

HOLLAND ISD

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																																																																						
Sep - 3 Cereal-Assorted Toast- Wheat SCRAMBLED EGGS Apple FRUIT JUICE,ASSOR Milk Chocolate Fat Fre Milk 1% White JELLIES	Sep - 4 Cereal-Assorted Toast- Wheat SCRAMBLED EGGS Apple FRUIT JUICE,ASSOR Milk Chocolate Fat Fre Milk 1% White JELLIES	Sep - 5 Cereal-Assorted Toast- Wheat Pizza Bagel-Sausage Mandarin Oranges FRUIT JUICE,ASSOR JELLIES Milk Chocolate Fat Fre Milk 1% White	Sep - 6 Cereal-Assorted Toast- Wheat Waffles Mandarin Oranges FRUIT JUICE,ASSOR Milk Chocolate Fat Fre Milk 1% White Syrup JELLIES	Sep - 7 Cereal-Assorted Toast- Wheat Poptarts Frost Straw Mandarin Oranges FRUIT JUICE,ASSOR Milk Chocolate Fat Fre Milk 1% White JELLIES																																																																																																																																																						
<table style="width: 100%; border-collapse: collapse;"> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">357</td> </tr> <tr> <td>79%</td> <td></td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">150 mg</td> </tr> <tr> <td>Sodium...</td> <td style="text-align: right;">435 mg</td> </tr> <tr> <td>Fiber...</td> <td style="text-align: right;">4.7 g</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">2.9 mg</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">439.9 mg</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">952 IU</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">23.8 mg</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">21.7*g 24.3%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">17.8g 19.9%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">60.9g 68.2%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">5.9g 15.0%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">1.6g 4.2%Cal</td> </tr> </table>	Nutrients	Target	Cals...	357	79%		Chol...	150 mg	Sodium...	435 mg	Fiber...	4.7 g	Iron...	2.9 mg	Calcium	439.9 mg	Vit A	952 IU	Vit C	23.8 mg	Sugar	21.7*g 24.3%Cal	Prot	17.8g 19.9%Cal	Carb	60.9g 68.2%Cal	T.Fat	5.9g 15.0%Cal	S.Fat	1.6g 4.2%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">432</td> </tr> <tr> <td>96%</td> <td></td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">18 mg</td> </tr> <tr> <td>Sodium...</td> <td style="text-align: right;">547 mg</td> </tr> <tr> <td>Fiber...</td> <td style="text-align: right;">4.4 g</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">4.1 mg</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">479.3 mg</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">1134 IU</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">44.2 mg</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">19.5*g 18.1%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">18.3g 17.0%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">76.0g 70.5%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">6.6g 13.8%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">2.4g 4.9%Cal</td> </tr> </table>	Nutrients	Target	Cals...	432	96%		Chol...	18 mg	Sodium...	547 mg	Fiber...	4.4 g	Iron...	4.1 mg	Calcium	479.3 mg	Vit A	1134 IU	Vit C	44.2 mg	Sugar	19.5*g 18.1%Cal	Prot	18.3g 17.0%Cal	Carb	76.0g 70.5%Cal	T.Fat	6.6g 13.8%Cal	S.Fat	2.4g 4.9%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">473</td> </tr> <tr> <td>100%</td> <td></td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">7 mg</td> </tr> <tr> <td>Sodium...</td> <td style="text-align: right;">609 mg</td> </tr> <tr> <td>Fiber...</td> <td style="text-align: right;">3.6 g</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">4.6 mg</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">438.8 mg</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">929 IU</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">30.7 mg</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">30.3*g 25.7%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">13.6g 11.5%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">92.3g 78.0%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">5.8g 11.0%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">1.2g 2.4%Cal</td> </tr> </table>	Nutrients	Target	Cals...	473	100%		Chol...	7 mg	Sodium...	609 mg	Fiber...	3.6 g	Iron...	4.6 mg	Calcium	438.8 mg	Vit A	929 IU	Vit C	30.7 mg	Sugar	30.3*g 25.7%Cal	Prot	13.6g 11.5%Cal	Carb	92.3g 78.0%Cal	T.Fat	5.8g 11.0%Cal	S.Fat	1.2g 2.4%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">500</td> </tr> <tr> <td>100%</td> <td></td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">7 mg</td> </tr> <tr> <td>Sodium...</td> <td style="text-align: right;">506 mg</td> </tr> <tr> <td>Fiber...</td> <td style="text-align: right;">5.6 g</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">4.6 mg</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">505.4 mg</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">1512 IU</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">30.7 mg</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">33.7*g 27.0%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">12.9g 10.3%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">100.3g 80.3%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">4.8g 8.6%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">1.9g 3.4%Cal</td> </tr> </table>	Nutrients	Target	Cals...	500	100%		Chol...	7 mg	Sodium...	506 mg	Fiber...	5.6 g	Iron...	4.6 mg	Calcium	505.4 mg	Vit A	1512 IU	Vit C	30.7 mg	Sugar	33.7*g 27.0%Cal	Prot	12.9g 10.3%Cal	Carb	100.3g 80.3%Cal	T.Fat	4.8g 8.6%Cal	S.Fat	1.9g 3.4%Cal																															
Nutrients	Target																																																																																																																																																									
Cals...	357																																																																																																																																																									
79%																																																																																																																																																										
Chol...	150 mg																																																																																																																																																									
Sodium...	435 mg																																																																																																																																																									
Fiber...	4.7 g																																																																																																																																																									
Iron...	2.9 mg																																																																																																																																																									
Calcium	439.9 mg																																																																																																																																																									
Vit A	952 IU																																																																																																																																																									
Vit C	23.8 mg																																																																																																																																																									
Sugar	21.7*g 24.3%Cal																																																																																																																																																									
Prot	17.8g 19.9%Cal																																																																																																																																																									
Carb	60.9g 68.2%Cal																																																																																																																																																									
T.Fat	5.9g 15.0%Cal																																																																																																																																																									
S.Fat	1.6g 4.2%Cal																																																																																																																																																									
Nutrients	Target																																																																																																																																																									
Cals...	432																																																																																																																																																									
96%																																																																																																																																																										
Chol...	18 mg																																																																																																																																																									
Sodium...	547 mg																																																																																																																																																									
Fiber...	4.4 g																																																																																																																																																									
Iron...	4.1 mg																																																																																																																																																									
Calcium	479.3 mg																																																																																																																																																									
Vit A	1134 IU																																																																																																																																																									
Vit C	44.2 mg																																																																																																																																																									
Sugar	19.5*g 18.1%Cal																																																																																																																																																									
Prot	18.3g 17.0%Cal																																																																																																																																																									
Carb	76.0g 70.5%Cal																																																																																																																																																									
T.Fat	6.6g 13.8%Cal																																																																																																																																																									
S.Fat	2.4g 4.9%Cal																																																																																																																																																									
Nutrients	Target																																																																																																																																																									
Cals...	473																																																																																																																																																									
100%																																																																																																																																																										
Chol...	7 mg																																																																																																																																																									
Sodium...	609 mg																																																																																																																																																									
Fiber...	3.6 g																																																																																																																																																									
Iron...	4.6 mg																																																																																																																																																									
Calcium	438.8 mg																																																																																																																																																									
Vit A	929 IU																																																																																																																																																									
Vit C	30.7 mg																																																																																																																																																									
Sugar	30.3*g 25.7%Cal																																																																																																																																																									
Prot	13.6g 11.5%Cal																																																																																																																																																									
Carb	92.3g 78.0%Cal																																																																																																																																																									
T.Fat	5.8g 11.0%Cal																																																																																																																																																									
S.Fat	1.2g 2.4%Cal																																																																																																																																																									
Nutrients	Target																																																																																																																																																									
Cals...	500																																																																																																																																																									
100%																																																																																																																																																										
Chol...	7 mg																																																																																																																																																									
Sodium...	506 mg																																																																																																																																																									
Fiber...	5.6 g																																																																																																																																																									
Iron...	4.6 mg																																																																																																																																																									
Calcium	505.4 mg																																																																																																																																																									
Vit A	1512 IU																																																																																																																																																									
Vit C	30.7 mg																																																																																																																																																									
Sugar	33.7*g 27.0%Cal																																																																																																																																																									
Prot	12.9g 10.3%Cal																																																																																																																																																									
Carb	100.3g 80.3%Cal																																																																																																																																																									
T.Fat	4.8g 8.6%Cal																																																																																																																																																									
S.Fat	1.9g 3.4%Cal																																																																																																																																																									
Sep - 10 Cereal-Assorted Toast- Wheat Pancakes Mini Blueber Mandarin Oranges FRUIT JUICE,ASSOR Chocolate Milk FF MILK,2% Lowfat Syrup JELLIES	Sep - 11 Cereal-Assorted Toast- Wheat Biscuit CREAM GRAVY Mandarin Oranges FRUIT JUICE,ASSOR Chocolate Milk FF MILK,2% Lowfat Syrup JELLIES	Sep - 12 Cereal-Assorted Toast- Wheat Pizza Bagel-Sausage Mandarin Oranges FRUIT JUICE,ASSOR JELLIES Chocolate Milk FF White Milk 1%	Sep - 13 Cereal-Assorted Toast- Wheat Cinnamon Roll / glaze Sausage Patty FC Mandarin Oranges FRUIT JUICE,ASSOR Chocolate Milk FF MILK,2% Lowfat Syrup JELLIES	Sep - 14 Cereal-Assorted Toast- Wheat Zucchini Bread Sausage Patty FC Mandarin Oranges FRUIT JUICE,ASSOR Chocolate Milk FF MILK,2% Lowfat Syrup JELLIES																																																																																																																																																						
<table style="width: 100%; border-collapse: collapse;"> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">484</td> </tr> <tr> <td>100%</td> <td></td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">17 mg</td> </tr> <tr> <td>Sodium...</td> <td style="text-align: right;">484 mg</td> </tr> <tr> <td>Fiber...</td> <td style="text-align: right;">4.3 g</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">4.0 mg</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">409.7 mg</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">1237 IU</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">30.1 mg</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">39.1*g 32.3%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">12.9g 10.7%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">93.9g 77.6%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">6.6g 12.2%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">1.8g 3.3%Cal</td> </tr> </table>	Nutrients	Target	Cals...	484	100%		Chol...	17 mg	Sodium...	484 mg	Fiber...	4.3 g	Iron...	4.0 mg	Calcium	409.7 mg	Vit A	1237 IU	Vit C	30.1 mg	Sugar	39.1*g 32.3%Cal	Prot	12.9g 10.7%Cal	Carb	93.9g 77.6%Cal	T.Fat	6.6g 12.2%Cal	S.Fat	1.8g 3.3%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">500</td> </tr> <tr> <td>100%</td> <td></td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">11 mg</td> </tr> <tr> <td>Sodium...</td> <td style="text-align: right;">524 mg</td> </tr> <tr> <td>Fiber...</td> <td style="text-align: right;">3.0 g</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">3.0 mg</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">451.7 mg</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">931* IU</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">30.2* mg</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">33.8*g 27.0%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">14.5g 11.6%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">91.1g 72.8%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">9.2g 16.5%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">4.2g 7.6%Cal</td> </tr> </table>	Nutrients	Target	Cals...	500	100%		Chol...	11 mg	Sodium...	524 mg	Fiber...	3.0 g	Iron...	3.0 mg	Calcium	451.7 mg	Vit A	931* IU	Vit C	30.2* mg	Sugar	33.8*g 27.0%Cal	Prot	14.5g 11.6%Cal	Carb	91.1g 72.8%Cal	T.Fat	9.2g 16.5%Cal	S.Fat	4.2g 7.6%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">442</td> </tr> <tr> <td>98%</td> <td></td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">18 mg</td> </tr> <tr> <td>Sodium...</td> <td style="text-align: right;">566 mg</td> </tr> <tr> <td>Fiber...</td> <td style="text-align: right;">4.7 g</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">4.2 mg</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">489.3 mg</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">1134* IU</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">44.2* mg</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">19.7*g 17.8%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">19.0g 17.2%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">78.0g 70.7%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">6.8g 13.9%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">2.4g 4.8%Cal</td> </tr> </table>	Nutrients	Target	Cals...	442	98%		Chol...	18 mg	Sodium...	566 mg	Fiber...	4.7 g	Iron...	4.2 mg	Calcium	489.3 mg	Vit A	1134* IU	Vit C	44.2* mg	Sugar	19.7*g 17.8%Cal	Prot	19.0g 17.2%Cal	Carb	78.0g 70.7%Cal	T.Fat	6.8g 13.9%Cal	S.Fat	2.4g 4.8%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">554</td> </tr> <tr> <td>111%</td> <td></td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">27 mg</td> </tr> <tr> <td>Sodium...</td> <td style="text-align: right;">531 mg</td> </tr> <tr> <td>Fiber...</td> <td style="text-align: right;">3.7 g</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">3.1 mg</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">396.8 mg</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">1159* IU</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">30.3* mg</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">47.7*g 34.4%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">17.6g 12.7%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">105.3g 76.0%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">6.6*g 10.7%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">2.8g 4.5%Cal</td> </tr> </table>	Nutrients	Target	Cals...	554	111%		Chol...	27 mg	Sodium...	531 mg	Fiber...	3.7 g	Iron...	3.1 mg	Calcium	396.8 mg	Vit A	1159* IU	Vit C	30.3* mg	Sugar	47.7*g 34.4%Cal	Prot	17.6g 12.7%Cal	Carb	105.3g 76.0%Cal	T.Fat	6.6*g 10.7%Cal	S.Fat	2.8g 4.5%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">577</td> </tr> <tr> <td>115%</td> <td></td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">23 mg</td> </tr> <tr> <td>Sodium...</td> <td style="text-align: right;">584 mg</td> </tr> <tr> <td>Fiber...</td> <td style="text-align: right;">3.0 g</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">3.2 mg</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">449.7 mg</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">970* IU</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">30.9* mg</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">48.5*g 33.6%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">17.6g 12.2%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">99.9g 69.2%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">13.2*g 20.6%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">3.8g 5.9%Cal</td> </tr> </table>	Nutrients	Target	Cals...	577	115%		Chol...	23 mg	Sodium...	584 mg	Fiber...	3.0 g	Iron...	3.2 mg	Calcium	449.7 mg	Vit A	970* IU	Vit C	30.9* mg	Sugar	48.5*g 33.6%Cal	Prot	17.6g 12.2%Cal	Carb	99.9g 69.2%Cal	T.Fat	13.2*g 20.6%Cal	S.Fat	3.8g 5.9%Cal
Nutrients	Target																																																																																																																																																									
Cals...	484																																																																																																																																																									
100%																																																																																																																																																										
Chol...	17 mg																																																																																																																																																									
Sodium...	484 mg																																																																																																																																																									
Fiber...	4.3 g																																																																																																																																																									
Iron...	4.0 mg																																																																																																																																																									
Calcium	409.7 mg																																																																																																																																																									
Vit A	1237 IU																																																																																																																																																									
Vit C	30.1 mg																																																																																																																																																									
Sugar	39.1*g 32.3%Cal																																																																																																																																																									
Prot	12.9g 10.7%Cal																																																																																																																																																									
Carb	93.9g 77.6%Cal																																																																																																																																																									
T.Fat	6.6g 12.2%Cal																																																																																																																																																									
S.Fat	1.8g 3.3%Cal																																																																																																																																																									
Nutrients	Target																																																																																																																																																									
Cals...	500																																																																																																																																																									
100%																																																																																																																																																										
Chol...	11 mg																																																																																																																																																									
Sodium...	524 mg																																																																																																																																																									
Fiber...	3.0 g																																																																																																																																																									
Iron...	3.0 mg																																																																																																																																																									
Calcium	451.7 mg																																																																																																																																																									
Vit A	931* IU																																																																																																																																																									
Vit C	30.2* mg																																																																																																																																																									
Sugar	33.8*g 27.0%Cal																																																																																																																																																									
Prot	14.5g 11.6%Cal																																																																																																																																																									
Carb	91.1g 72.8%Cal																																																																																																																																																									
T.Fat	9.2g 16.5%Cal																																																																																																																																																									
S.Fat	4.2g 7.6%Cal																																																																																																																																																									
Nutrients	Target																																																																																																																																																									
Cals...	442																																																																																																																																																									
98%																																																																																																																																																										
Chol...	18 mg																																																																																																																																																									
Sodium...	566 mg																																																																																																																																																									
Fiber...	4.7 g																																																																																																																																																									
Iron...	4.2 mg																																																																																																																																																									
Calcium	489.3 mg																																																																																																																																																									
Vit A	1134* IU																																																																																																																																																									
Vit C	44.2* mg																																																																																																																																																									
Sugar	19.7*g 17.8%Cal																																																																																																																																																									
Prot	19.0g 17.2%Cal																																																																																																																																																									
Carb	78.0g 70.7%Cal																																																																																																																																																									
T.Fat	6.8g 13.9%Cal																																																																																																																																																									
S.Fat	2.4g 4.8%Cal																																																																																																																																																									
Nutrients	Target																																																																																																																																																									
Cals...	554																																																																																																																																																									
111%																																																																																																																																																										
Chol...	27 mg																																																																																																																																																									
Sodium...	531 mg																																																																																																																																																									
Fiber...	3.7 g																																																																																																																																																									
Iron...	3.1 mg																																																																																																																																																									
Calcium	396.8 mg																																																																																																																																																									
Vit A	1159* IU																																																																																																																																																									
Vit C	30.3* mg																																																																																																																																																									
Sugar	47.7*g 34.4%Cal																																																																																																																																																									
Prot	17.6g 12.7%Cal																																																																																																																																																									
Carb	105.3g 76.0%Cal																																																																																																																																																									
T.Fat	6.6*g 10.7%Cal																																																																																																																																																									
S.Fat	2.8g 4.5%Cal																																																																																																																																																									
Nutrients	Target																																																																																																																																																									
Cals...	577																																																																																																																																																									
115%																																																																																																																																																										
Chol...	23 mg																																																																																																																																																									
Sodium...	584 mg																																																																																																																																																									
Fiber...	3.0 g																																																																																																																																																									
Iron...	3.2 mg																																																																																																																																																									
Calcium	449.7 mg																																																																																																																																																									
Vit A	970* IU																																																																																																																																																									
Vit C	30.9* mg																																																																																																																																																									
Sugar	48.5*g 33.6%Cal																																																																																																																																																									
Prot	17.6g 12.2%Cal																																																																																																																																																									
Carb	99.9g 69.2%Cal																																																																																																																																																									
T.Fat	13.2*g 20.6%Cal																																																																																																																																																									
S.Fat	3.8g 5.9%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.

HOLLAND ISD

Monday	Tuesday	Wednesday	Thursday	Friday
Sep - 17 Cereal-Assorted Toast- Wheat Chicken Biscuit Biscuit Mandarin Oranges FRUIT JUICE,ASSOR Chocolate Milk FF MILK,2% Lowfat Syrup JELLIES	Sep - 18 Cereal-Assorted Toast- Wheat SCRAMBLED EGGS Mandarin Oranges FRUIT JUICE,ASSOR Chocolate Milk FF MILK,2% Lowfat JELLIES	Sep - 19 Cereal-Assorted Toast- Wheat Pizza Bagel-Sausage Mandarin Oranges FRUIT JUICE,ASSOR JELLIES Chocolate Milk FF White Milk 1%	Sep - 20 Cereal-Assorted Toast- Wheat Pancake on Stick Mandarin Oranges FRUIT JUICE,ASSOR Chocolate Milk FF MILK,2% Lowfat Syrup JELLIES	Sep - 21 Cereal-Assorted Toast- Wheat Zucchini Bread Sausage Patty FC Mandarin Oranges FRUIT JUICE,ASSOR Chocolate Milk FF MILK,2% Lowfat Syrup JELLIES
Nutrients Target Cals... 710 142% Chol... 27 mg Sodium. 898 mg Fiber.. 5.6 g Iron... 4.6 mg Calcium 583.0 mg Vit A 904* IU Vit C 30.1* mg Sugar 33.8*g 19.0%Cal Prot 24.9g 14.0%Cal Carb 110.5g 62.2%Cal T.Fat 19.2*g 24.4%Cal S.Fat 7.8g 9.8%Cal	Nutrients Target Cals... 358 80% Chol... 153 mg Sodium. 434 mg Fiber.. 3.0 g Iron... 3.2 mg Calcium 443.0 mg Vit A 1048* IU Vit C 30.1* mg Sugar 18.5*g 20.6%Cal Prot 17.6g 19.7%Cal Carb 59.0g 65.8%Cal T.Fat 6.6*g 16.6%Cal S.Fat 2.1g 5.4%Cal	Nutrients Target Cals... 432 96% Chol... 18 mg Sodium. 547 mg Fiber.. 4.4 g Iron... 4.1 mg Calcium 479.3 mg Vit A 1134* IU Vit C 44.2* mg Sugar 19.5*g 18.1%Cal Prot 18.3g 17.0%Cal Carb 76.0g 70.5%Cal T.Fat 6.6*g 13.8%Cal S.Fat 2.4g 4.9%Cal	Nutrients Target Cals... 477 100% Chol... 27 mg Sodium. 484 mg Fiber.. 3.6 g Iron... 3.4 mg Calcium 383.0 mg Vit A 904* IU Vit C 30.1* mg Sugar 34.5*g 28.9%Cal Prot 14.9g 12.5%Cal Carb 81.9g 68.6%Cal T.Fat 9.2*g 17.4%Cal S.Fat 2.8g 5.2%Cal	Nutrients Target Cals... 577 115% Chol... 23 mg Sodium. 584 mg Fiber.. 3.0 g Iron... 3.2 mg Calcium 449.7 mg Vit A 970* IU Vit C 30.9* mg Sugar 48.5*g 33.6%Cal Prot 17.6g 12.2%Cal Carb 99.9g 69.2%Cal T.Fat 13.2*g 20.6%Cal S.Fat 3.8g 5.9%Cal
Sep - 24 BREAKFAST BURRIT Cereal-Assorted Toast- Wheat Fresh Apple FRUIT JUICE,ASSOR Chocolate Milk FF White Milk 1% JELLIES	Sep - 25 Cereal-Assorted Toast- Wheat FRENCH TOAST STI Sausage Patty FC Mandarin Oranges FRUIT JUICE,ASSOR Chocolate Milk FF MILK,2% Lowfat Syrup JELLIES	Sep - 26 Cereal-Assorted Toast- Wheat Pizza Bagel-Sausage Mandarin Oranges FRUIT JUICE,ASSOR JELLIES Chocolate Milk FF White Milk 1%	Sep - 27 Cereal-Assorted Toast- Wheat Biscuit Sausage Patty FC Mandarin Oranges FRUIT JUICE,ASSOR Chocolate Milk FF MILK,2% Lowfat Syrup JELLIES	Sep - 28 Cereal-Assorted Toast- Wheat Muffins Sausage Patty FC Mandarin Oranges FRUIT JUICE,ASSOR Chocolate Milk FF MILK,2% Lowfat Syrup JELLIES
Nutrients Target Cals... 397 88% Chol... 105 mg Sodium. 590 mg Fiber.. 4.1 g Iron... 4.2 mg Calcium 462.1 mg Vit A 1070* IU Vit C 25.6* mg Sugar 15.2*g 15.3%Cal Prot 17.4g 17.5%Cal Carb 67.1g 67.6%Cal T.Fat 6.8*g 15.3%Cal S.Fat 2.1g 4.7%Cal	Nutrients Target Cals... 648 130% Chol... 120 mg Sodium. 1022 mg Fiber.. 2.9 g Iron... 5.1 mg Calcium 509.3 mg Vit A 1124* IU Vit C 30.4* mg Sugar 31.8*g 19.6%Cal Prot 23.0g 14.2%Cal Carb 109.1g 67.3%Cal T.Fat 13.8*g 19.1%Cal S.Fat 4.2g 5.9%Cal	Nutrients Target Cals... 432 96% Chol... 18 mg Sodium. 547 mg Fiber.. 4.4 g Iron... 4.1 mg Calcium 479.3 mg Vit A 1134* IU Vit C 44.2* mg Sugar 19.5*g 18.1%Cal Prot 18.3g 17.0%Cal Carb 76.0g 70.5%Cal T.Fat 6.6*g 13.8%Cal S.Fat 2.4g 4.9%Cal	Nutrients Target Cals... 537 107% Chol... 23 mg Sodium. 664 mg Fiber.. 3.0 g Iron... 3.2 mg Calcium 436.4 mg Vit A 904* IU Vit C 30.1* mg Sugar 33.8*g 25.2%Cal Prot 17.6g 13.1%Cal Carb 89.9g 66.9%Cal T.Fat 12.6*g 21.0%Cal S.Fat 5.4g 9.1%Cal	Nutrients Target Cals... 519 104% Chol... 51 mg Sodium. 522 mg Fiber.. 3.0 g Iron... 9.3 mg Calcium 429.7 mg Vit A 970* IU Vit C 30.6* mg Sugar 42.5*g 32.7%Cal Prot 16.5g 12.7%Cal Carb 91.2g 70.2%Cal T.Fat 10.3*g 17.9%Cal S.Fat 3.8g 6.5%Cal

This institution is an equal opportunity provider.

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.