

# Big Hollow School District 38

Monday	Tuesday	Wednesday	Thursday	Friday
		May - 1 CEREAL PACK MILK,1% Lowfat	May - 2 MINI DONUTS PEACHES MILK,1% Lowfat	May - 3 CINN TST PUFF FRESH APPLES FRUITABLES MILK,1% Lowfat
		Nutrients Target Cals... 212 53% 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... 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 33.7g 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	Nutrients Target Cals... 338 85% Chol... 12 mg Sodium... 223 mg Fiber.. 5.7 g Iron... 2.0 mg Calcium 309.1 mg Vit A 1516 IU Vit C 63.2 mg Sugar 28.9*g 34.1%Cal Prot 11.4g 13.5%Cal Carb 59.7g 70.6%Cal T.Fat 6.0g 15.9%Cal S.Fat 2.6g 6.8%Cal
May - 6 OATMEAL ROUND STRING CHEESE PEARS MILK,1% Lowfat	May - 7 POP TART DRIED CHERRIES ORANGE JUICE MILK,1% Lowfat	May - 8 CEREAL PACK MILK,1% Lowfat	May - 9 MINI WAFFLE ORANGE HALVES MILK,1% Lowfat	May - 10 BAGEL & CREAM CH YOGURT PINEAPPLE CHUNKS MILK,1% Lowfat
Nutrients Target Cals... 331 83% Chol... 27 mg Sodium... 322 mg Fiber.. 4.0 g Iron... 1.3 mg Calcium 525.0 mg Vit A 623 IU Vit C 0.9 mg Sugar 27.9*g 33.7%Cal Prot 18.8g 22.7%Cal Carb 45.0g 54.4%Cal T.Fat 9.5g 25.7%Cal S.Fat 5.1g 13.9%Cal	Nutrients Target Cals... 494 100% Chol... 12 mg Sodium... 296 mg Fiber.. 4.1 g Iron... 2.2 mg Calcium 324.7 mg Vit A 1242 IU Vit C 37.5 mg Sugar 47.6*g 38.5%Cal Prot 11.3g 9.1%Cal Carb 95.2g 77.0%Cal T.Fat 8.1g 14.7%Cal S.Fat 3.3g 6.0%Cal	Nutrients Target Cals... 212 53% 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... 343 86% 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 30.8*g 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 Target Cals... 478 100% Chol... 25 mg Sodium... 354 mg Fiber.. 3.0 g Iron... 1.6 mg Calcium 492.6 mg Vit A 626 IU Vit C 9.5 mg Sugar 41.6*g 34.8%Cal Prot 18.7g 15.6%Cal Carb 86.1g 72.1%Cal T.Fat 8.5g 16.0%Cal S.Fat 4.1g 7.6%Cal
May - 13 MUFFIN DRIED CHERRIES APPLE JUICE MILK,1% Lowfat	May - 14 MINI DONUTS PEACHES MILK,1% Lowfat	May - 15 CEREAL PACK MILK,1% Lowfat	May - 16 MINI FRN TOAST FRESH GRAPES MILK,1% Lowfat	May - 17 HARD BOILED EGG STRING CHEESE BANANA MILK,1% Lowfat
Nutrients Target 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	Nutrients Target 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	Nutrients Target Cals... 212 53% 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... 378 95% 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 Target Cals... 350 88% 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

\*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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Monday	Tuesday	Wednesday	Thursday	Friday
May - 20	May - 21	May - 22	May - 23	May - 24
BRFAST SANDWICH YOGURT PLUMS MILK,1% Lowfat	BANANA BREAD STRING CHEESE MANGOS MILK,1% Lowfat	CEREAL PACK MILK,1% Lowfat	MINI PANCAKES FRUIT SALAD MILK,1% Lowfat	BRKFAST BAR PACK MILK,1% Lowfat
Nutrients Target Cals... 415 100% Chol... 30 mg Sodium... 642 mg Fiber... 3.6 g Iron... 1.7 mg Calcium 661.8 mg Vit A 969 IU Vit C 10.8 mg Sugar 30.9*g 29.8%Cal Prot 22.0g 21.2%Cal Carb 64.1g 61.9%Cal T.Fat 8.7g 18.8%Cal S.Fat 3.6g 7.7%Cal	Nutrients Target Cals... 533 107% Chol... 27 mg Sodium... 536 mg Fiber... 3.8 g Iron... 1.4 mg Calcium 602.2 mg Vit A 1950 IU Vit C 41.3 mg Sugar 53.2*g 39.9%Cal Prot 21.4g 16.1%Cal Carb 74.3g 55.7%Cal T.Fat 18.7g 31.5%Cal S.Fat 7.0g 11.8%Cal	Nutrients Target Cals... 212 53% 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... 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... 242 61% 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
May - 27	May - 28	May - 29	May - 30	May - 31
	ANIMAL CRACKERS GRANOLA BAR YOGURT FRUIT COCKTAIL MILK,1% Lowfat	CEREAL PACK MILK,1% Lowfat	CINNAMON ROLL APPLESAUCE ORANGE JUICE MILK,1% Lowfat	BRFAST CRESCENT PEARS MILK,1% Lowfat
	Nutrients Target Cals... 481 100% Chol... 15 mg Sodium... 360 mg Fiber... 4.2 g Iron... 1.9 mg Calcium 642.3 mg Vit A 730 IU Vit C 2.3 mg Sugar 44.5*g 37.0%Cal Prot 15.7g 13.0%Cal Carb 84.2g 70.0%Cal T.Fat 9.5g 17.7%Cal S.Fat 4.1g 7.6%Cal	Nutrients Target Cals... 212 53% 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... 449 100% Chol... 12 mg Sodium... 384 mg Fiber... 3.7 g Iron... 1.8 mg Calcium 361.2 mg Vit A 730 IU Vit C 38.8 mg Sugar 38.6*g 34.4%Cal Prot 14.3g 12.7%Cal Carb 77.7g 69.2%Cal T.Fat 9.6g 19.2%Cal S.Fat 3.1g 6.2%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

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