

# Big Hollow School District 38

Page 1

MAY 2023

Apr 27, 2023

| Monday                                                                                                                                                                                                                                                                                         | Tuesday                                                                                                                                                                                                                                                                                         | Wednesday                                                                                                                                                                                                                                                                                     | Thursday                                                                                                                                                                                                                                                                                         | Friday                                                                                                                                                                                                                                                                                        |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| May - 1                                                                                                                                                                                                                                                                                        | May - 2                                                                                                                                                                                                                                                                                         | May - 3                                                                                                                                                                                                                                                                                       | May - 4                                                                                                                                                                                                                                                                                          | May - 5                                                                                                                                                                                                                                                                                       |
| CHEESEBURGER<br>1/2c ONION RINGS<br>1/2c BAKED BEANS<br>MANDARIN ORANGE<br>MILK,1% Lowfat<br>KETCHUP                                                                                                                                                                                           | MINI QUESADILLA<br>1/2c EDAMAME BEAN<br>1/4c CHERRY TOMAT<br>FRESH GRAPES<br>MILK,1% Lowfat<br>SALSA                                                                                                                                                                                            | FRNCH TOAST STK<br>YOGURT<br>1/2c CUCUMBER<br>1/4c HASH BROWN<br>APPLE JUICE<br>MILK,1% Lowfat<br>SYRUP                                                                                                                                                                                       | CHICKEN STRIPS<br>1/2c TATER TOTS<br>1/2c CARROTS<br>FRESH APPLES<br>MILK,1% Lowfat<br>KETCHUP                                                                                                                                                                                                   | DEEP DISH PIZZA<br>1/2c PEAS<br>1/2c FRSH BROCCOL<br>WATERMELON<br>MILK,1% Lowfat<br>RANCH DRESSING                                                                                                                                                                                           |
| Nutrients Target<br>Cals... 732<br>113%<br>Chol... 37 mg<br>Sodium... 1208 mg<br>Fiber... 12.6 g<br>Iron... 5.3 mg<br>Calcium 538.0 mg<br>Vit A 1033 IU<br>Vit C 26.5* mg<br>Sugar 12.7*g 6.9%Cal<br>Prot 34.3g 18.7%Cal<br>Carb 112.1g 61.3%Cal<br>T.Fat 17.3g 21.2%Cal<br>S.Fat 5.0g 6.1%Cal | Nutrients Target<br>Cals... 609<br>100%<br>Chol... 102 mg<br>Sodium... 712 mg<br>Fiber... 11.8 g<br>Iron... 6.4 mg<br>Calcium 724.3 mg<br>Vit A 1748 IU<br>Vit C 40.1* mg<br>Sugar 13.7*g 9.0%Cal<br>Prot 39.0g 25.6%Cal<br>Carb 70.6g 46.4%Cal<br>T.Fat 21.8g 32.3%Cal<br>S.Fat 5.7g 8.4%Cal   | Nutrients Target<br>Cals... 641<br>100%<br>Chol... 110 mg<br>Sodium... 523 mg<br>Fiber... 3.3 g<br>Iron... 2.8 mg<br>Calcium 496.9 mg<br>Vit A 690 IU<br>Vit C 50.6* mg<br>Sugar 24.8*g 15.5%Cal<br>Prot 20.9g 13.1%Cal<br>Carb 115.0g 71.7%Cal<br>T.Fat 11.6g 16.2%Cal<br>S.Fat 3.6g 5.0%Cal | Nutrients Target<br>Cals... 575<br>96%<br>Chol... 47 mg<br>Sodium... 1246 mg<br>Fiber... 7.8 g<br>Iron... 3.6 mg<br>Calcium 365.6 mg<br>Vit A 16824 IU<br>Vit C 9.5* mg<br>Sugar 24.5*g 17.0%Cal<br>Prot 27.3g 19.0%Cal<br>Carb 63.8g 44.4%Cal<br>T.Fat 24.8g 38.8%Cal<br>S.Fat 7.1g 11.1%Cal    | Nutrients Target<br>Cals... 609<br>100%<br>Chol... 32 mg<br>Sodium... 1169 mg<br>Fiber... 9.0 g<br>Iron... 4.1 mg<br>Calcium 668.7 mg<br>Vit A 2347 IU<br>Vit C 55.7* mg<br>Sugar 19.2*g 12.6%Cal<br>Prot 30.7g 20.2%Cal<br>Carb 73.6g 48.3%Cal<br>T.Fat 22.0g 32.5%Cal<br>S.Fat 6.6g 9.8%Cal |
| May - 8                                                                                                                                                                                                                                                                                        | May - 9                                                                                                                                                                                                                                                                                         | May - 10                                                                                                                                                                                                                                                                                      | May - 11                                                                                                                                                                                                                                                                                         | May - 12                                                                                                                                                                                                                                                                                      |
| CHICAGO HOT DOG<br>1/2c BAKED FRIES<br>1/2c BAKED BEANS<br>STRAWBERRIES<br>MILK,1% Lowfat<br>KETCHUP                                                                                                                                                                                           | MAC & CHEESE<br>1c TOSSED SALAD<br>1/2c CARROT STICKS<br>BLUEBERRIES<br>MILK,1% Lowfat<br>GARLIC BREAD<br>RANCH DRESSING                                                                                                                                                                        | PAN/SAUS BITES<br>1/2c CUCUMBER<br>1/2c HASH BROWN<br>ORANGE JUICE<br>MILK,1% Lowfat<br>SYRUP                                                                                                                                                                                                 | NACHOS SUPREME<br>1/2c CORN<br>1/4c CHERRY TOMAT<br>BANANA<br>MILK,1% Lowfat<br>SALSA                                                                                                                                                                                                            | POPCORN CHICKEN<br>1/2c BAKED FRIES<br>1/2c MIXED VEGETAB<br>FRUIT JELL-O<br>MILK,1% Lowfat<br>KETCHUP                                                                                                                                                                                        |
| Nutrients Target<br>Cals... 860<br>132%<br>Chol... 42 mg<br>Sodium... 1417 mg<br>Fiber... 13.4 g<br>Iron... 4.9 mg<br>Calcium 417.4 mg<br>Vit A 761 IU<br>Vit C 63.8* mg<br>Sugar 16.3*g 7.6%Cal<br>Prot 29.9g 13.9%Cal<br>Carb 132.5g 61.6%Cal<br>T.Fat 26.7g 28.0%Cal<br>S.Fat 8.5g 8.9%Cal  | Nutrients Target<br>Cals... 657<br>101%<br>Chol... 78 mg<br>Sodium... 896 mg<br>Fiber... 12.8 g<br>Iron... 6.0 mg<br>Calcium 455.6 mg<br>Vit A 15563 IU<br>Vit C 45.7* mg<br>Sugar 21.0*g 12.8%Cal<br>Prot 38.2g 23.3%Cal<br>Carb 71.5g 43.5%Cal<br>T.Fat 26.1g 35.7%Cal<br>S.Fat 8.4g 11.5%Cal | Nutrients Target<br>Cals... 585<br>97%<br>Chol... 37 mg<br>Sodium... 635 mg<br>Fiber... 6.2 g<br>Iron... 3.0 mg<br>Calcium 393.3 mg<br>Vit A 778 IU<br>Vit C 65.1* mg<br>Sugar 32.2*g 22.0%Cal<br>Prot 20.7g 14.2%Cal<br>Carb 103.3g 70.7%Cal<br>T.Fat 12.7g 19.6%Cal<br>S.Fat 4.6g 7.0%Cal   | Nutrients Target<br>Cals... 779<br>120%<br>Chol... 80 mg<br>Sodium... 778 mg<br>Fiber... 9.5 g<br>Iron... 2.9* mg<br>Calcium574.7* mg<br>Vit A 1311* IU<br>Vit C 15.7* mg<br>Sugar 39.1*g 20.1%Cal<br>Prot 39.1g 20.1%Cal<br>Carb 93.7g 48.1%Cal<br>T.Fat 28.7g 33.2%Cal<br>S.Fat 10.0g 11.5%Cal | Nutrients Target<br>Cals... 616<br>100%<br>Chol... 47 mg<br>Sodium... 799 mg<br>Fiber... 8.2 g<br>Iron... 3.2* mg<br>Calcium354.3* mg<br>Vit A 1228* IU<br>Vit C 17.5* mg<br>Sugar 12.7*g 8.2%Cal<br>Prot 28.1g 18.3%Cal<br>Carb 78.7g 51.1%Cal<br>T.Fat 21.8g 31.8%Cal<br>S.Fat 5.9g 8.7%Cal |
| May - 15                                                                                                                                                                                                                                                                                       | May - 16                                                                                                                                                                                                                                                                                        | May - 17                                                                                                                                                                                                                                                                                      | May - 18                                                                                                                                                                                                                                                                                         | May - 19                                                                                                                                                                                                                                                                                      |
| MOZZ STICKS<br>1/2c CAULIFLOWER<br>1/2c CARROT STICKS<br>FRUIT SALAD<br>MILK,1% Lowfat<br>MARINARA SAUCE                                                                                                                                                                                       | BRD CHK PAT SAND<br>1/2c ROASTED WED<br>1/2c GREEN BEANS<br>ORANGES HALVES<br>MILK,1% Lowfat<br>KETCHUP                                                                                                                                                                                         | WAFFLES<br>BACON<br>1/2c CUCUMBER<br>1/4c HASH BROWN<br>APPLE JUICE<br>MILK,1% Lowfat<br>SYRUP                                                                                                                                                                                                | DOMINO'S PIZZA<br>1/2c ASPARAGUS<br>1/2c SPINACH SALAD<br>PEACHES<br>MILK,1% Lowfat<br>PUDDING CUP                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                               |

\*N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

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Page 2

MAY 2023

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| Monday                                                                                                                                                                                                                                                                                                                         | Tuesday                                                                                                                                                                                                                                                                                                                          | Wednesday                                                                                                                                                                                                                                                                                                                      | Thursday                                                                                                                                                                                                                                                                                                                        | Friday                                                                                                                                                                                                                                                                                                                         |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Nutrients</b> <b>Target</b><br>Cals...      534<br>89%<br>Chol...      22 mg<br>Sodium... 1021 mg<br>Fiber...    9.2 g<br>Iron...    4.0* mg<br>Calcium778.9* mg<br>Vit A 11909* IU<br>Vit C 79.4* mg<br>Sugar 17.7*g 13.3%Cal<br>Prot 28.4g 21.3%Cal<br>Carb 79.7g 59.7%Cal<br>T.Fat 11.9g 20.1%Cal<br>S.Fat 3.7g 6.3%Cal  | <b>Nutrients</b> <b>Target</b><br>Cals...      717<br>110%<br>Chol...      52 mg<br>Sodium... 1292 mg<br>Fiber...    11.9 g<br>Iron...    2.9* mg<br>Calcium538.8* mg<br>Vit A 861* IU<br>Vit C 40.9* mg<br>Sugar 22.8*g 12.7%Cal<br>Prot 31.3g 17.5%Cal<br>Carb 86.9g 48.5%Cal<br>T.Fat 25.8g 32.5%Cal<br>S.Fat 6.7g 8.5%Cal    | <b>Nutrients</b> <b>Target</b><br>Cals...      591<br>98%<br>Chol...      37 mg<br>Sodium... 965 mg<br>Fiber...    5.3 g<br>Iron...    5.0* mg<br>Calcium453.3* mg<br>Vit A 500* IU<br>Vit C 48.2* mg<br>Sugar 25.5*g 17.3%Cal<br>Prot 19.7g 13.3%Cal<br>Carb 101.7g 68.8%Cal<br>T.Fat 12.7g 19.4%Cal<br>S.Fat 3.7g 5.6%Cal    | <b>Nutrients</b> <b>Target</b><br>Cals...      616<br>100%<br>Chol...      32 mg<br>Sodium... 877 mg<br>Fiber...    8.7* g<br>Iron...    6.7* mg<br>Calcium988.7* mg<br>Vit A 13690* IU<br>Vit C 15.1* mg<br>Sugar 16.2*g 10.5%Cal<br>Prot 35.7g 23.2%Cal<br>Carb 90.3g 58.6%Cal<br>T.Fat 14.5g 21.2%Cal<br>S.Fat 6.2*g 9.0%Cal |                                                                                                                                                                                                                                                                                                                                |
| May - 22<br><br>BOSCO STICKS<br>1/2c CORN<br>1/2c CARROT STICKS<br>FRESH MELON<br>MILK,1% Lowfat<br>MARINARA SAUCE                                                                                                                                                                                                             | May - 23<br><br>RIB SANDWICH<br>1/2c BAKED FRIES<br>1/4c JICAMA<br>BANANA<br>MILK,1% Lowfat<br>KETCHUP                                                                                                                                                                                                                           | May - 24<br><br>PANCAKES<br>SAUSAGE PATTY<br>1/2c CUCUMBER<br>1/4c HASH BROWN<br>ORANGE JUICE<br>MILK,1% Lowfat<br>SYRUP                                                                                                                                                                                                       | May - 25<br><br>ORANGE CHICKEN<br>BROWN RICE<br>1/2c STMD BROCCOL<br>1/4c SLC RED PEPP<br>PINEAPPLE CHUNKS<br>MILK,1% Lowfat<br>FORTUNE COOKIE                                                                                                                                                                                  | May - 26<br><br>CHICKEN NUGGETS<br>1/2c PEAS & CARROT<br>1/2c FRSH GARBONZ<br>APPLESAUCE<br>MILK,1% Lowfat<br>KETCHUP                                                                                                                                                                                                          |
| <b>Nutrients</b> <b>Target</b><br>Cals...      540<br>90%<br>Chol...      22 mg<br>Sodium... 680 mg<br>Fiber...    9.3* g<br>Iron...    3.8* mg<br>Calcium551.9* mg<br>Vit A 11492* IU<br>Vit C 45.2* mg<br>Sugar 36.8*g 27.3%Cal<br>Prot 26.4g 19.6%Cal<br>Carb 85.3g 63.2%Cal<br>T.Fat 10.3g 17.2%Cal<br>S.Fat 3.6*g 6.0%Cal | <b>Nutrients</b> <b>Target</b><br>Cals...      717<br>110%<br>Chol...      47 mg<br>Sodium... 1190 mg<br>Fiber...    10.5* g<br>Iron...    4.7* mg<br>Calcium391.6* mg<br>Vit A 854* IU<br>Vit C 24.6* mg<br>Sugar 40.2*g 22.4%Cal<br>Prot 31.2g 17.4%Cal<br>Carb 104.5g 58.2%Cal<br>T.Fat 21.1g 26.4%Cal<br>S.Fat 7.4*g 9.3%Cal | <b>Nutrients</b> <b>Target</b><br>Cals...      681<br>105%<br>Chol...      69 mg<br>Sodium... 755 mg<br>Fiber...    5.2* g<br>Iron...    2.0* mg<br>Calcium384.0* mg<br>Vit A 845* IU<br>Vit C 41.1* mg<br>Sugar 25.2*g 14.8%Cal<br>Prot 22.0g 12.9%Cal<br>Carb 97.6g 57.3%Cal<br>T.Fat 23.8g 31.4%Cal<br>S.Fat 2.2*g 3.0%Cal  | <b>Nutrients</b> <b>Target</b><br>Cals...      501<br>84%<br>Chol...      52 mg<br>Sodium... 405 mg<br>Fiber...    6.4* g<br>Iron...    2.8* mg<br>Calcium369.6* mg<br>Vit A 1556* IU<br>Vit C 76.0* mg<br>Sugar 43.0*g 34.3%Cal<br>Prot 25.7g 20.5%Cal<br>Carb 86.7g 69.2%Cal<br>T.Fat 6.6g 11.9%Cal<br>S.Fat 2.3*g 4.1%Cal    | <b>Nutrients</b> <b>Target</b><br>Cals...      515<br>86%<br>Chol...      47 mg<br>Sodium... 621 mg<br>Fiber...    9.3* g<br>Iron...    3.6* mg<br>Calcium374.8* mg<br>Vit A 11300* IU<br>Vit C 10.5* mg<br>Sugar 18.6*g 14.5%Cal<br>Prot 28.9g 22.4%Cal<br>Carb 63.5g 49.3%Cal<br>T.Fat 17.9g 31.3%Cal<br>S.Fat 5.1*g 9.0%Cal |
| May - 29                                                                                                                                                                                                                                                                                                                       | May - 30<br><br>MINI CHICK TACOS<br>1/2c ZUCCHINI<br>1/4c CELERY STICKS<br>FRESH PEAR<br>MILK,1% Lowfat<br>SALSA<br>RANCH DRESSING                                                                                                                                                                                               | May - 31<br><br>MINI FRN TOAST<br>YOGURT<br>1/2c CUCUMBER<br>1/4c HASH BROWN<br>FRUITABLES<br>MILK,1% Lowfat<br>SYRUP                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                |
|                                                                                                                                                                                                                                                                                                                                | <b>Nutrients</b> <b>Target</b><br>Cals...      544<br>91%<br>Chol...      107 mg<br>Sodium... 969 mg<br>Fiber...    11.0* g<br>Iron...    3.3* mg<br>Calcium582.9* mg<br>Vit A 3257* IU<br>Vit C 25.6* mg<br>Sugar 28.6*g 21.0%Cal<br>Prot 26.8g 19.7%Cal<br>Carb 63.3g 46.5%Cal<br>T.Fat 21.1g 34.9%Cal<br>S.Fat 6.7*g 11.1%Cal | <b>Nutrients</b> <b>Target</b><br>Cals...      626<br>100%<br>Chol...      15 mg<br>Sodium... 465 mg<br>Fiber...    5.8* g<br>Iron...    4.6* mg<br>Calcium680.9* mg<br>Vit A 2060* IU<br>Vit C 63.6* mg<br>Sugar 27.3*g 17.4%Cal<br>Prot 18.4g 11.8%Cal<br>Carb 124.1g 79.3%Cal<br>T.Fat 7.5g 10.9%Cal<br>S.Fat 3.1*g 4.4%Cal |                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                |

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