

# Big Hollow School District 38

FEBRUARY 2025

Jan 31, 2025

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Monday	Tuesday	Wednesday	Thursday	Friday
Feb - 3	Feb - 4	Feb - 5	Feb - 6	Feb - 7
CHEESEBURGER 1/2c ONION RINGS 1/2c BAKED BEANS MANDARIN ORANGE MILK,1% Lowfat KETCHUP	MOZZ STICKS 1/2c PEAS 1/2c CARROT STICKS STRAWBERRIES MILK,1% Lowfat MARINARA SAUCE	FRNCH TOAST STK YOGURT 1/2c CUCUMBER 1/2c HASH BROWN APPLE JUICE MILK,1% Lowfat SYRUP	ORANGE CHICKEN BROWN RICE 1/2c STMD BROCCOL 1/4c SLC RED PEPP PINEAPPLE CHUNKS MILK,1% Lowfat FORTUNE COOKIE	CHICKEN NUGGETS 1/2c WAFFLE FRIES 1/2c CAULIFLOWER APPLESAUCE MILK,1% Lowfat KETCHUP
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	Nutrients Target Cals... 599 100% Chol... 22 mg Sodium... 1169 mg Fiber... 11.3 g Iron... 4.6 mg Calcium 774.5 mg Vit A 12049 IU Vit C 76.1* mg Sugar 15.6*g 10.4%Cal Prot 30.1g 20.1%Cal Carb 95.0g 63.4%Cal T.Fat 12.0g 18.0%Cal S.Fat 3.6g 5.5%Cal	Nutrients Target Cals... 762 117% Chol... 110 mg Sodium... 529 mg Fiber... 3.8 g Iron... 2.5 mg Calcium 500.2 mg Vit A 690 IU Vit C 55.8* mg Sugar 25.0*g 13.1%Cal Prot 21.5g 11.3%Cal Carb 124.7g 65.5%Cal T.Fat 20.6g 24.3%Cal S.Fat 4.3g 5.1%Cal	Nutrients Target Cals... 501 84% Chol... 52 mg Sodium... 405 mg Fiber... 6.4 g Iron... 2.8 mg Calcium 369.6 mg Vit A 1556 IU Vit C 76.0* mg Sugar 43.0*g 34.3%Cal Prot 25.7g 20.5%Cal Carb 86.7g 69.2%Cal T.Fat 6.6g 11.9%Cal S.Fat 2.3g 4.1%Cal	Nutrients Target Cals... 609 100% Chol... 51 mg Sodium... 938 mg Fiber... 7.6 g Iron... 2.5 mg Calcium 353.7 mg Vit A 512 IU Vit C 60.8* mg Sugar 15.9*g 10.4%Cal Prot 26.6g 17.5%Cal Carb 68.6g 45.1%Cal T.Fat 26.7g 39.5%Cal S.Fat 7.2g 10.7%Cal
Feb - 10	Feb - 11	Feb - 12	Feb - 13	Feb - 14
MAC & CHEESE 1c TOSSED SALAD 1/4c SLC GRN PEPP BLUEBERRIES MILK,1% Lowfat GARLIC BREAD RANCH DRESSING	CRISPOSITOS 1/2c CORN 1/4c CELERY STICKS FRUIT SALAD MILK,1% Lowfat SALSA	APPLE PANCAK BITE EGG PATTY 1/2c CUCUMBER 1/4c HASH BROWN FRUITABLES MILK,1% Lowfat SYRUP	BEEF SANDWICH 1/2c POTATO SMILES 1/2c CHERRY TOMAT APRICOTS MILK,1% Lowfat	
Nutrients Target Cals... 644 100% Chol... 78 mg Sodium... 855 mg Fiber... 12.0 g Iron... 6.0 mg Calcium 441.1 mg Vit A 5582 IU Vit C 87.7* mg Sugar 19.4*g 12.1%Cal Prot 38.2g 23.7%Cal Carb 68.3g 42.5%Cal T.Fat 26.0g 36.4%Cal S.Fat 8.4g 11.8%Cal	Nutrients Target Cals... 562 94% Chol... 102 mg Sodium... 742 mg Fiber... 10.2 g Iron... 3.5 mg Calcium 539.9 mg Vit A 2696 IU Vit C 11.6* mg Sugar 26.4*g 18.8%Cal Prot 28.5g 20.3%Cal Carb 79.9g 56.9%Cal T.Fat 14.3g 22.9%Cal S.Fat 5.6g 9.0%Cal	Nutrients Target Cals... 716 110% Chol... 113 mg Sodium... 967 mg Fiber... 6.1 g Iron... 4.3 mg Calcium 406.6 mg Vit A 1724 IU Vit C 64.5* mg Sugar 14.1*g 7.9%Cal Prot 17.3g 9.7%Cal Carb 117.3g 65.5%Cal T.Fat 18.7g 23.5%Cal S.Fat 4.4g 5.6%Cal	Nutrients Target Cals... 673 104% Chol... 42 mg Sodium... 964 mg Fiber... 8.6 g Iron... 3.8 mg Calcium 379.3 mg Vit A 662 IU Vit C 106.8* mg Sugar 16.4*g 9.8%Cal Prot 29.6g 17.6%Cal Carb 97.8g 58.1%Cal T.Fat 18.0g 24.0%Cal S.Fat 5.8g 7.7%Cal	
Feb - 17	Feb - 18	Feb - 19	Feb - 20	Feb - 21
GRILLED CHEESE 1/2C TOMATO SOUP 1/4c SQUASH MIXED BERRIES MILK,1% Lowfat	CHICAGO HOT DOG 1/2c BAKED FRIES 1/2c BAKED BEANS FRESH GRAPES MILK,1% Lowfat KETCHUP	WAFFLES BACON 1/2c CUCUMBER 1/2c HASH BROWN SMOOTHIE MILK,1% Lowfat SYRUP	LASAGNA ROLL-UP 1c TOSSED SALAD 1/2c CARROT STICKS BANANA MILK,1% Lowfat DINNER ROLL RANCH DRESSING	POPCORN CHICKEN 1/2c BAKED FRIES 1/2c MIXED VEGETAB MANGOS MILK,1% Lowfat KETCHUP

\*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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<p>CORN DOG 1/2c SWT POT FRIES 1/2c BEAN SALAD FRESH APPLES MILK,1% Lowfat KETCHUP</p>	<p>BRD CHK PAT SAND 1/2c ROASTED WED 1/2c GREEN BEANS ORANGES HALVES MILK,1% Lowfat KETCHUP</p>	<p>PANCAKES SAUSAGE PATTY 1/2c CUCUMBER 1/2c HASH BROWN ORANGE JUICE MILK,1% Lowfat SYRUP</p>	<p>DOMINO'S PIZZA 1/2c ASPARAGUS 1/2c SPINACH SALAD PEACHES MILK,1% Lowfat ICE CREAM</p>	<p>BOSCO STICKS 1/2c CARROTS 1/4c ZUCCHINI MELON MILK,1% Lowfat</p>																																																																																																																																																																																																																																	
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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.