

Big Hollow School District 38

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OCTOBER 2024

Sep 26, 2024

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																																																																						
	Oct - 1 CHEESEBURGER 1/2c ONION RINGS 1/2c BAKED BEANS MANDARIN ORANGE MILK,1% Lowfat KETCHUP	Oct - 2 MINI PANCAKES EGG PATTY 1/2c CUCUMBER 1/4c HASH BROWN FRUITABLES MILK,1% Lowfat SYRUP	Oct - 3 ORANGE CHICKEN BROWN RICE 1/2c FRSH BROCCOL 1/4c SLC RED PEPP PINEAPPLE CHUNKS MILK,1% Lowfat FORTUNE COOKIE	Oct - 4 CHICKEN STRIPS 1/2c TATER TOTS 1/2c CARROTS BLUEBERRIES MILK,1% Lowfat KETCHUP																																																																																																																																																						
	<table><tr><td>Nutrients</td><td>Target</td></tr><tr><td>Cals...</td><td>782</td></tr><tr><td>120%</td><td></td></tr><tr><td>Chol...</td><td>42 mg</td></tr><tr><td>Sodium...</td><td>1268 mg</td></tr><tr><td>Fiber...</td><td>12.6 g</td></tr><tr><td>Iron...</td><td>5.7 mg</td></tr><tr><td>Calcium</td><td>538.0 mg</td></tr><tr><td>Vit A</td><td>1033 IU</td></tr><tr><td>Vit C</td><td>26.5* mg</td></tr><tr><td>Sugar</td><td>12.7*g 6.5%Cal</td></tr><tr><td>Prot</td><td>36.3g 18.5%Cal</td></tr><tr><td>Carb</td><td>113.1g 57.9%Cal</td></tr><tr><td>T.Fat</td><td>21.8g 25.0%Cal</td></tr><tr><td>S.Fat</td><td>7.0g 8.0%Cal</td></tr></table>	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	<table><tr><td>Nutrients</td><td>Target</td></tr><tr><td>Cals...</td><td>696</td></tr><tr><td>107%</td><td></td></tr><tr><td>Chol...</td><td>102 mg</td></tr><tr><td>Sodium...</td><td>743 mg</td></tr><tr><td>Fiber...</td><td>5.2 g</td></tr><tr><td>Iron...</td><td>1.6 mg</td></tr><tr><td>Calcium</td><td>369.0 mg</td></tr><tr><td>Vit A</td><td>1099 IU</td></tr><tr><td>Vit C</td><td>64.5* mg</td></tr><tr><td>Sugar</td><td>28.1*g 16.1%Cal</td></tr><tr><td>Prot</td><td>16.4g 9.4%Cal</td></tr><tr><td>Carb</td><td>115.8g 66.6%Cal</td></tr><tr><td>T.Fat</td><td>18.9g 24.5%Cal</td></tr><tr><td>S.Fat</td><td>3.5g 4.6%Cal</td></tr></table>	Nutrients	Target	Cals...	696	107%		Chol...	102 mg	Sodium...	743 mg	Fiber...	5.2 g	Iron...	1.6 mg	Calcium	369.0 mg	Vit A	1099 IU	Vit C	64.5* mg	Sugar	28.1*g 16.1%Cal	Prot	16.4g 9.4%Cal	Carb	115.8g 66.6%Cal	T.Fat	18.9g 24.5%Cal	S.Fat	3.5g 4.6%Cal	<table><tr><td>Nutrients</td><td>Target</td></tr><tr><td>Cals...</td><td>491</td></tr><tr><td>82%</td><td></td></tr><tr><td>Chol...</td><td>52 mg</td></tr><tr><td>Sodium...</td><td>409 mg</td></tr><tr><td>Fiber...</td><td>4.8 g</td></tr><tr><td>Iron...</td><td>2.6 mg</td></tr><tr><td>Calcium</td><td>360.6 mg</td></tr><tr><td>Vit A</td><td>910 IU</td></tr><tr><td>Vit C</td><td>79.7* mg</td></tr><tr><td>Sugar</td><td>42.4*g 34.5%Cal</td></tr><tr><td>Prot</td><td>24.1g 19.7%Cal</td></tr><tr><td>Carb</td><td>84.8g 69.1%Cal</td></tr><tr><td>T.Fat</td><td>6.7g 12.3%Cal</td></tr><tr><td>S.Fat</td><td>2.3g 4.2%Cal</td></tr></table>	Nutrients	Target	Cals...	491	82%		Chol...	52 mg	Sodium...	409 mg	Fiber...	4.8 g	Iron...	2.6 mg	Calcium	360.6 mg	Vit A	910 IU	Vit C	79.7* mg	Sugar	42.4*g 34.5%Cal	Prot	24.1g 19.7%Cal	Carb	84.8g 69.1%Cal	T.Fat	6.7g 12.3%Cal	S.Fat	2.3g 4.2%Cal	<table><tr><td>Nutrients</td><td>Target</td></tr><tr><td>Cals...</td><td>597</td></tr><tr><td>100%</td><td></td></tr><tr><td>Chol...</td><td>47 mg</td></tr><tr><td>Sodium...</td><td>1247 mg</td></tr><tr><td>Fiber...</td><td>9.4 g</td></tr><tr><td>Iron...</td><td>3.7 mg</td></tr><tr><td>Calcium</td><td>370.2 mg</td></tr><tr><td>Vit A</td><td>16839 IU</td></tr><tr><td>Vit C</td><td>9.2* mg</td></tr><tr><td>Sugar</td><td>17.3*g 11.6%Cal</td></tr><tr><td>Prot</td><td>27.6g 18.5%Cal</td></tr><tr><td>Carb</td><td>68.1g 45.6%Cal</td></tr><tr><td>T.Fat</td><td>25.4g 38.2%Cal</td></tr><tr><td>S.Fat</td><td>7.1g 10.8%Cal</td></tr></table>	Nutrients	Target	Cals...	597	100%		Chol...	47 mg	Sodium...	1247 mg	Fiber...	9.4 g	Iron...	3.7 mg	Calcium	370.2 mg	Vit A	16839 IU	Vit C	9.2* mg	Sugar	17.3*g 11.6%Cal	Prot	27.6g 18.5%Cal	Carb	68.1g 45.6%Cal	T.Fat	25.4g 38.2%Cal	S.Fat	7.1g 10.8%Cal																														
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Vit C	39.5* mg																																																																																																																																																									
Sugar	35.4*g 19.5%Cal																																																																																																																																																									
Prot	31.8g 17.5%Cal																																																																																																																																																									
Carb	98.5g 54.4%Cal																																																																																																																																																									
T.Fat	23.2g 28.8%Cal																																																																																																																																																									
S.Fat	7.9g 9.7%Cal																																																																																																																																																									
Nutrients	Target																																																																																																																																																									
Cals...	562																																																																																																																																																									
94%																																																																																																																																																										
Chol...	47 mg																																																																																																																																																									
Sodium...	676 mg																																																																																																																																																									
Fiber...	11.3 g																																																																																																																																																									
Iron...	4.3* mg																																																																																																																																																									
Calcium	390.4* mg																																																																																																																																																									
Vit A	11300* IU																																																																																																																																																									
Vit C	10.5* mg																																																																																																																																																									
Sugar	18.6*g 13.3%Cal																																																																																																																																																									
Prot	31.2g 22.2%Cal																																																																																																																																																									
Carb	71.2g 50.7%Cal																																																																																																																																																									
T.Fat	18.7g 29.9%Cal																																																																																																																																																									
S.Fat	5.1g 8.2%Cal																																																																																																																																																									
Oct - 14	Oct - 15 CHICAGO HOT DOG 1/2c BAKED FRIES 1/2c BAKED BEANS FRESH GRAPES MILK,1% Lowfat KETCHUP	Oct - 16	Oct - 17 LASAGNA ROLL-UP 1c TOSSED SALAD 1/2c CARROT STICKS BANANA MILK,1% Lowfat DINNER ROLL RANCH DRESSING	Oct - 18 POPCORN CHICKEN 1/2c BAKED FRIES 1/2c MIXED VEGETAB MANGOS MILK,1% Lowfat KETCHUP																																																																																																																																																						

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Big Hollow School District 38

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OCTOBER 2024

Sep 26, 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	Nutrients Target Cals... 828 127% Chol... 42 mg Sodium. 1416 mg Fiber... 12.3 g Iron... 4.6* mg Calcium420.9* mg Vit A 847* IU Vit C 21.5* mg Sugar 16.3*g 7.9%Cal Prot 30.1g 14.5%Cal Carb 122.7g 59.3%Cal T.Fat 27.0g 29.3%Cal S.Fat 8.6g 9.4%Cal		Nutrients Target Cals... 682 105% Chol... 52 mg Sodium. 1009 mg Fiber... 11.0 g Iron... 2.7* mg Calcium765.9* mg Vit A 14504* IU Vit C 38.0* mg Sugar 39.8*g 23.3%Cal Prot 30.6g 18.0%Cal Carb 101.1g 59.3%Cal T.Fat 18.8g 24.8%Cal S.Fat 6.8g 9.0%Cal	Nutrients Target Cals... 707 109% Chol... 47 mg Sodium. 860 mg Fiber... 10.4 g Iron... 3.8* mg Calcium366.5* mg Vit A 2455* IU Vit C 57.5* mg Sugar 28.2*g 15.9%Cal Prot 29.7g 16.8%Cal Carb 93.5g 52.9%Cal T.Fat 25.4g 32.3%Cal S.Fat 6.6g 8.4%Cal
Oct - 21	Oct - 22	Oct - 23	Oct - 24	Oct - 25
MINI CORN DOGS 1/2c SWT POT FRIES 1/2c BEAN SALAD PLUMS MILK,1% Lowfat KETCHUP	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 RICE KRISPIE	NACHOS SUPREME 1/2c CORN 1/4c CHERRY TOMAT FRESH PEAR MILK,1% Lowfat SALSA
Nutrients Target Cals... 743 114% Chol... 50 mg Sodium. 975 mg Fiber... 12.2 g Iron... 4.9* mg Calcium458.6* mg Vit A 4416* IU Vit C 71.7* mg Sugar 45.3*g 24.4%Cal Prot 24.5g 13.2%Cal Carb 100.2g 53.9%Cal T.Fat 30.9g 37.5%Cal S.Fat 7.5g 9.1%Cal	Nutrients Target Cals... 717 110% Chol... 52 mg Sodium. 1292 mg Fiber... 11.9 g Iron... 2.9* mg Calcium538.8* mg Vit A 861* IU Vit C 40.9* mg Sugar 22.8*g 12.7%Cal Prot 31.3g 17.5%Cal Carb 86.9g 48.5%Cal T.Fat 25.8g 32.5%Cal S.Fat 6.7g 8.5%Cal	Nutrients Target Cals... 794 122% Chol... 40 mg Sodium. 1033 mg Fiber... 6.5 g Iron... 5.0* mg Calcium612.5* 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... 616 100% Chol... 32 mg Sodium. 877 mg Fiber... 8.7* g Iron... 6.7* mg Calcium988.7* mg Vit A 13690* IU Vit C 15.1* mg Sugar 16.2*g 10.5%Cal Prot 35.7g 23.2%Cal Carb 90.3g 58.6%Cal T.Fat 14.5g 21.2%Cal S.Fat 6.2*g 9.0%Cal	Nutrients Target Cals... 738 114% Chol... 80 mg Sodium. 778 mg Fiber... 10.0* g Iron... 2.8* mg Calcium579.0* mg Vit A 1264* IU Vit C 10.3* mg Sugar 35.7*g 19.4%Cal Prot 38.2g 20.7%Cal Carb 84.0g 45.5%Cal T.Fat 28.5g 34.7%Cal S.Fat 9.9*g 12.0%Cal
Oct - 28	Oct - 29	Oct - 30	Oct - 31	
BEEF SANDWICH 1/2c BAKED FRIES 1/4c SQUASH GRAPEFRUIT MILK,1% Lowfat	PEPPERONI PIZZA 1/2c ZUCCHINI 1/4c CELERY STICKS APRICOTS MILK,1% Lowfat	PAN/SAUS BITES 1/2c CUCUMBER 1/2c HASH BROWN ORANGE JUICE MILK,1% Lowfat SYRUP	BOSCO STICKS 1/2c CARROT STICKS 1/4c SLC GRN PEPP SCARY JELL-O MILK,1% Lowfat SPOOKY ICE CREAM MARINARA SAUCE	
Nutrients Target Cals... 622 100% Chol... 42 mg Sodium. 809 mg Fiber... 9.1* g Iron... 4.3* mg Calcium388.5* mg Vit A 2200* IU Vit C 58.2* mg Sugar 25.0*g 16.1%Cal Prot 30.5g 19.6%Cal Carb 85.8g 55.2%Cal T.Fat 19.2g 27.8%Cal S.Fat 5.9*g 8.5%Cal	Nutrients Target Cals... 753 116% Chol... 47 mg Sodium. 650 mg Fiber... 16.3* g Iron... 6.8* mg Calcium761.2* mg Vit A 12634* IU Vit C 225.3* mg Sugar 36.9*g 19.6%Cal Prot 38.4g 20.4%Cal Carb 111.9g 59.4%Cal T.Fat 28.9g 34.6%Cal S.Fat 11.2*g 13.4%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	Nutrients Target Cals... 595 99% Chol... 43 mg Sodium. 775 mg Fiber... 8.1* g Iron... 3.5* mg Calcium614.5* mg Vit A 11579* IU Vit C 72.7* mg Sugar 16.9*g 11.4%Cal Prot 25.0g 16.8%Cal Carb 90.1g 60.5%Cal T.Fat 14.7g 22.2%Cal S.Fat 7.1*g 10.7%Cal	

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