

Big Hollow School District 38

Page 1

MARCH 2025

Feb 27, 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Mar - 3	Mar - 4	Mar - 5	Mar - 6	Mar - 7
CHEESEBURGER 1/2c ONION RINGS 1/2c BAKED BEANS MANDARIN ORANGE MILK,1% Lowfat KETCHUP	MOZZ STICKS 1/2c PEAS 1/2c CARROT STICKS STRAWBERRIES MILK,1% Lowfat MARINARA SAUCE	FRNCH TOAST STK YOGURT 1/2c CUCUMBER 1/2c HASH BROWN APPLE JUICE MILK,1% Lowfat SYRUP	ORANGE CHICKEN BROWN RICE 1/2c STMD BROCCOL 1/4c SLC RED PEPP PINEAPPLE CHUNKS MILK,1% Lowfat FORTUNE COOKIE	CHICKEN NUGGETS 1/2c WAFFLE FRIES 1/2c CAULIFLOWER APPLESAUCE MILK,1% Lowfat KETCHUP
Nutrients Target Cals...782 120% Chol...42 mg Sodium...1268 mg Fiber...12.6 g Iron...5.7 mg Calcium538.0 mg Vit A1033 IU Vit C26.5* mg Sugar12.7*g6.5%Cal Prot36.3g18.5%Cal Carb113.1g57.9%Cal T.Fat21.8g25.0%Cal S.Fat7.0g8.0%Cal	Nutrients Target Cals...599 100% Chol...22 mg Sodium...1169 mg Fiber...11.3 g Iron...4.6 mg Calcium774.5 mg Vit A12049 IU Vit C76.1* mg Sugar15.6*g10.4%Cal Prot30.1g20.1%Cal Carb95.0g63.4%Cal T.Fat12.0g18.0%Cal S.Fat3.6g5.5%Cal	Nutrients Target Cals...762 117% Chol...110 mg Sodium...529 mg Fiber...3.8 g Iron...2.5 mg Calcium500.2 mg Vit A690 IU Vit C55.8* mg Sugar25.0*g13.1%Cal Prot21.5g11.3%Cal Carb124.7g65.5%Cal T.Fat20.6g24.3%Cal S.Fat4.3g5.1%Cal	Nutrients Target Cals...501 84% Chol...52 mg Sodium...405 mg Fiber...6.4 g Iron...2.8 mg Calcium369.6 mg Vit A1556 IU Vit C76.0* mg Sugar43.0*g34.3%Cal Prot25.7g20.5%Cal Carb86.7g69.2%Cal T.Fat6.6g11.9%Cal S.Fat2.3g4.1%Cal	Nutrients Target Cals...609 100% Chol...51 mg Sodium...938 mg Fiber...7.6 g Iron...2.5 mg Calcium353.7 mg Vit A512 IU Vit C60.8* mg Sugar15.9*g10.4%Cal Prot26.6g17.5%Cal Carb68.6g45.1%Cal T.Fat26.7g39.5%Cal S.Fat7.2g10.7%Cal
Mar - 10	Mar - 11	Mar - 12	Mar - 13	Mar - 14
CHICAGO HOT DOG 1/2c BAKED FRIES 1/2c BAKED BEANS FRESH GRAPES MILK,1% Lowfat KETCHUP	BEEF TACO 1/2c CORN 1/4c CELERY STICKS FRUIT SALAD MILK,1% Lowfat SALSA		MAC & CHEESE 1c TOSSED SALAD 1/4c SLC GRN PEPP BLUEBERRIES MILK,1% Lowfat GARLIC BREAD RANCH DRESSING	POPCORN CHICKEN 1/2c BAKED FRIES 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 Calcium430.9 mg Vit A847 IU Vit C21.5* mg Sugar16.3*g7.7%Cal Prot23.1g10.9%Cal Carb122.7g57.9%Cal T.Fat30.0g31.8%Cal S.Fat9.6g10.2%Cal	Nutrients Target Cals...601 100% Chol...58 mg Sodium...535 mg Fiber...8.2 g Iron...4.1 mg Calcium539.9 mg Vit A2296 IU Vit C17.4* mg Sugar25.4*g17.0%Cal Prot31.7g21.1%Cal Carb75.3g50.1%Cal T.Fat19.6g29.4%Cal S.Fat7.4g11.1%Cal		Nutrients Target Cals...644 100% Chol...78 mg Sodium...855 mg Fiber...12.0 g Iron...6.0 mg Calcium441.1 mg Vit A5582 IU Vit C87.7* mg Sugar19.4*g12.1%Cal Prot38.2g23.7%Cal Carb68.3g42.5%Cal T.Fat26.0g36.4%Cal S.Fat8.4g11.8%Cal	Nutrients Target Cals...707 109% Chol...47 mg Sodium...860 mg Fiber...10.4 g Iron...3.8 mg Calcium366.5 mg Vit A2455 IU Vit C57.5* mg Sugar28.2*g15.9%Cal Prot29.7g16.8%Cal Carb93.5g52.9%Cal T.Fat25.4g32.3%Cal S.Fat6.6g8.4%Cal
Mar - 17	Mar - 18	Mar - 19	Mar - 20	Mar - 21
RIB SANDWICH 1/2c POTATO SMILES 1/4c ZUCCHINI MELON MILK,1% Lowfat	BRD CHK PAT SAND 1/2c ROASTED WED 1/2c GREEN BEANS ORANGES HALVES MILK,1% Lowfat KETCHUP	WAFFLES BACON 1/2c CUCUMBER 1/2c HASH BROWN SMOOTHIE MILK,1% Lowfat SYRUP	DOMINO'S PIZZA 1/2c ASPARAGUS 1/2c SPINACH SALAD PEACHES MILK,1% Lowfat ICE CREAM	GRILLED CHEESE 1/2c BAKED FRIES 1/4c SQUASH MIXED BERRIES MILK,1% Lowfat KETCHUP

***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

MARCH 2025

Feb 27, 2025

Monday		Tuesday		Wednesday		Thursday		Friday	
Nutrients	Target	Nutrients	Target	Nutrients	Target	Nutrients	Target	Nutrients	Target
Cals...	725	Cals...	747	Cals...	794	Cals...	586	Cals...	648
112%		115%		122%		98%		100%	
Chol...	47 mg	Chol...	37 mg	Chol...	40 mg	Chol...	53 mg	Chol...	44 mg
Sodium.	1451 mg	Sodium.	1392 mg	Sodium.	1033 mg	Sodium.	817 mg	Sodium.	978 mg
Fiber..	8.3 g	Fiber..	12.9 g	Fiber..	6.5 g	Fiber..	8.2* g	Fiber..	7.3* g
Iron...	4.6 mg	Iron...	4.7 mg	Iron...	5.0 mg	Iron...	4.9 mg	Iron...	2.5* mg
Calcium	406.2 mg	Calcium	668.8 mg	Calcium	612.5 mg	Calcium	1048.7 mg	Calcium	793.5* mg
Vit A	1511 IU	Vit A	861 IU	Vit A	542 IU	Vit A	13490 IU	Vit A	1776* IU
Vit C	45.5* mg	Vit C	40.9* mg	Vit C	14.2* mg	Vit C	15.1* mg	Vit C	14.1* mg
Sugar	35.7*g 19.7%Cal	Sugar	22.8*g 12.2%Cal	Sugar	28.1*g 14.2%Cal	Sugar	16.2*g 11.0%Cal	Sugar	28.7*g 17.7%Cal
Prot	32.0g 17.7%Cal	Prot	32.3g 17.3%Cal	Prot	24.6g 12.4%Cal	Prot	35.7g 24.4%Cal	Prot	29.5g 18.2%Cal
Carb	98.5g 54.3%Cal	Carb	90.9g 48.7%Cal	Carb	128.7g 64.8%Cal	Carb	77.3g 52.8%Cal	Carb	91.7g 56.6%Cal
T.Fat	23.3g 29.0%Cal	T.Fat	27.8g 33.6%Cal	T.Fat	21.8g 24.7%Cal	T.Fat	15.5g 23.8%Cal	T.Fat	17.8g 24.7%Cal
S.Fat	7.9g 9.8%Cal	S.Fat	6.7g 8.1%Cal	S.Fat	4.4g 5.0%Cal	S.Fat	8.7*g 13.3%Cal	S.Fat	8.3*g 11.5%Cal
Mar - 24		Mar - 25		Mar - 26		Mar - 27		Mar - 28	
Mar - 31									
PIZZA HOT POCKET									
1/2c PEAS & CARROT									
1/2c EDAMAME BEAN									
APRICOTS									
MILK,1% Lowfat									
Nutrients	Target								
Cals...	675								
104%									
Chol...	42 mg								
Sodium.	794 mg								
Fiber..	12.3* g								
Iron...	6.9* mg								
Calcium	691.8* mg								
Vit A	11845* IU								
Vit C	123.9* mg								
Sugar	22.6*g 13.4%Cal								
Prot	42.6g 25.3%Cal								
Carb	85.9g 50.9%Cal								
T.Fat	20.8g 27.8%Cal								
S.Fat	6.6*g 8.8%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.