

Big Hollow School District 38

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Monday	Tuesday	Wednesday	Thursday	Friday
May - 1	May - 2	May - 3	May - 4	May - 5
CEREAL PACK FRESH APPLES MILK,1% Lowfat	POP TART STRING CHEESE PEARS SMOOTHIE MILK,1% Lowfat	MINI DONUTS PEACHES ORANGE JUICE MILK,1% Lowfat	MINI WAFFLE PINEAPPLE CHUNKS ORANGE JUICE MILK,1% Lowfat	GRANOLA BAR YOGURT FRESH APPLES FRUITABLES MILK,1% Lowfat
Nutrients Target Cals... 248 62% Chol... 12 mg Sodium... 308 mg Fiber... 2.7 g Iron... 3.8 mg Calcium 389.1 mg Vit A 915 IU Vit C 8.0 mg Sugar 28.9g 46.5%Cal Prot 9.4g 15.1%Cal Carb 43.7g 70.4%Cal T.Fat 5.5g 19.9%Cal S.Fat 2.1g 7.5%Cal	Nutrients Target Cals... 612 122% Chol... 30 mg Sodium... 568 mg Fiber... 3.6 g Iron... 2.9 mg Calcium 680.7 mg Vit A 1209 IU Vit C 9.0 mg Sugar 41.5*g 27.1%Cal Prot 22.1g 14.5%Cal Carb 103.4g 67.5%Cal T.Fat 13.9g 20.5%Cal S.Fat 6.7g 9.8%Cal	Nutrients Target Cals... 479 100% Chol... 12 mg Sodium... 348 mg Fiber... 3.5 g Iron... 1.3 mg Calcium 382.8 mg Vit A 1002 IU Vit C 40.9 mg Sugar 44.6*g 37.3%Cal Prot 13.5g 11.3%Cal Carb 78.9g 66.0%Cal T.Fat 13.7g 25.7%Cal S.Fat 4.6g 8.6%Cal	Nutrients Target Cals... 437 100% Chol... 17 mg Sodium... 294 mg Fiber... 4.4 g Iron... 1.4 mg Calcium 355.1 mg Vit A 744 IU Vit C 46.9 mg Sugar 51.5*g 47.2%Cal Prot 13.5g 12.4%Cal Carb 79.8g 73.2%Cal T.Fat 8.7g 17.9%Cal S.Fat 2.6g 5.3%Cal	Nutrients Target Cals... 414 100% Chol... 15 mg Sodium... 259 mg Fiber... 4.3 g Iron... 0.6 mg Calcium 543.3 mg Vit A 1053 IU Vit C 66.3 mg Sugar 34.0*g 32.9%Cal Prot 13.6g 13.1%Cal Carb 78.2g 75.5%Cal T.Fat 5.6g 12.2%Cal S.Fat 3.1g 6.7%Cal
May - 8	May - 9	May - 10	May - 11	May - 12
BRKFAST BAR PACK ORANGE HALVES MILK,1% Lowfat	BRFAST CRESCENT PEARS SMOOTHIE MILK,1% Lowfat	CEREAL PACK FRESH APPLES MILK,1% Lowfat	MINI PANCAKES FRUIT SALAD APPLE JUICE MILK,1% Lowfat	BAGEL & CREAM CH YOGURT MANDARIN ORANGE FRUITABLES MILK,1% Lowfat
Nutrients Target Cals... 273 68% Chol... 12 mg Sodium... 207 mg Fiber... 5.6 g Iron... 1.9 mg Calcium 331.2 mg Vit A 1126 IU Vit C 34.8 mg Sugar 27.8*g 40.7%Cal Prot 11.8g 17.3%Cal Carb 43.9g 64.2%Cal T.Fat 5.9g 19.6%Cal S.Fat 2.6g 8.4%Cal	Nutrients Target Cals... 543 109% Chol... 15 mg Sodium... 450 mg Fiber... 4.9 g Iron... 2.3 mg Calcium 497.2 mg Vit A 521 IU Vit C 9.4 mg Sugar 52.2*g 38.5%Cal Prot 18.9g 13.9%Cal Carb 99.5g 73.3%Cal T.Fat 10.5g 17.5%Cal S.Fat 3.1g 5.1%Cal	Nutrients Target Cals... 248 62% Chol... 12 mg Sodium... 308 mg Fiber... 2.7 g Iron... 3.8 mg Calcium 389.1 mg Vit A 915 IU Vit C 8.0 mg Sugar 28.9*g 46.5%Cal Prot 9.4g 15.1%Cal Carb 43.7g 70.4%Cal T.Fat 5.5g 19.9%Cal S.Fat 2.1g 7.5%Cal	Nutrients Target Cals... 463 100% Chol... 12 mg Sodium... 270 mg Fiber... 4.5 g Iron... 1.3 mg Calcium 363.7 mg Vit A 1020 IU Vit C 50.9 mg Sugar 38.6*g 33.4%Cal Prot 12.8g 11.0%Cal Carb 86.3g 74.6%Cal T.Fat 9.6g 18.7%Cal S.Fat 2.1g 4.0%Cal	Nutrients Target Cals... 542 108% Chol... 25 mg Sodium... 377 mg Fiber... 3.0 g Iron... 1.9 mg Calcium 495.0 mg Vit A 1378 IU Vit C 81.0 mg Sugar 25.7*g 18.9%Cal Prot 19.2g 14.2%Cal Carb 100.2g 73.9%Cal T.Fat 8.4g 13.9%Cal S.Fat 4.0g 6.7%Cal
May - 15	May - 16	May - 17	May - 18	May - 19
MUFFIN DRIED CHERRIES APPLE JUICE MILK,1% Lowfat	BANANA BREAD STRING CHEESE BLUEBERRIES SMOOTHIE MILK,1% Lowfat	CEREAL PACK FRESH APPLES MILK,1% Lowfat	MINI FRN TOAST FRESH GRAPES FRUITABLES MILK,1% Lowfat	

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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MAY 2023

Apr 27, 2023

Monday	Tuesday	Wednesday	Thursday	Friday
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... 662 132% Chol... 30 mg Sodium... 602 mg Fiber... 6.1 g Iron... 1.9 mg Calcium 764.3 mg Vit A 818 IU Vit C 11.4 mg Sugar 52.0*g 31.4%Cal Prot 25.4g 15.3%Cal Carb 102.4g 61.8%Cal T.Fat 19.1g 26.0%Cal S.Fat 7.0g 9.5%Cal	Nutrients Target Cals... 248 62% Chol... 12 mg Sodium... 308 mg Fiber... 2.7 g Iron... 3.8 mg Calcium 389.1 mg Vit A 915 IU Vit C 8.0 mg Sugar 28.9*g 46.5%Cal Prot 9.4g 15.1%Cal Carb 43.7g 70.4%Cal T.Fat 5.5g 19.9%Cal S.Fat 2.1g 7.5%Cal	Nutrients Target Cals... 438 100% Chol... 12 mg Sodium... 365 mg Fiber... 4.0 g Iron... 4.0 mg Calcium 520.9 mg Vit A 2092 IU Vit C 64.5 mg Sugar 25.7*g 23.4%Cal Prot 12.9g 11.8%Cal Carb 82.6g 75.4%Cal T.Fat 7.8g 15.9%Cal S.Fat 3.2g 6.5%Cal	
May - 22	May - 23	May - 24	May - 25	May - 26
CINNAMON ROLL PLUMS APPLE JUICE MILK,1% Lowfat	PARFAIT STRING CHEESE BANANA SUNSET JUICE MILK,1% Lowfat	CEREAL PACK FRESH APPLES MILK,1% Lowfat	APPLE FRITTER STRING CHEESE PEACHES SMOOTHIE MILK,1% Lowfat	OATMEAL ROUND STRAWBERRIES SUNSET JUICE MILK,1% Lowfat
Nutrients Target Cals... 452 100% Chol... 12 mg Sodium... 382 mg Fiber... 3.8 g Iron... 1.9 mg Calcium 361.7 mg Vit A 871 IU Vit C 58.5 mg Sugar 50.9*g 45.0%Cal Prot 14.1g 12.5%Cal Carb 78.1g 69.2%Cal T.Fat 9.8g 19.6%Cal S.Fat 3.1g 6.1%Cal	Nutrients Target Cals... 589 118% Chol... 30 mg Sodium... 467 mg Fiber... 6.0 g Iron... 1.6 mg Calcium 701.5 mg Vit A 1242 IU Vit C 78.8 mg Sugar 56.5*g 38.3%Cal Prot 24.2g 16.4%Cal Carb 101.5g 68.9%Cal T.Fat 12.3g 18.7%Cal S.Fat 5.0g 7.7%Cal	Nutrients Target Cals... 248 62% Chol... 12 mg Sodium... 308 mg Fiber... 2.7 g Iron... 3.8 mg Calcium 389.1 mg Vit A 915 IU Vit C 8.0 mg Sugar 28.9*g 46.5%Cal Prot 9.4g 15.1%Cal Carb 43.7g 70.4%Cal T.Fat 5.5g 19.9%Cal S.Fat 2.1g 7.5%Cal	Nutrients Target Cals... 606 121% Chol... 30 mg Sodium... 791 mg Fiber... 3.8 g Iron... 3.4 mg Calcium 693.4 mg Vit A 972 IU Vit C 11.9 mg Sugar 27.7*g 18.3%Cal Prot 27.2g 17.9%Cal Carb 95.4g 63.0%Cal T.Fat 13.9g 20.6%Cal S.Fat 5.7g 8.5%Cal	Nutrients Target Cals... 253 63% Chol... 12 mg Sodium... 119 mg Fiber... 4.3 g Iron... 1.3 mg Calcium 332.1 mg Vit A 992 IU Vit C 126.7 mg Sugar 27.2*g 43.1%Cal Prot 12.0g 19.0%Cal Carb 43.5g 68.9%Cal T.Fat 3.9g 13.8%Cal S.Fat 1.7g 6.2%Cal
May - 29	May - 30	May - 31		
	MINI DONUTS PEACHES ORANGE JUICE MILK,1% Lowfat	CEREAL PACK FRESH APPLES MILK,1% Lowfat		
	Nutrients Target Cals... 479 100% Chol... 12 mg Sodium... 348 mg Fiber... 3.5 g Iron... 1.3 mg Calcium 382.8 mg Vit A 1002 IU Vit C 40.9 mg Sugar 44.6*g 37.3%Cal Prot 13.5g 11.3%Cal Carb 78.9g 66.0%Cal T.Fat 13.7g 25.7%Cal S.Fat 4.6g 8.6%Cal	Nutrients Target Cals... 248 62% Chol... 12 mg Sodium... 308 mg Fiber... 2.7 g Iron... 3.8 mg Calcium 389.1 mg Vit A 915 IU Vit C 8.0 mg Sugar 28.9*g 46.5%Cal Prot 9.4g 15.1%Cal Carb 43.7g 70.4%Cal T.Fat 5.5g 19.9%Cal S.Fat 2.1g 7.5%Cal		

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