

Big Hollow School District 38

Page 1

APRIL 2025

Mar 20, 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	Apr - 1 CHEESEBURGER 1/2c ONION RINGS 1/2c BAKED BEANS MANDARIN ORANGE MILK,1% Lowfat KETCHUP	Apr - 2 FRNCH TOAST STK YOGURT 1/2c CUCUMBER 1/2c HASH BROWN APPLE JUICE MILK,1% Lowfat SYRUP	Apr - 3 ORANGE CHICKEN BROWN RICE 1/2c STMD BROCCOL 1/4c SLC RED PEPP PINEAPPLE CHUNKS MILK,1% Lowfat EGG ROLL	Apr - 4 MOZZ STICKS 1/2c PEAS 1/2c CARROT STICKS STRAWBERRIES MILK,1% Lowfat MARINARA SAUCE
	Nutrients Target Cals... 782 120% Chol... 42 mg Sodium. 1268 mg Fiber.. 12.6 g Iron... 5.7 mg Calcium 538.0 mg Vit A 1033 IU Vit C 26.5* mg Sugar 12.7*g 6.5%Cal Prot 36.3g 18.5%Cal Carb 113.1g 57.9%Cal T.Fat 21.8g 25.0%Cal S.Fat 7.0g 8.0%Cal	Nutrients Target Cals... 762 117% Chol... 110 mg Sodium. 529 mg Fiber.. 3.8 g Iron... 2.5 mg Calcium 500.2 mg Vit A 690 IU Vit C 55.8* mg Sugar 25.0*g 13.1%Cal Prot 21.5g 11.3%Cal Carb 124.7g 65.5%Cal T.Fat 20.6g 24.3%Cal S.Fat 4.3g 5.1%Cal	Nutrients Target Cals... 501 84% Chol... 52 mg Sodium. 405 mg Fiber.. 6.4 g Iron... 2.8 mg Calcium 369.6 mg Vit A 1556 IU Vit C 76.0* mg Sugar 43.0*g 34.3%Cal Prot 25.7g 20.5%Cal Carb 86.7g 69.2%Cal T.Fat 6.6g 11.9%Cal S.Fat 2.3g 4.1%Cal	Nutrients Target Cals... 599 100% Chol... 22 mg Sodium. 1169 mg Fiber.. 11.3 g Iron... 4.6 mg Calcium 774.5 mg Vit A 12049 IU Vit C 76.1* mg Sugar 15.6*g 10.4%Cal Prot 30.1g 20.1%Cal Carb 95.0g 63.4%Cal T.Fat 12.0g 18.0%Cal S.Fat 3.6g 5.5%Cal
Apr - 7 CHICAGO HOT DOG 1/2c BAKED FRIES 1/2c BAKED BEANS FRESH GRAPES MILK,1% Lowfat KETCHUP	Apr - 8 MINI QUESADILLA 1/2c CORN 1/4c CELERY STICKS FRUIT SALAD MILK,1% Lowfat SALSA	Apr - 9 APPLE PANCAK BITE EGG PATTY 1/2c CUCUMBER 1/4c HASH BROWN FRUITABLES MILK,1% Lowfat SYRUP	Apr - 10 MOSTACCIOLI 1c TOSSED SALAD 1/2c CARROT STICKS BANANA MILK,1% Lowfat DINNER ROLL RANCH DRESSING	Apr - 11 CHICKEN STRIPS 1/2c TATER TOTS 1/2c MIXED VEGETAB MANGOS MILK,1% Lowfat KETCHUP
Nutrients Target Cals... 848 130% Chol... 47 mg Sodium. 1536 mg Fiber.. 12.3 g Iron... 4.6 mg Calcium 430.9 mg Vit A 847 IU Vit C 21.5* mg Sugar 16.3*g 7.7%Cal Prot 23.1g 10.9%Cal Carb 122.7g 57.9%Cal T.Fat 30.0g 31.8%Cal S.Fat 9.6g 10.2%Cal	Nutrients Target Cals... 562 94% Chol... 102 mg Sodium. 742 mg Fiber.. 10.2 g Iron... 3.5 mg Calcium 539.9 mg Vit A 2696 IU Vit C 11.6* mg Sugar 26.4*g 18.8%Cal Prot 28.5g 20.3%Cal Carb 79.9g 56.9%Cal T.Fat 14.3g 22.9%Cal S.Fat 5.6g 9.0%Cal	Nutrients Target Cals... 716 110% Chol... 113 mg Sodium. 967 mg Fiber.. 6.1 g Iron... 4.3 mg Calcium 406.6 mg Vit A 1724 IU Vit C 64.5* mg Sugar 14.1*g 7.9%Cal Prot 17.3g 9.7%Cal Carb 117.3g 65.5%Cal T.Fat 18.7g 23.5%Cal S.Fat 4.4g 5.6%Cal	Nutrients Target Cals... 784 121% Chol... 74 mg Sodium. 929 mg Fiber.. 12.1 g Iron... 5.5 mg Calcium 504.4 mg Vit A 14667 IU Vit C 38.2* mg Sugar 34.8*g 17.8%Cal Prot 37.9g 19.3%Cal Carb 109.6g 56.0%Cal T.Fat 23.0g 26.5%Cal S.Fat 6.9g 8.0%Cal	Nutrients Target Cals... 631 100% Chol... 47 mg Sodium. 978 mg Fiber.. 8.8 g Iron... 3.5 mg Calcium 357.5 mg Vit A 2455 IU Vit C 48.5* mg Sugar 29.2*g 18.5%Cal Prot 30.2g 19.1%Cal Carb 75.2g 47.7%Cal T.Fat 24.8g 35.4%Cal S.Fat 7.1g 10.2%Cal
Apr - 14 FISH & CHIPS CREAMY COLE SLA GRAPEFRUIT MILK,1% Lowfat TARTAR SAUCE	Apr - 15 MAC & CHEESE 1c TOSSED SALAD 1/4c SLC GRN PEPP BLUEBERRIES MILK,1% Lowfat GARLIC BREAD RANCH DRESSING	Apr - 16	Apr - 17 CHICKEN NUGGETS 1/2c WAFFLE FRIES 1/2c CAULIFLOWER APPLESAUCE MILK,1% Lowfat KETCHUP	Apr - 18

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.

Big Hollow School District 38

Page 2

APRIL 2025

Mar 20, 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Nutrients Target Cals... 648 100% Chol... 81 mg Sodium... 882 mg Fiber... 3.2 g Iron... 0.9 mg Calcium 377.6 mg Vit A 2534 IU Vit C 50.1* mg Sugar 25.6*g 15.8%Cal Prot 26.4g 16.3%Cal Carb 65.7g 40.6%Cal T.Fat 32.2g 44.8%Cal S.Fat 6.0g 8.4%Cal	Nutrients Target Cals... 644 100% Chol... 78 mg Sodium... 855 mg Fiber... 12.0 g Iron... 6.0 mg Calcium 441.1 mg Vit A 5582 IU Vit C 87.7* mg Sugar 19.4*g 12.1%Cal Prot 38.2g 23.7%Cal Carb 68.3g 42.5%Cal T.Fat 26.0g 36.4%Cal S.Fat 8.4g 11.8%Cal		Nutrients Target Cals... 609 100% Chol... 51 mg Sodium... 938 mg Fiber... 7.6 g Iron... 2.5 mg Calcium 353.7 mg Vit A 512 IU Vit C 60.8* mg Sugar 15.9*g 10.4%Cal Prot 26.6g 17.5%Cal Carb 68.6g 45.1%Cal T.Fat 26.7g 39.5%Cal S.Fat 7.2g 10.7%Cal	
Apr - 21 CORN DOG 1/2c SWT POT FRIES 1/2c BEAN SALAD FRESH APPLES MILK,1% Lowfat KETCHUP	Apr - 22 BRD CHK PAT SAND 1/2c ROASTED WED 1/2c GREEN BEANS ORANGES HALVES MILK,1% Lowfat KETCHUP	Apr - 23 WAFFLES BACON 1/2c CUCUMBER 1/2c HASH BROWN SMOOTHIE MILK,1% Lowfat SYRUP	Apr - 24 DOMINO'S PIZZA 1/2c ASPARAGUS 1/2c SPINACH SALAD PEACHES MILK,1% Lowfat ICE CREAM	Apr - 25 NACHOS SUPREME 1/2c CORN 1/4c CHERRY TOMAT PEARS MILK,1% Lowfat SALSA
Nutrients Target Cals... 605 100% Chol... 12 mg Sodium... 1074 mg Fiber... 12.0 g Iron... 3.6 mg Calcium 378.0 mg Vit A 4062 IU Vit C 10.1* mg Sugar 29.2*g 19.3%Cal Prot 19.8g 13.1%Cal Carb 87.8g 58.1%Cal T.Fat 21.2g 31.6%Cal S.Fat 5.0g 7.4%Cal	Nutrients Target Cals... 747 115% Chol... 37 mg Sodium... 1392 mg Fiber... 12.9 g Iron... 4.7 mg Calcium 668.8 mg Vit A 861 IU Vit C 40.9* mg Sugar 22.8*g 12.2%Cal Prot 32.3g 17.3%Cal Carb 90.9g 48.7%Cal T.Fat 27.8g 33.6%Cal S.Fat 6.7g 8.1%Cal	Nutrients Target Cals... 794 122% Chol... 40 mg Sodium... 1033 mg Fiber... 6.5 g Iron... 5.0 mg Calcium 612.5 mg Vit A 542 IU Vit C 14.2* mg Sugar 28.1*g 14.2%Cal Prot 24.6g 12.4%Cal Carb 128.7g 64.8%Cal T.Fat 21.8g 24.7%Cal S.Fat 4.4g 5.0%Cal	Nutrients Target Cals... 586 98% Chol... 53 mg Sodium... 817 mg Fiber... 8.2* g Iron... 4.9 mg Calcium1048.7 mg Vit A 13490 IU Vit C 15.1* mg Sugar 16.2*g 11.0%Cal Prot 35.7g 24.4%Cal Carb 77.3g 52.8%Cal T.Fat 15.5g 23.8%Cal S.Fat 8.7*g 13.3%Cal	Nutrients Target Cals... 740 114% Chol... 104 mg Sodium... 981 mg Fiber... 10.4* g Iron... 2.6* mg Calcium342.9* mg Vit A 1057* IU Vit C 6.3* mg Sugar 39.9*g 21.6%Cal Prot 38.1g 20.6%Cal Carb 83.7g 45.2%Cal T.Fat 28.0g 34.0%Cal S.Fat 14.0*g 17.0%Cal
Apr - 28 GRILLED CHEESE 1/2C TOMATO SOUP 1/4c SQUASH MIXED BERRIES MILK,1% Lowfat	Apr - 29 BEEF SANDWICH 1/2c POTATO SMILES 1/4c ZUCCHINI APRICOTS MILK,1% Lowfat	Apr - 30 PAN/SAUS BITES 1/2c CUCUMBER 1/2c HASH BROWN ORANGE JUICE MILK,1% Lowfat SYRUP		
Nutrients Target Cals... 546 91% Chol... 49 mg Sodium... 990 mg Fiber... 5.6* g Iron... 2.0* mg Calcium807.9* mg Vit A 2026* IU Vit C 10.0* mg Sugar 28.7*g 21.0%Cal Prot 28.3g 20.7%Cal Carb 76.0g 55.7%Cal T.Fat 13.9g 23.0%Cal S.Fat 8.1*g 13.4%Cal	Nutrients Target Cals... 682 105% Chol... 42 mg Sodium... 965 mg Fiber... 9.2* g Iron... 4.0* mg Calcium390.1* mg Vit A 1332* IU Vit C 114.5* mg Sugar 17.4*g 10.2%Cal Prot 30.3g 17.8%Cal Carb 99.4g 58.3%Cal T.Fat 18.2g 24.0%Cal S.Fat 5.8*g 7.7%Cal	Nutrients Target Cals... 585 97% Chol... 37 mg Sodium... 635 mg Fiber... 6.2* g Iron... 3.0* mg Calcium393.3* mg Vit A 778* IU Vit C 65.1* mg Sugar 32.2*g 22.0%Cal Prot 20.7g 14.2%Cal Carb 103.3g 70.7%Cal T.Fat 12.7g 19.6%Cal S.Fat 4.6*g 7.0%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.