

Big Hollow School District 38

FEBRUARY 2025

Page 1 Jan 31, 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Feb - 3 POP TART STRING CHEESE SMOOTHIE MILK,1% Lowfat	Feb - 4 HARD BOILED EGG GRAHAM CRACKERS BANANA MILK,1% Lowfat	Feb - 5 CEREAL PACK MILK,1% Lowfat	Feb - 6 MINI PANCAKES FRUIT SALAD MILK,1% Lowfat	Feb - 7 CINNAMON ROLL MANGOS ORANGE JUICE MILK,1% Lowfat
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 89% 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... 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... 469 100% Chol... 12 mg Sodium. 383 mg Fiber.. 4.2 g Iron... 1.8 mg Calcium 369.9 mg Vit A 1923 IU Vit C 78.8 mg Sugar 54.1*g 46.1%Cal Prot 15.0g 12.8%Cal Carb 81.9g 69.8%Cal T.Fat 10.0g 19.2%Cal S.Fat 3.2g 6.1%Cal
Feb - 10 OATMEAL ROUND STRING CHEESE APPLESAUCE MILK,1% Lowfat	Feb - 11 BRFAST CRESCENT PEARS MILK,1% Lowfat	Feb - 12 CEREAL PACK MILK,1% Lowfat	Feb - 13 BAGEL & CREAM CH YOGURT MANDARIN ORANGE MILK,1% Lowfat	Feb - 14
Nutrients Target Cals... 308 77% 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 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... 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	
Feb - 17 MINI WAFFLE FRESH PEAR MILK,1% Lowfat	Feb - 18 BANANA BREAD YOGURT BLUEBERRIES MILK,1% Lowfat	Feb - 19 CEREAL PACK MILK,1% Lowfat	Feb - 20 MINI FRN TOAST FRESH GRAPES MILK,1% Lowfat	Feb - 21 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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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.