tr><tr><td>Vit A</td><td>878 IU</td></tr><tr><td>Vit C</td><td>4.8 mg</td></tr><tr><td>Sugar</td><td>21.7*g</td></tr><tr><td>Prot</td><td>9.2g</td></tr><tr><td>Carb</td><td>34.2g</td></tr><tr><td>T.Fat</td><td>5.4g</td></tr><tr><td>S.Fat</td><td>2.0g</td></tr><tr><td></td><td>40.8%Cal</td></tr><tr><td></td><td>17.4%Cal</td></tr><tr><td></td><td>64.3%Cal</td></tr><tr><td></td><td>22.7%Cal</td></tr><tr><td></td><td>8.7%Cal</td></tr></table>	Nutrients	Target	Cals...	212	61%		Chol...	12 mg	Sodium...	307 mg	Fiber...	1.0 g	Iron...	3.7 mg	Calcium	385.0 mg	Vit A	878 IU	Vit C	4.8 mg	Sugar	21.7*g	Prot	9.2g	Carb	34.2g	T.Fat	5.4g	S.Fat	2.0g		40.8%Cal		17.4%Cal		64.3%Cal		22.7%Cal		8.7%Cal	<table><tr><td>Nutrients</td><td>Target</td></tr><tr><td>Cals...</td><td>378</td></tr><tr><td>100%</td><td></td></tr><tr><td>Chol...</td><td>12 mg</td></tr><tr><td>Sodium...</td><td>350 mg</td></tr><tr><td>Fiber...</td><td>4.0 g</td></tr><tr><td>Iron...</td><td>4.0 mg</td></tr><tr><td>Calcium</td><td>520.9 mg</td></tr><tr><td>Vit A</td><td>1592 IU</td></tr><tr><td>Vit C</td><td>4.5 mg</td></tr><tr><td>Sugar</td><td>25.7*g</td></tr><tr><td>Prot</td><td>12.9g</td></tr><tr><td>Carb</td><td>68.6g</td></tr><tr><td>T.Fat</td><td>7.8g</td></tr><tr><td>S.Fat</td><td>3.2g</td></tr><tr><td></td><td>27.2%Cal</td></tr><tr><td></td><td>13.7%Cal</td></tr><tr><td></td><td>72.5%Cal</td></tr><tr><td></td><td>18.5%Cal</td></tr><tr><td></td><td>7.5%Cal</td></tr></table>	Nutrients	Target	Cals...	378	100%		Chol...	12 mg	Sodium...	350 mg	Fiber...	4.0 g	Iron...	4.0 mg	Calcium	520.9 mg	Vit A	1592 IU	Vit C	4.5 mg	Sugar	25.7*g	Prot	12.9g	Carb	68.6g	T.Fat	7.8g	S.Fat	3.2g		27.2%Cal		13.7%Cal		72.5%Cal		18.5%Cal		7.5%Cal	<table><tr><td>Nutrients</td><td>Target</td></tr><tr><td>Cals...</td><td>482</td></tr><tr><td>100%</td><td></td></tr><tr><td>Chol...</td><td>25 mg</td></tr><tr><td>Sodium...</td><td>362 mg</td></tr><tr><td>Fiber...</td><td>3.0 g</td></tr><tr><td>Iron...</td><td>1.9 mg</td></tr><tr><td>Calcium</td><td>495.0 mg</td></tr><tr><td>Vit A</td><td>878 IU</td></tr><tr><td>Vit C</td><td>21.0 mg</td></tr><tr><td>Sugar</td><td>25.7*g</td></tr><tr><td>Prot</td><td>19.2g</td></tr><tr><td>Carb</td><td>86.2g</td></tr><tr><td>T.Fat</td><td>8.4g</td></tr><tr><td>S.Fat</td><td>4.0g</td></tr><tr><td></td><td>21.3%Cal</td></tr><tr><td></td><td>15.9%Cal</td></tr><tr><td></td><td>71.4%Cal</td></tr><tr><td></td><td>15.6%Cal</td></tr><tr><td></td><td>7.5%Cal</td></tr></table>	Nutrients	Target	Cals...	482	100%		Chol...	25 mg	Sodium...	362 mg	Fiber...	3.0 g	Iron...	1.9 mg	Calcium	495.0 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CINN TST PUFF FRESH APPLES FRUITABLES MILK,1% Lowfat	BANANA BREAD YOGURT BLUEBERRIES MILK,1% Lowfat	CEREAL PACK MILK,1% Lowfat	MINI DONUTS PEACHES MILK,1% Lowfat	BRKFAST BAR PACK MILK,1% Lowfat																																																																																																																																																																																																								

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Big Hollow School District 38

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MARCH 2025

Feb 27, 2025

Monday			Tuesday			Wednesday			Thursday			Friday		
Nutrients		Target	Nutrients		Target	Nutrients		Target	Nutrients		Target	Nutrients		Target
Cals...	338		Cals...	521		Cals...	212		Cals...	420		Cals...	242	
97%			104%			61%			100%			69%		
Chol...	12 mg		Chol...	15 mg		Chol...	12 mg		Chol...	12 mg		Chol...	12 mg	
Sodium...	223 mg		Sodium...	394 mg		Sodium...	307 mg		Sodium...	343 mg		Sodium...	207 mg	
Fiber...	5.7 g		Fiber...	5.2 g		Fiber...	1.0 g		Fiber...	3.2 g		Fiber...	4.0 g	
Iron...	2.0 mg		Iron...	1.4 mg		Iron...	3.7 mg		Iron...	1.1 mg		Iron...	1.9 mg	
Calcium	309.1 mg		Calcium	543.7 mg		Calcium	385.0 mg		Calcium	370.4 mg		Calcium	305.0 mg	
Vit A	1516 IU		Vit A	631 IU		Vit A	878 IU		Vit A	784 IU		Vit A	978 IU	
Vit C	63.2 mg		Vit C	2.9 mg		Vit C	4.8 mg		Vit C	3.4 mg		Vit C	0.0 mg	
Sugar	28.9*g	34.1%Cal	Sugar	37.7*g	29.0%Cal	Sugar	21.7*g	40.8%Cal	Sugar	33.7*g	32.1%Cal	Sugar	21.7*g	35.8%Cal
Prot	11.4g	13.5%Cal	Prot	17.7g	13.6%Cal	Prot	9.2g	17.4%Cal	Prot	12.7g	12.1%Cal	Prot	11.2g	18.5%Cal
Carb	59.7g	70.6%Cal	Carb	86.0g	66.1%Cal	Carb	34.2g	64.3%Cal	Carb	65.2g	62.1%Cal	Carb	36.2g	59.7%Cal
T.Fat	6.0g	15.9%Cal	T.Fat	13.1g	22.6%Cal	T.Fat	5.4g	22.7%Cal	T.Fat	13.5g	28.9%Cal	T.Fat	5.9g	21.8%Cal
S.Fat	2.6g	6.8%Cal	S.Fat	3.6g	6.2%Cal	S.Fat	2.0g	8.7%Cal	S.Fat	4.5g	9.7%Cal	S.Fat	2.5g	9.4%Cal
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Mar - 31														
CEREAL PACK														
MILK,1% Lowfat														
Nutrients		Target												
Cals...	212													
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