

# HOLLAND ISD

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																																																																						
	May - 1  Cereal-Assorted Toast- Wheat Muffins Mandarin Oranges FRUIT JUICE,ASSOR Chocolate Milk FF Milk 1% White JELLIES	May - 2  Cereal-Assorted Toast- Wheat Pizza Bagel-Sausage Chilled Fruit Mix FRUIT JUICE,ASSOR JELLIES Chocolate Milk FF White Milk 1%	May - 3  Cereal Variety 2017 Toast- Wheat Blueberry Pancake Apple Fruit Juice Chocolate Milk FF Milk 1% White Syrup- Sugar Free JELLIES	May - 4  Cereal-Assorted Toast- Wheat Poptarts Frost Straw Fresh Apple FRUIT JUICE,ASSOR Chocolate Milk FF Milk 1% White Syrup- Sugar Free JELLIES																																																																																																																																																						
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# HOLLAND ISD

Monday	Tuesday	Wednesday	Thursday	Friday
May - 14	May - 15	May - 16	May - 17	May - 18
Cereal-Assorted Toast- Wheat Pancakes Mini Blueber Apple FRUIT JUICE,ASSOR Chocolate Milk FF Milk 1% White Syrup- Sugar Free JELLIES	Cereal-Assorted Toast- Wheat Biscuit Sausage Patty FC Mandarin Oranges FRUIT JUICE,ASSOR Chocolate Milk FF Milk 1% White Syrup- Sugar Free JELLIES	Cereal-Assorted Toast- Wheat Pizza Bagel-Sausage Fresh Orange FRUIT JUICE,ASSOR JELLIES Chocolate Milk FF White Milk 1%	Cereal-Assorted Toast- Wheat Zucchini Bread Sausage Patty FC Banana FRUIT JUICE,ASSOR Chocolate Milk FF Milk 1% White JELLIES	Breakfast Burrito Cereal-Assorted Toast- Wheat Fresh Apple FRUIT JUICE,ASSOR Chocolate Milk FF White Milk 1% JELLIES
Nutrients Target Cals... 411 91% Chol... 13* mg Sodium. 518 mg Fiber.. 6.5* g Iron... 3.7* mg Calcium405.8* mg Vit A 1074* IU Vit C 20.7* mg Sugar 28.6*g 27.9%Cal Prot 13.1*g 12.7%Cal Carb 78.4g 76.4%Cal T.Fat 5.9*g 13.0%Cal S.Fat 1.3*g 2.8%Cal	Nutrients Target Cals... 460 100% Chol... 20* mg Sodium. 704 mg Fiber.. 2.9* g Iron... 3.2* mg Calcium439.8* mg Vit A 885* IU Vit C 30.0* mg Sugar 13.5*g 11.7%Cal Prot 17.5*g 15.2%Cal Carb 72.4g 62.9%Cal T.Fat 11.7*g 23.0%Cal S.Fat 4.9*g 9.6%Cal	Nutrients Target Cals... 406 90% Chol... 18* mg Sodium. 539 mg Fiber.. 6.4* g Iron... 3.6* mg Calcium496.8* mg Vit A 1116* IU Vit C 68.8* mg Sugar 15.0*g 14.8%Cal Prot 19.0*g 18.7%Cal Carb 70.0g 69.1%Cal T.Fat 6.7*g 14.8%Cal S.Fat 2.4*g 5.3%Cal	Nutrients Target Cals... 518 104% Chol... 20* mg Sodium. 568 mg Fiber.. 5.0* g Iron... 3.0* mg Calcium444.1* mg Vit A 807* IU Vit C 24.0* mg Sugar 37.7*g 29.1%Cal Prot 18.4*g 14.2%Cal Carb 86.7g 66.9%Cal T.Fat 12.7*g 22.0%Cal S.Fat 3.3*g 5.8%Cal	Nutrients Target Cals... 360 80% Chol... 94* mg Sodium. 567 mg Fiber.. 4.5* g Iron... 3.4* mg Calcium457.8* mg Vit A 939* IU Vit C 16.0* mg Sugar 10.7*g 11.9%Cal Prot 16.7*g 18.5%Cal Carb 57.9g 64.3%Cal T.Fat 7.2*g 18.1%Cal S.Fat 2.6*g 6.5%Cal
May - 21	May - 22	May - 23	May - 24	May - 25
Cereal Variety 2017 Toast- Wheat Pancake on Stick Applesauce Fruit Juice Chocolate Milk FF Milk 1% White Syrup- Sugar Free JELLIES	Cereal-Assorted Toast- Wheat French Toast Mini-berr Sausage Patty FC Mandarin Oranges FRUIT JUICE,ASSOR Chocolate Milk FF Milk 1% White Syrup- Sugar Free JELLIES	Cereal-Assorted Toast- Wheat Pizza Bagel-Sausage Chilled Fruit Mix FRUIT JUICE,ASSOR JELLIES Chocolate Milk FF White Milk 1%	Cereal-Assorted Toast- Wheat Cinnamon Roll / glaze Sausage Patty FC Mandarin Oranges FRUIT JUICE,ASSOR Chocolate Milk FF Milk 1% White Syrup- Sugar Free JELLIES	Cereal-Assorted Toast- Wheat Poptarts Frost Straw Fresh Apple FRUIT JUICE,ASSOR Chocolate Milk FF Milk 1% White Syrup- Sugar Free JELLIES
Nutrients Target Cals... 381 85% Chol... 21* mg Sodium. 511 mg Fiber.. 4.3* g Iron... 3.3* mg Calcium393.9* mg Vit A 725* IU Vit C 19.6* mg Sugar 14.5*g 15.3%Cal Prot 14.8*g 15.6%Cal Carb 62.5g 65.6%Cal T.Fat 7.7*g 18.3%Cal S.Fat 2.0*g 4.7%Cal	Nutrients Target Cals... 467 100% Chol... 20* mg Sodium. 604 mg Fiber.. 2.9* g Iron... 3.2* mg Calcium413.2* mg Vit A 885* IU Vit C 30.0* mg Sugar 18.8*g 16.1%Cal Prot 16.8*g 14.4%Cal Carb 78.4g 67.2%Cal T.Fat 10.4*g 20.1%Cal S.Fat 2.6*g 5.0%Cal	Nutrients Target Cals... 425 94% Chol... 18* mg Sodium. 546 mg Fiber.. 5.3* g Iron... 3.9* mg Calcium468.2* mg Vit A 1140* IU Vit C 24.4* mg Sugar 29.8*g 28.0%Cal Prot 18.6*g 17.5%Cal Carb 75.6g 71.1%Cal T.Fat 6.7*g 14.1%Cal S.Fat 2.4*g 5.0%Cal	Nutrients Target Cals... 477 100% Chol... 23* mg Sodium. 570 mg Fiber.. 3.6* g Iron... 3.2* mg Calcium400.2* mg Vit A 1140* IU Vit C 30.3* mg Sugar 27.4*g 22.9%Cal Prot 17.5*g 14.7%Cal Carb 87.9g 73.7%Cal T.Fat 5.7*g 10.8%Cal S.Fat 2.2*g 4.2%Cal	Nutrients Target Cals... 509 102% Chol... 7* mg Sodium. 551 mg Fiber.. 7.8* g Iron... 4.3* mg Calcium499.0* mg Vit A 1406* IU Vit C 20.6* mg Sugar 31.5*g 24.7%Cal Prot 13.1*g 10.3%Cal Carb 104.8g 82.3%Cal T.Fat 4.9*g 8.7%Cal S.Fat 1.9*g 3.4%Cal

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