

HOLLAND ISD

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																																																																						
Sep - 2 Cereal-Assorted Toast- Wheat Blueberry Muffin Sausage Links Apple FRUIT JUICE,ASSOR Milk Chocolate Fat Fre Milk 1% White JELLIES	Sep - 3 Cereal-Assorted Toast- Wheat Blueberry Muffin Sausage Links Apple FRUIT JUICE,ASSOR Milk Chocolate Fat Fre Milk 1% White JELLIES	Sep - 4 Cereal-Assorted Toast- Wheat Pizza Bagel-Sausage Mandarin Oranges FRUIT JUICE,ASSOR JELLIES Milk Chocolate Fat Fre Milk 1% White	Sep - 5 Cereal-Assorted Toast- Wheat Glazed Donut Sausage Links Mandarin Oranges FRUIT JUICE,ASSOR Milk Chocolate Fat Fre Milk 1% White Syrup JELLIES	Sep - 6 Cereal-Assorted Toast- Wheat Poptarts Frost Straw Mandarin Oranges FRUIT JUICE,ASSOR Milk Chocolate Fat Fre Milk 1% White JELLIES																																																																																																																																																						
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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																																																																																																																																																									

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HOLLAND ISD

Monday	Tuesday	Wednesday	Thursday	Friday
Sep - 16 Cereal-Assorted Toast- Wheat Chicken Biscuit Biscuit Mandarin Oranges FRUIT JUICE,ASSOR Chocolate Milk FF MILK,2% Lowfat Syrup JELLIES	Sep - 17 Cereal-Assorted Toast- Wheat SCRAMBLED EGGS Mandarin Oranges FRUIT JUICE,ASSOR Chocolate Milk FF MILK,2% Lowfat JELLIES	Sep - 18 Cereal-Assorted Toast- Wheat Pizza Bagel-Sausage Mandarin Oranges FRUIT JUICE,ASSOR JELLIES Chocolate Milk FF White Milk 1%	Sep - 19 Cereal-Assorted Toast- Wheat Pancake on Stick Mandarin Oranges FRUIT JUICE,ASSOR Chocolate Milk FF MILK,2% Lowfat Syrup JELLIES	Sep - 20 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 - 23 BREAKFAST BURRIT Cereal-Assorted Toast- Wheat Fresh Apple FRUIT JUICE,ASSOR Chocolate Milk FF White Milk 1% JELLIES	Sep - 24 Cereal-Assorted Toast- Wheat FRENCH TOAST STI Sausage Patty FC Mandarin Oranges FRUIT JUICE,ASSOR Chocolate Milk FF MILK,2% Lowfat Syrup JELLIES	Sep - 25 Cereal-Assorted Toast- Wheat Pizza Bagel-Sausage Mandarin Oranges FRUIT JUICE,ASSOR JELLIES Chocolate Milk FF White Milk 1%	Sep - 26 Cereal-Assorted Toast- Wheat Biscuit Sausage Patty FC Mandarin Oranges FRUIT JUICE,ASSOR Chocolate Milk FF MILK,2% Lowfat Syrup JELLIES	Sep - 27 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
Sep - 30 BREAKFAST BURRIT Cereal-Assorted Toast- Wheat Fresh Apple FRUIT JUICE,ASSOR Chocolate Milk FF White Milk 1% JELLIES				

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HOLLAND ISD

	Monday	Tuesday	Wednesday	Thursday	Friday
Nutrients	Target				
Cals...	389				
87%					
Chol...	105 mg				
Sodium.	589 mg				
Fiber..	4.7 g				
Iron...	4.1 mg				
Calcium	459.3 mg				
Vit A	1065* IU				
Vit C	18.7* mg				
Sugar	10.7*g 11.0%Cal				
Prot	17.3g 17.8%Cal				
Carb	65.6g 67.4%Cal				
T.Fat	6.8*g 15.6%Cal				
S.Fat	2.1g 4.8%Cal				

Menu subject to change
This institution is an equal opportunity provider.

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