

Big Hollow School District 38

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OCTOBER 2024

Sep 26, 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	Oct - 1 BRFAST CRESCENT PEARS MILK,1% Lowfat	Oct - 2 CEREAL PACK MILK,1% Lowfat	Oct - 3 MINI WAFFLE ORANGE HALVES MILK,1% Lowfat	Oct - 4 CINNAMON ROLL PLUMS APPLE JUICE MILK,1% Lowfat
	Nutrients Cals... 404 100% Chol... 12 mg Sodium... 384 mg Fiber.. 4.0 g Iron... 1.9 mg Calcium 331.3 mg Vit A 478 IU Vit C 0.9 mg Sugar 37.9g 37.5%Cal Prot 14.5g 14.3%Cal Carb 68.2g 67.5%Cal T.Fat 10.4g 23.2%Cal S.Fat 3.0g 6.8%Cal	Nutrients Cals... 212 61% Chol... 12 mg Sodium... 307 mg Fiber.. 1.0 g Iron... 3.7 mg Calcium 385.0 mg Vit A 878 IU Vit C 4.8 mg Sugar 21.7g 40.8%Cal Prot 9.2g 17.4%Cal Carb 34.2g 64.3%Cal T.Fat 5.4g 22.7%Cal S.Fat 2.0g 8.7%Cal	Nutrients Cals... 343 98% Chol... 17 mg Sodium... 287 mg Fiber.. 4.6 g Iron... 0.9 mg Calcium 351.2 mg Vit A 626 IU Vit C 34.8 mg Sugar 30.8g 35.9%Cal Prot 12.8g 15.0%Cal Carb 56.9g 66.3%Cal T.Fat 8.4g 22.1%Cal S.Fat 2.6g 6.7%Cal	Nutrients 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 50.9g 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
Oct - 7 OATMEAL ROUND APPLESAUCE MILK,1% Lowfat	Oct - 8 POP TART STRING CHEESE SMOOTHIE MILK,1% Lowfat	Oct - 9 CEREAL PACK MILK,1% Lowfat	Oct - 10 MINI PANCAKES FRUIT SALAD MILK,1% Lowfat	Oct - 11 BAGEL & CREAM CH YOGURT MANDARIN ORANGE MILK,1% Lowfat
Nutrients Cals... 225 64% Chol... 12 mg Sodium... 110 mg Fiber.. 3.3 g Iron... 1.0 mg Calcium 317.7 mg Vit A 512 IU Vit C 1.3 mg Sugar 12.7g 22.6%Cal Prot 11.4g 20.4%Cal Carb 37.6g 66.9%Cal T.Fat 3.6g 14.4%Cal S.Fat 1.8g 7.0%Cal	Nutrients Cals... 548 110% Chol... 30 mg Sodium... 565 mg Fiber.. 1.6 g Iron... 2.6 mg Calcium 682.8 mg Vit A 1212 IU Vit C 8.5 mg Sugar 27.0*g 19.7%Cal Prot 22.1g 16.2%Cal Carb 85.9g 62.7%Cal T.Fat 13.9g 22.8%Cal S.Fat 6.7g 11.0%Cal	Nutrients Cals... 212 61% Chol... 12 mg Sodium... 307 mg Fiber.. 1.0 g Iron... 3.7 mg Calcium 385.0 mg Vit A 878 IU Vit C 4.8 mg Sugar 21.7*g 40.8%Cal Prot 9.2g 17.4%Cal Carb 34.2g 64.3%Cal T.Fat 5.4g 22.7%Cal S.Fat 2.0g 8.7%Cal	Nutrients Cals... 406 100% Chol... 12 mg Sodium... 265 mg Fiber.. 4.3 g Iron... 1.2 mg Calcium 353.8 mg Vit A 1019 IU Vit C 3.2 mg Sugar 26.7*g 26.3%Cal Prot 12.7g 12.5%Cal Carb 72.3g 71.3%Cal T.Fat 9.5g 21.0%Cal S.Fat 2.1g 4.6%Cal	Nutrients Cals... 482 100% Chol... 25 mg Sodium... 362 mg Fiber.. 3.0 g Iron... 1.9 mg Calcium 495.0 mg Vit A 878 IU Vit C 21.0 mg Sugar 25.7*g 21.3%Cal Prot 19.2g 15.9%Cal Carb 86.2g 71.4%Cal T.Fat 8.4g 15.6%Cal S.Fat 4.0g 7.5%Cal
Oct - 14	Oct - 15 BANANA BREAD STRING CHEESE BLUEBERRIES MILK,1% Lowfat	Oct - 16 CEREAL PACK MILK,1% Lowfat	Oct - 17 MINI FRN TOAST FRESH GRAPES MILK,1% Lowfat	Oct - 18 MINI DONUTS PEACHES MILK,1% Lowfat
	Nutrients Cals... 524 105% Chol... 27 mg Sodium... 536 mg Fiber.. 5.2 g Iron... 1.4 mg Calcium 598.4 mg Vit A 775 IU Vit C 2.9 mg Sugar 37.7*g 28.8%Cal Prot 21.0g 16.0%Cal Carb 71.1g 54.3%Cal T.Fat 19.0g 32.6%Cal S.Fat 7.0g 12.0%Cal	Nutrients Cals... 212 61% Chol... 12 mg Sodium... 307 mg Fiber.. 1.0 g Iron... 3.7 mg Calcium 385.0 mg Vit A 878 IU Vit C 4.8 mg Sugar 21.7*g 40.8%Cal Prot 9.2g 17.4%Cal Carb 34.2g 64.3%Cal T.Fat 5.4g 22.7%Cal S.Fat 2.0g 8.7%Cal	Nutrients Cals... 378 100% Chol... 12 mg Sodium... 350 mg Fiber.. 4.0 g Iron... 4.0 mg Calcium 520.9 mg Vit A 1592 IU Vit C 4.5 mg Sugar 25.7*g 27.2%Cal Prot 12.9g 13.7%Cal Carb 68.6g 72.5%Cal T.Fat 7.8g 18.5%Cal S.Fat 3.2g 7.5%Cal	Nutrients Cals... 420 100% Chol... 12 mg Sodium... 343 mg Fiber.. 3.2 g Iron... 1.1 mg Calcium 370.4 mg Vit A 784 IU Vit C 3.4 mg Sugar 33.7*g 32.1%Cal Prot 12.7g 12.1%Cal Carb 65.2g 62.1%Cal T.Fat 13.5g 28.9%Cal S.Fat 4.5g 9.7%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.

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Sep 26, 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 21	Oct - 22	Oct - 23	Oct - 24	Oct - 25
ANIMAL CRACKERS GRANOLA BAR YOGURT FRESH APPLES MILK,1% Lowfat	BRFAST SANDWICH PINEAPPLE CHUNKS MILK,1% Lowfat	CEREAL PACK MILK,1% Lowfat	APPLE FRITTER STRING CHEESE PEARS MILK,1% Lowfat	BRKFAST BAR PACK MILK,1% Lowfat
Nutrients Cals... 448 100% Chol... 15 mg Sodium... 353 mg Fiber.. 4.7 g Iron... 1.6 mg Calcium 639.1 mg Vit A 516 IU Vit C 3.2 mg Sugar 34.9*g 31.1%Cal Prot 15.4g 13.7%Cal Carb 75.7g 67.5%Cal T.Fat 9.5g 19.0%Cal S.Fat 4.1g 8.2%Cal	Nutrients Cals... 348 99% Chol... 27 mg Sodium... 579 mg Fiber.. 3.0 g Iron... 2.0 mg Calcium 522.6 mg Vit A 626 IU Vit C 9.5 mg Sugar 35.6*g 40.9%Cal Prot 17.7g 20.3%Cal Carb 52.1g 59.9%Cal T.Fat 8.5g 22.0%Cal S.Fat 3.6g 9.2%Cal	Nutrients Cals... 212 61% Chol... 12 mg Sodium... 307 mg Fiber.. 1.0 g Iron... 3.7 mg Calcium 385.0 mg Vit A 878 IU Vit C 4.8 mg Sugar 21.7*g 40.8%Cal Prot 9.2g 17.4%Cal Carb 34.2g 64.3%Cal T.Fat 5.4g 22.7%Cal S.Fat 2.0g 8.7%Cal	Nutrients Cals... 490 100% Chol... 27 mg Sodium... 725 mg Fiber.. 3.7 g Iron... 2.9 mg Calcium 528.4 mg Vit A 623 IU Vit C 0.9 mg Sugar 28.6*g 23.3%Cal Prot 22.5g 18.4%Cal Carb 71.1g 58.0%Cal T.Fat 13.7g 25.1%Cal S.Fat 5.7g 10.5%Cal	Nutrients Cals... 242 69% Chol... 12 mg Sodium... 207 mg Fiber.. 4.0 g Iron... 1.9 mg Calcium 305.0 mg Vit A 978 IU Vit C 0.0 mg Sugar 21.7*g 35.8%Cal Prot 11.2g 18.5%Cal Carb 36.2g 59.7%Cal T.Fat 5.9g 21.8%Cal S.Fat 2.5g 9.4%Cal
Oct - 28	Oct - 29	Oct - 30	Oct - 31	
HARD BOILED EGG STRING CHEESE BANANA MILK,1% Lowfat	POP TART SMOOTHIE MILK,1% Lowfat	CEREAL PACK MILK,1% Lowfat	MUFFIN DRIED CHERRIES APPLE JUICE MILK,1% Lowfat	
Nutrients Cals... 350 100% Chol... 27 mg Sodium... 482 mg Fiber.. 3.1 g Iron... 0.6 mg Calcium 525.6 mg Vit A 699 IU Vit C 10.3 mg Sugar 27.8*g 31.8%Cal Prot 27.7g 31.6%Cal Carb 40.9g 46.7%Cal T.Fat 8.8g 22.7%Cal S.Fat 5.0g 12.9%Cal	Nutrients Cals... 465 100% Chol... 15 mg Sodium... 357 mg Fiber.. 1.6 g Iron... 2.5 mg Calcium 478.1 mg Vit A 1067 IU Vit C 8.5 mg Sugar 27.0*g 23.3%Cal Prot 14.8g 12.8%Cal Carb 84.8g 72.9%Cal T.Fat 8.0g 15.5%Cal S.Fat 3.3g 6.4%Cal	Nutrients Cals... 212 61% Chol... 12 mg Sodium... 307 mg Fiber.. 1.0 g Iron... 3.7 mg Calcium 385.0 mg Vit A 878 IU Vit C 4.8 mg Sugar 21.7*g 40.8%Cal Prot 9.2g 17.4%Cal Carb 34.2g 64.3%Cal T.Fat 5.4g 22.7%Cal S.Fat 2.0g 8.7%Cal	Nutrients 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	

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