

Big Hollow School District 38

Bighollow Prim & Elem

AUGUST 2017

Monday	Tuesday	Wednesday	Thursday	Friday
	Aug - 1	Aug - 2	Aug - 3	Aug - 4
Aug - 7	Aug - 8	Aug - 9	Aug - 10	Aug - 11
Aug - 14	Aug - 15	Aug - 16	Aug - 17	Aug - 18
Aug - 21	Aug - 22	Aug - 23	Aug - 24	Aug - 25
	CHICAGO HOT DOG 1/2c BAKED FRIES 1/2c BAKED BEANS CANTALOUPE MILK,1% Lowfat NATURAL KETCHUP	MINI PANCAKE YOGURT 1/2c CUCUMBER,RA 1/4c FRESH POTATO ORANGE JUICE MILK,1% Lowfat SYRUP	DOMINO'S PIZZA 1/2c SPINACH 1/4c CHERRY TOMAT PINEAPPLE CHUNKS MILK,1% Lowfat	PIZZA DIPPERS 1/2c STMD BROCCOL 1/4c SLCD RED PEPP APPLESAUCE MILK,1% Lowfat MARINARA SAUCE
	Nutrients Target Cals... 791 122% Chol... 42 mg Sodium. 1432 mg Fiber.. 12.3 g Iron... 4.5 mg Calcium 415.2 mg Vit A 4569 IU Vit C 58.6* mg Sugar 25.2*g 12.7%Cal Prot 30.3g 15.3%Cal Carb 112.5g 56.9%Cal T.Fat 26.8g 30.5%Cal S.Fat 8.6g 9.7%Cal	Nutrients Target Cals... 655 101% Chol... 15 mg Sodium. 365 mg Fiber.. 6.2 g Iron... 1.9 mg Calcium 533.3 mg Vit A 778 IU Vit C 41.1* mg Sugar 39.2*g 23.9%Cal Prot 19.2g 11.8%Cal Carb 127.8g 78.1%Cal T.Fat 9.7g 13.4%Cal S.Fat 2.1g 2.8%Cal	Nutrients Target Cals... 460 84% Chol... 32 mg Sodium. 741 mg Fiber.. 7.5 g Iron... 4.2 mg Calcium 968.0 mg Vit A 12734 IU Vit C 17.5* mg Sugar 32.1*g 27.9%Cal Prot 32.5g 28.2%Cal Carb 62.7g 54.5%Cal T.Fat 10.3g 20.2%Cal S.Fat 5.2g 10.2%Cal	Nutrients Target Cals... 526 96% Chol... 22 mg Sodium. 1121 mg Fiber.. 10.5 g Iron... 3.0 mg Calcium 661.0 mg Vit A 1842 IU Vit C 84.7* mg Sugar 16.0*g 12.2%Cal Prot 26.4g 20.0%Cal Carb 70.3g 53.5%Cal T.Fat 17.4g 29.8%Cal S.Fat 6.5g 11.2%Cal
Aug - 28	Aug - 29	Aug - 30	Aug - 31	
ANIMAL SHAPE NUG 1/2c BAKED FRIES 1/2c CARROT STICKS WATERMELON MILK,1% Lowfat NATURAL KETCHUP CHOC CHIP COOKIE	TURKEY & CHZ SAN BAKED CHIPS 1/2c POTATO SALAD 1/4c CHERRY TOMAT HONEYDEW MILK,1% Lowfat	WAFFLES BACON 1/2c CUCUMBER,RA 1/4c FRESH POTATO APPLE JUICE MILK,1% Lowfat SYRUP	NACHOS SUPREME 1/2c REFRIED BEANS 1/4c CORN PEARS MILK,1% Lowfat SALSA	
Nutrients Target Cals... 652 100% Chol... 62 mg Sodium. 814 mg Fiber.. 7.3 g Iron... 3.1 mg Calcium 356.1 mg Vit A 11201 IU Vit C 16.9* mg Sugar 20.3*g 12.4%Cal Prot 27.5g 16.9%Cal Carb 80.9g 49.6%Cal T.Fat 25.0g 34.5%Cal S.Fat 7.0g 9.6%Cal	Nutrients Target Cals... 691 106% Chol... 53 mg Sodium. 1448 mg Fiber.. 6.7 g Iron... 3.2 mg Calcium 397.5 mg Vit A 566 IU Vit C 31.3* mg Sugar 21.9*g 12.7%Cal Prot 32.5g 18.8%Cal Carb 91.5g 53.0%Cal T.Fat 22.5g 29.3%Cal S.Fat 5.6g 7.3%Cal	Nutrients Target Cals... 603 100% Chol... 37 mg Sodium. 967 mg Fiber.. 6.0 g Iron... 5.2 mg Calcium 467.2 mg Vit A 571 IU Vit C 51.4* mg Sugar 26.9*g 17.8%Cal Prot 20.3g 13.5%Cal Carb 103.8g 68.9%Cal T.Fat 12.9g 19.3%Cal S.Fat 3.7g 5.5%Cal	Nutrients Target Cals... 799 123% Chol... 95 mg Sodium. 1286 mg Fiber.. 9.9 g Iron... 6.4 mg Calcium 685.3 mg Vit A 1088 IU Vit C 16.8* mg Sugar 29.5*g 14.8%Cal Prot 47.4g 23.8%Cal Carb 86.3g 43.2%Cal T.Fat 33.0g 37.2%Cal S.Fat 11.0g 12.4%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.