

# HOLLAND ISD

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																																																																						
			Nov - 1  Cereal-Assorted Toast- Wheat Cinnamon Roll / glaze Sausage Patty FC Mandarin Oranges FRUIT JUICE,ASSOR Chocolate Milk FF MILK,2% Lowfat Syrup JELLIES	Nov - 2  Cereal-Assorted Toast- Wheat Zucchini Bread Sausage Patty FC Mandarin Oranges FRUIT JUICE,ASSOR Chocolate Milk FF MILK,2% Lowfat Syrup JELLIES																																																																																																																																																						
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# HOLLAND ISD

Monday	Tuesday	Wednesday	Thursday	Friday
Nov - 12 Breakfast burrito Cereal-Assorted Toast- Wheat Fresh Apple FRUIT JUICE,ASSOR Chocolate Milk FF White Milk 1% JELLIES	Nov - 13 Cereal-Assorted Toast- Wheat FRENCH TOAST STI Sausage Patty FC Mandarin Oranges FRUIT JUICE,ASSOR Chocolate Milk FF MILK,2% Lowfat Syrup JELLIES	Nov - 14 Cereal-Assorted Toast- Wheat Pizza Bagel-Sausage Mandarin Oranges FRUIT JUICE,ASSOR JELLIES Chocolate Milk FF White Milk 1%	Nov - 15 Cereal-Assorted Toast- Wheat Poptarts Frost Straw Mandarin Oranges FRUIT JUICE,ASSOR Chocolate Milk FF MILK,2% Lowfat Syrup JELLIES	Nov - 16 Cereal-Assorted Toast- Wheat Muffins Sausage Patty FC Mandarin Oranges FRUIT JUICE,ASSOR Chocolate Milk FF MILK,2% Lowfat Syrup JELLIES
Nutrients Target Cals... 378 84% Chol... 104 mg Sodium. 539 mg Fiber.. 4.7 g Iron... 3.5 mg Calcium 512.9 mg Vit A 979* IU Vit C 16.3* mg Sugar 10.8*g 11.4%Cal Prot 18.0g 19.0%Cal Carb 59.9g 63.4%Cal T.Fat 7.8*g 18.5%Cal S.Fat 3.0g 7.1%Cal	Nutrients Target Cals... 649 130% Chol... 120 mg Sodium. 1023 mg Fiber.. 2.9 g Iron... 5.1 mg Calcium 510.3 mg Vit A 1163* IU Vit C 29.8* mg Sugar 29.6*g 18.2%Cal Prot 22.9g 14.1%Cal Carb 109.2g 67.3%Cal T.Fat 13.7*g 19.0%Cal S.Fat 4.2g 5.9%Cal	Nutrients Target Cals... 410 91% Chol... 18 mg Sodium. 546 mg Fiber.. 4.3 g Iron... 4.0 mg Calcium 474.9 mg Vit A 1115* IU Vit C 36.0* mg Sugar 15.0*g 14.7%Cal Prot 18.1g 17.7%Cal Carb 70.8g 69.1%Cal T.Fat 6.6*g 14.4%Cal S.Fat 2.4g 5.2%Cal	Nutrients Target Cals... 584 117% Chol... 10 mg Sodium. 518 mg Fiber.. 5.6 g Iron... 4.7 mg Calcium 504.1 mg Vit A 1609* IU Vit C 29.4* mg Sugar 49.6*g 33.9%Cal Prot 12.9g 8.8%Cal Carb 120.7g 82.6%Cal T.Fat 5.5*g 8.5%Cal S.Fat 2.4g 3.7%Cal	Nutrients Target Cals... 520 104% Chol... 51 mg Sodium. 523 mg Fiber.. 2.9 g Iron... 9.3 mg Calcium 430.8 mg Vit A 1009* IU Vit C 29.9* mg Sugar 40.2*g 31.0%Cal Prot 16.4g 12.6%Cal Carb 91.4g 70.3%Cal T.Fat 10.3*g 17.8%Cal S.Fat 3.8g 6.5%Cal
Nov - 19	Nov - 20	Nov - 21	Nov - 22	Nov - 23
Nov - 26 Cereal-Assorted Toast- Wheat Pancakes Mini Blueber Apple FRUIT JUICE,ASSOR Chocolate Milk FF MILK,2% Lowfat Syrup JELLIES	Nov - 27 Cereal-Assorted Toast- Wheat SCRAMBLED EGGS Mandarin Oranges FRUIT JUICE,ASSOR Chocolate Milk FF MILK,2% Lowfat Syrup JELLIES	Nov - 28 Cereal-Assorted Toast- Wheat Pizza Bagel-Sausage Mandarin Oranges FRUIT JUICE,ASSOR JELLIES Chocolate Milk FF White Milk 1%	Nov - 29 Cereal-Assorted Toast- Wheat Cinnamon Roll / glaze Sausage Patty FC Mandarin Oranges FRUIT JUICE,ASSOR Chocolate Milk FF MILK,2% Lowfat Syrup JELLIES	Nov - 30 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... 488 100% Chol... 17 mg Sodium. 480 mg Fiber.. 6.5 g Iron... 3.7 mg Calcium 403.4 mg Vit A 1132* IU Vit C 20.1* mg Sugar 46.7*g 38.3%Cal Prot 13.1g 10.7%Cal Carb 96.0g 78.7%Cal T.Fat 6.7*g 12.3%Cal S.Fat 1.8g 3.3%Cal	Nutrients Target Cals... 399 89% Chol... 153 mg Sodium. 374 mg Fiber.. 1.6 g Iron... 2.8 mg Calcium 404.1 mg Vit A 1157* IU Vit C 29.5* mg Sugar 29.6*g 29.6%Cal Prot 14.9g 14.9%Cal Carb 71.8g 72.0%Cal T.Fat 5.9*g 13.3%Cal S.Fat 2.1g 4.8%Cal	Nutrients Target Cals... 420 93% Chol... 18 mg Sodium. 565 mg Fiber.. 4.6 g Iron... 4.1 mg Calcium 484.9 mg Vit A 1115* IU Vit C 36.0* mg Sugar 15.2*g 14.5%Cal Prot 18.8g 17.9%Cal Carb 72.8g 69.3%Cal T.Fat 6.7*g 14.5%Cal S.Fat 2.4g 5.1%Cal	Nutrients Target Cals... 555 111% Chol... 27 mg Sodium. 532 mg Fiber.. 3.6 g Iron... 3.2 mg Calcium 397.8 mg Vit A 1198* IU Vit C 29.7* mg Sugar 45.5*g 32.8%Cal Prot 17.5g 12.6%Cal Carb 105.4g 76.1%Cal T.Fat 6.5*g 10.6%Cal S.Fat 2.8g 4.5%Cal	Nutrients Target Cals... 578 116% Chol... 23 mg Sodium. 585 mg Fiber.. 2.9 g Iron... 3.3 mg Calcium 450.8 mg Vit A 1009* IU Vit C 30.2* mg Sugar 46.2*g 32.0%Cal Prot 17.5g 12.1%Cal Carb 100.0g 69.3%Cal T.Fat 13.2*g 20.6%Cal S.Fat 3.8g 5.9%Cal

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