

Big Hollow School District 38

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Monday	Tuesday	Wednesday	Thursday	Friday
			May - 1 CINNAMON BUN PINEAPPLE CHUNKS MILK,1% Lowfat	May - 2 MUFFIN DRIED CHERRIES APPLE JUICE MILK,1% Lowfat
			Nutrients Target Cals... 408 100% Chol... 12 mg Sodium... 379 mg Fiber... 3.0 g Iron... 2.0 mg Calcium 362.6 mg Vit A 526 IU Vit C 9.5 mg Sugar 43.6g 42.8%Cal Prot 13.7g 13.4%Cal Carb 68.1g 66.8%Cal T.Fat 9.5g 21.0%Cal S.Fat 3.1g 6.7%Cal	Nutrients Target Cals... 460 100% Chol... 52 mg Sodium... 242 mg Fiber... 5.2 g Iron... 1.3 mg Calcium 354.9 mg Vit A 579 IU Vit C 50.1 mg Sugar 48.6*g 42.3%Cal Prot 11.3g 9.9%Cal Carb 85.2g 74.2%Cal T.Fat 8.5g 16.7%Cal S.Fat 3.6g 7.0%Cal
May - 5 BRFAST CRESCENT PEARS MILK,1% Lowfat	May - 6 HARD BOILED EGG GRAHAM CRACKERS FRUIT SALAD MILK,1% Lowfat	May - 7 CEREAL PACK MILK,1% Lowfat	May - 8 MINI WAFFLE BANANA MILK,1% Lowfat	May - 9 CINNAMON ROLL MANGOS ORANGE JUICE MILK,1% Lowfat
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 37.5%Cal Prot 14.5g 14.3%Cal Carb 68.2g 67.5%Cal T.Fat 10.4g 23.2%Cal S.Fat 3.0g 6.8%Cal	Nutrients Target Cals... 326 93% Chol... 12 mg Sodium... 376 mg Fiber... 2.3 g Iron... 1.3 mg Calcium 423.8 mg Vit A 1519 IU Vit C 3.2 mg Sugar 18.4*g 22.6%Cal Prot 21.6g 26.5%Cal Carb 49.0g 60.1%Cal T.Fat 5.2g 14.3%Cal S.Fat 1.6g 4.3%Cal	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 40.8%Cal Prot 9.2g 17.4%Cal Carb 34.2g 64.3%Cal T.Fat 5.4g 22.7%Cal S.Fat 2.0g 8.7%Cal	Nutrients Target Cals... 417 100% Chol... 17 mg Sodium... 289 mg Fiber... 6.1 g Iron... 1.1 mg Calcium 330.9 mg Vit A 554 IU Vit C 10.3 mg Sugar 39.1*g 37.5%Cal Prot 13.5g 12.9%Cal Carb 76.1g 72.9%Cal T.Fat 8.8g 18.9%Cal S.Fat 2.7g 5.8%Cal	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 46.1%Cal Prot 15.0g 12.8%Cal Carb 81.9g 69.8%Cal T.Fat 10.0g 19.2%Cal S.Fat 3.2g 6.1%Cal
May - 12 OATMEAL ROUND STRING CHEESE APPLESAUCE MILK,1% Lowfat	May - 13 POP TART SMOOTHIE MILK,1% Lowfat	May - 14 CEREAL PACK MILK,1% Lowfat	May - 15 MINI PANCAKES FRUIT SALAD MILK,1% Lowfat	May - 16 BAGEL & CREAM CH YOGURT MANDARIN ORANGE MILK,1% Lowfat
Nutrients Target Cals... 308 88% Chol... 27 mg Sodium... 318 mg Fiber... 3.3 g Iron... 1.1 mg Calcium 522.4 mg Vit A 656 IU Vit C 1.3 mg Sugar 12.7*g 16.5%Cal Prot 18.7g 24.3%Cal Carb 38.7g 50.4%Cal T.Fat 9.5g 27.7%Cal S.Fat 5.1g 15.0%Cal	Nutrients Target Cals... 465 100% Chol... 15 mg Sodium... 357 mg Fiber... 1.6 g Iron... 2.5 mg Calcium 478.1 mg Vit A 1067 IU Vit C 8.5 mg Sugar 27.0*g 23.3%Cal Prot 14.8g 12.8%Cal Carb 84.8g 72.9%Cal T.Fat 8.0g 15.5%Cal S.Fat 3.3g 6.4%Cal	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 40.8%Cal Prot 9.2g 17.4%Cal Carb 34.2g 64.3%Cal T.Fat 5.4g 22.7%Cal S.Fat 2.0g 8.7%Cal	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 26.3%Cal Prot 12.7g 12.5%Cal Carb 72.3g 71.3%Cal T.Fat 9.5g 21.0%Cal S.Fat 2.1g 4.6%Cal	Nutrients Target Cals... 482 100% Chol... 25 mg Sodium... 362 mg Fiber... 3.0 g Iron... 1.9 mg Calcium 495.0 mg Vit A 878 IU Vit C 21.0 mg Sugar 25.7*g 21.3%Cal Prot 19.2g 15.9%Cal Carb 86.2g 71.4%Cal T.Fat 8.4g 15.6%Cal S.Fat 4.0g 7.5%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.

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Apr 28, 2025

Monday	Tuesday	Wednesday	Thursday	Friday
May - 19	May - 20	May - 21	May - 22	May - 23
MUFFIN DRIED CHERRIES APPLE JUICE MILK,1% Lowfat	BANANA BREAD YOGURT BLUEBERRIES MILK,1% Lowfat	CEREAL PACK MILK,1% Lowfat	MINI FRN TOAST FRESH GRAPES MILK,1% Lowfat	BRFAST SANDWICH PINEAPPLE CHUNKS MILK,1% Lowfat
Nutrients Target Cals... 460 100% Chol... 52 mg Sodium... 242 mg Fiber... 5.2 g Iron... 1.3 mg Calcium 354.9 mg Vit A 579 IU Vit C 50.1 mg Sugar 48.6*g 42.3%Cal Prot 11.3g 9.9%Cal Carb 85.2g 74.2%Cal T.Fat 8.5g 16.7%Cal S.Fat 3.6g 7.0%Cal	Nutrients Target Cals... 521 104% Chol... 15 mg Sodium... 394 mg Fiber... 5.2 g Iron... 1.4 mg Calcium 543.7 mg Vit A 631 IU Vit C 2.9 mg Sugar 37.7*g 29.0%Cal Prot 17.7g 13.6%Cal Carb 86.0g 66.1%Cal T.Fat 13.1g 22.6%Cal S.Fat 3.6g 6.2%Cal	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 40.8%Cal Prot 9.2g 17.4%Cal Carb 34.2g 64.3%Cal T.Fat 5.4g 22.7%Cal S.Fat 2.0g 8.7%Cal	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 27.2%Cal Prot 12.9g 13.7%Cal Carb 68.6g 72.5%Cal T.Fat 7.8g 18.5%Cal S.Fat 3.2g 7.5%Cal	Nutrients Target Cals... 348 99% Chol... 27 mg Sodium... 579 mg Fiber... 3.0 g Iron... 2.0 mg Calcium 522.6 mg Vit A 626 IU Vit C 9.5 mg Sugar 35.6*g 40.9%Cal Prot 17.7g 20.3%Cal Carb 52.1g 59.9%Cal T.Fat 8.5g 22.0%Cal S.Fat 3.6g 9.2%Cal
May - 26	May - 27	May - 28	May - 29	May - 30
	MINI DONUTS PEACHES MILK,1% Lowfat	CEREAL PACK MILK,1% Lowfat	ANIMAL CRACKERS GRANOLA BAR YOGURT FRESH APPLES MILK,1% Lowfat	BRKFAST BAR PACK MILK,1% Lowfat
	Nutrients Target Cals... 420 100% Chol... 12 mg Sodium... 343 mg Fiber... 3.2 g Iron... 1.1 mg Calcium 370.4 mg Vit A 784 IU Vit C 3.4 mg Sugar 33.7*g 32.1%Cal Prot 12.7g 12.1%Cal Carb 65.2g 62.1%Cal T.Fat 13.5g 28.9%Cal S.Fat 4.5g 9.7%Cal	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 40.8%Cal Prot 9.2g 17.4%Cal Carb 34.2g 64.3%Cal T.Fat 5.4g 22.7%Cal S.Fat 2.0g 8.7%Cal	Nutrients Target Cals... 448 100% Chol... 15 mg Sodium... 353 mg Fiber... 4.7 g Iron... 1.6 mg Calcium 639.1 mg Vit A 516 IU Vit C 3.2 mg Sugar 34.9*g 31.1%Cal Prot 15.4g 13.7%Cal Carb 75.7g 67.5%Cal T.Fat 9.5g 19.0%Cal S.Fat 4.1g 8.2%Cal	Nutrients Target Cals... 242 69% Chol... 12 mg Sodium... 207 mg Fiber... 4.0 g Iron... 1.9 mg Calcium 305.0 mg Vit A 978 IU Vit C 0.0 mg Sugar 21.7*g 35.8%Cal Prot 11.2g 18.5%Cal Carb 36.2g 59.7%Cal T.Fat 5.9g 21.8%Cal S.Fat 2.5g 9.4%Cal

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