

# Big Hollow School District 38

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JUNE 2023

May 24, 2023

| Monday                                                                                                                                                                                                                                                                                      | Tuesday                                                                                                                                                                                                                                                                                   | Wednesday                                                                                                                                                                                                                                                                                      | Thursday                                                                                                                                                                                                                                                                                 | Friday                                                                                                                                                                                                                                                                                     |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                | Jun - 1<br><br>DOMINO'S PIZZA<br>1/2c WAFFLE FRIES<br>1/2c MIXED VEGETAB<br>PEACHES<br>MILK,1% Lowfat<br>KETCHUP                                                                                                                                                                         | Jun - 2<br><br>CHICKEN STRIPS<br>1/2c TATER TOTS<br>1/2c CARROTS<br>BLUEBERRIES<br>MILK,1% Lowfat<br>KETCHUP                                                                                                                                                                               |
|                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                | Nutrients Target<br>Cals... 660<br>102%<br>Chol... 36 mg<br>Sodium. 1193 mg<br>Fiber.. 9.2 g<br>Iron... 3.3 mg<br>Calcium 830.4 mg<br>Vit A 2284 IU<br>Vit C 19.0 mg<br>Sugar 15.7*g 9.5%Cal<br>Prot 33.7g 20.4%Cal<br>Carb 88.2g 53.5%Cal<br>T.Fat 19.5g 26.6%Cal<br>S.Fat 7.0g 9.6%Cal | Nutrients Target<br>Cals... 597<br>100%<br>Chol... 47 mg<br>Sodium. 1247 mg<br>Fiber.. 9.4 g<br>Iron... 3.7 mg<br>Calcium 370.2 mg<br>Vit A 16839 IU<br>Vit C 9.2 mg<br>Sugar 17.3*g 11.6%Cal<br>Prot 27.6g 18.5%Cal<br>Carb 68.1g 45.6%Cal<br>T.Fat 25.4g 38.2%Cal<br>S.Fat 7.1g 10.8%Cal |
| Jun - 5<br><br>CHEESEBURGER<br>1/2c ONION RINGS<br>1/2c BAKED BEANS<br>MANDARIN ORANGE<br>MILK,1% Lowfat<br>KETCHUP                                                                                                                                                                         | Jun - 6<br><br>CHICAGO HOT DOG<br>1/2c BAKED FRIES<br>1/2c GREEN BEANS<br>STRAWBERRIES<br>MILK,1% Lowfat<br>KETCHUP                                                                                                                                                                       | Jun - 7<br><br>SUB SANDWICH<br>BAKED CHIPS<br>1/2c CARROT STICKS<br>1/2c CUCUMBER<br>FRUIT SALAD<br>MILK,1% Lowfat<br>MUSTARD                                                                                                                                                                  | Jun - 8                                                                                                                                                                                                                                                                                  | Jun - 9                                                                                                                                                                                                                                                                                    |
| Nutrients Target<br>Cals... 782<br>120%<br>Chol... 42 mg<br>Sodium. 1268 mg<br>Fiber.. 12.6 g<br>Iron... 5.7 mg<br>Calcium 538.0 mg<br>Vit A 1033 IU<br>Vit C 26.5* mg<br>Sugar 12.7*g 6.5%Cal<br>Prot 36.3g 18.5%Cal<br>Carb 113.1g 57.9%Cal<br>T.Fat 21.8g 25.0%Cal<br>S.Fat 7.0g 8.0%Cal | Nutrients Target<br>Cals... 676<br>104%<br>Chol... 42 mg<br>Sodium. 1097 mg<br>Fiber.. 8.4 g<br>Iron... 4.4 mg<br>Calcium 370.6 mg<br>Vit A 741 IU<br>Vit C 56.8* mg<br>Sugar 16.3*g 9.6%Cal<br>Prot 24.6g 14.6%Cal<br>Carb 96.8g 57.3%Cal<br>T.Fat 23.1g 30.8%Cal<br>S.Fat 7.9g 10.5%Cal | Nutrients Target<br>Cals... 710<br>109%<br>Chol... 73 mg<br>Sodium. 1515 mg<br>Fiber.. 8.0 g<br>Iron... 2.8* mg<br>Calcium413.0* mg<br>Vit A 11297* IU<br>Vit C 10.4* mg<br>Sugar 22.2*g 12.5%Cal<br>Prot 38.1g 21.4%Cal<br>Carb 90.8g 51.2%Cal<br>T.Fat 24.5g 31.0%Cal<br>S.Fat 8.1g 10.3%Cal |                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                            |
| Jun - 12                                                                                                                                                                                                                                                                                    | Jun - 13                                                                                                                                                                                                                                                                                  | Jun - 14                                                                                                                                                                                                                                                                                       | Jun - 15                                                                                                                                                                                                                                                                                 | Jun - 16                                                                                                                                                                                                                                                                                   |
| Jun - 19                                                                                                                                                                                                                                                                                    | Jun - 20                                                                                                                                                                                                                                                                                  | Jun - 21                                                                                                                                                                                                                                                                                       | Jun - 22                                                                                                                                                                                                                                                                                 | Jun - 23                                                                                                                                                                                                                                                                                   |
| Jun - 26                                                                                                                                                                                                                                                                                    | Jun - 27                                                                                                                                                                                                                                                                                  | Jun - 28                                                                                                                                                                                                                                                                                       | Jun - 29                                                                                                                                                                                                                                                                                 | Jun - 30                                                                                                                                                                                                                                                                                   |

\*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.