

Big Hollow School District 38

JANUARY 2024

Page 1 Dec 16, 2024

Monday	Tuesday	Wednesday	Thursday	Friday
		Jan - 1	Jan - 2	Jan - 3
Jan - 6	Jan - 7	Jan - 8	Jan - 9	Jan - 10
CEREAL PACK MILK,1% Lowfat	POP TART STRING CHEESE SMOOTHIE MILK,1% Lowfat	HARD BOILED EGG GRAHAM CRACKERS BANANA MILK,1% Lowfat	MINI PANCAKES FRUIT SALAD MILK,1% Lowfat	CINNAMON BUN YOGURT FRESH APPLES MILK,1% Lowfat
Nutrients Target 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 Target 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 Target Cals... 357 100% Chol... 12 mg Sodium... 370 mg Fiber... 4.1 g Iron... 1.3 mg Calcium 420.9 mg Vit A 1054 IU Vit C 10.3 mg Sugar 32.8*g 36.7%Cal Prot 22.4g 25.1%Cal Carb 56.8g 63.6%Cal T.Fat 5.5g 13.7%Cal S.Fat 1.7g 4.2%Cal	Nutrients Target 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 Target Cals... 494 100% Chol... 15 mg Sodium... 444 mg Fiber... 5.3 g Iron... 1.7 mg Calcium 503.3 mg Vit A 553 IU Vit C 6.3 mg Sugar 42.0*g 34.0%Cal Prot 17.6g 14.2%Cal Carb 86.2g 69.8%Cal T.Fat 9.6g 17.5%Cal S.Fat 3.1g 5.6%Cal
Jan - 13	Jan - 14	Jan - 15	Jan - 16	Jan - 17
OATMEAL ROUND STRING CHEESE APPLESAUCE MILK,1% Lowfat	BRFAST CRESCENT PEARS MILK,1% Lowfat	CEREAL PACK MILK,1% Lowfat	MINI WAFFLE MANGOS MILK,1% Lowfat	BAGEL & CREAM CH YOGURT MANDARIN ORANGE MILK,1% Lowfat
Nutrients Target Cals... 308 88% Chol... 27 mg Sodium... 318 mg Fiber... 3.3 g Iron... 1.1 mg Calcium 522.4 mg Vit A 656 IU Vit C 1.3 mg Sugar 12.7*g 16.5%Cal Prot 18.7g 24.3%Cal Carb 38.7g 50.4%Cal T.Fat 9.5g 27.7%Cal S.Fat 5.1g 15.0%Cal	Nutrients Target 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 37.9*g 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 Target 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 Target Cals... 381 100% Chol... 17 mg Sodium... 288 mg Fiber... 4.8 g Iron... 1.0 mg Calcium 337.5 mg Vit A 1705 IU Vit C 41.3 mg Sugar 40.2*g 42.2%Cal Prot 13.2g 13.8%Cal Carb 66.2g 69.6%Cal T.Fat 8.8g 20.8%Cal S.Fat 2.6g 6.3%Cal	Nutrients Target 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
Jan - 20	Jan - 21	Jan - 22	Jan - 23	Jan - 24
	BANANA BREAD YOGURT BLUEBERRIES MILK,1% Lowfat	CEREAL PACK MILK,1% Lowfat	MINI FRN TOAST FRESH GRAPES MILK,1% Lowfat	MINI DONUTS PEACHES MILK,1% Lowfat

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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Jan - 27 ANIMAL CRACKERS GRANOLA BAR YOGURT FRESH APPLES MILK,1% Lowfat	Jan - 28 BRFAST SANDWICH PINEAPPLE CHUNKS MILK,1% Lowfat	Jan - 29 CEREAL PACK MILK,1% Lowfat	Jan - 30 MUFFIN DRIED CHERRIES APPLE JUICE MILK,1% Lowfat	Jan - 31 BRKFAST BAR PACK MILK,1% Lowfat																																																																																																																																																																																																																																																																																																												
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border-collapse: collapse;"> <tr> <td style="width: 15%;">Nutrients</td> <td style="width: 15%;"></td> <td style="width: 15%;">Target</td> <td style="width: 15%;"></td> </tr> <tr> <td>Cals...</td> <td>348</td> <td></td> <td></td> </tr> <tr> <td>99%</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Chol...</td> <td>27 mg</td> <td></td> <td></td> </tr> <tr> <td>Sodium.</td> <td>579 mg</td> <td></td> <td></td> </tr> <tr> <td>Fiber..</td> <td>3.0 g</td> <td></td> <td></td> </tr> <tr> <td>Iron...</td> <td>2.0 mg</td> <td></td> <td></td> </tr> <tr> <td>Calcium</td> <td>522.6 mg</td> <td></td> <td></td> </tr> <tr> <td>Vit A</td> <td>626 IU</td> <td></td> <td></td> </tr> <tr> <td>Vit C</td> <td>9.5 mg</td> <td></td> <td></td> </tr> <tr> <td>Sugar</td> <td>35.6*g</td> <td>40.9%Cal</td> <td></td> </tr> <tr> <td>Prot</td> <td>17.7g</td> <td>20.3%Cal</td> <td></td> </tr> <tr> <td>Carb</td> <td>52.1g</td> <td>59.9%Cal</td> <td></td> </tr> <tr> <td>T.Fat</td> <td>8.5g</td> <td>22.0%Cal</td> <td></td> </tr> <tr> <td>S.Fat</td> <td>3.6g</td> <td>9.2%Cal</td> <td></td> </tr> </table>	Nutrients		Target		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		<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%;">Nutrients</td> <td style="width: 15%;"></td> <td style="width: 15%;">Target</td> <td style="width: 15%;"></td> </tr> <tr> <td>Cals...</td> <td>212</td> <td></td> <td></td> </tr> <tr> <td>61%</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Chol...</td> <td>12 mg</td> <td></td> <td></td> </tr> <tr> <td>Sodium.</td> <td>307 mg</td> <td></td> <td></td> </tr> <tr> <td>Fiber..</td> <td>1.0 g</td> <td></td> <td></td> </tr> <tr> <td>Iron...</td> <td>3.7 mg</td> <td></td> <td></td> </tr> <tr> <td>Calcium</td> <td>385.0 mg</td> <td></td> <td></td> </tr> <tr> <td>Vit A</td> <td>878 IU</td> <td></td> <td></td> </tr> <tr> <td>Vit C</td> <td>4.8 mg</td> <td></td> <td></td> </tr> <tr> <td>Sugar</td> <td>21.7*g</td> <td>40.8%Cal</td> <td></td> </tr> <tr> <td>Prot</td> <td>9.2g</td> <td>17.4%Cal</td> <td></td> </tr> <tr> <td>Carb</td> <td>34.2g</td> <td>64.3%Cal</td> <td></td> </tr> <tr> <td>T.Fat</td> <td>5.4g</td> <td>22.7%Cal</td> <td></td> </tr> <tr> <td>S.Fat</td> <td>2.0g</td> <td>8.7%Cal</td> <td></td> </tr> </table>	Nutrients		Target		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		<table style="width: 100%; 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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.