

# HOLLAND ISD

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 1 BREAKFAST BURRIT Cereal-Assorted Toast- Wheat FRENCH TOAST STI Sausage Patty FC FRUIT JUICE,ASSOR Chocolate Milk FF White Milk 1% JELLIES	Oct - 2 Cereal-Assorted Toast- Wheat FRENCH TOAST STI Sausage Patty FC Mandarin Oranges FRUIT JUICE,ASSOR Chocolate Milk FF MILK,2% Lowfat Syrup JELLIES	Oct - 3 Cereal-Assorted Toast- Wheat Pizza Bagel-Sausage Mandarin Oranges FRUIT JUICE,ASSOR JELLIES Chocolate Milk FF White Milk 1%	Oct - 4 Cereal-Assorted Toast- Wheat OATMEAL Apple FRUIT JUICE,ASSOR Chocolate Milk FF MILK,2% Lowfat Syrup JELLIES	Oct - 5 Cereal-Assorted Toast- Wheat Muffins Sausage Patty FC Mandarin Oranges FRUIT JUICE,ASSOR Chocolate Milk FF MILK,2% Lowfat Syrup JELLIES
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 6.8g 15.6%Cal S.Fat 2.1g 4.8%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 13.7g 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 6.6g 14.4%Cal S.Fat 2.4g 5.2%Cal	Nutrients Target Cals... 425 94% Chol... 10 mg Sodium... 279 mg Fiber... 8.7 g Iron... 3.6 mg Calcium 386.3 mg Vit A 798 IU Vit C 20.1* mg Sugar 39.8*g 37.5%Cal Prot 15.9g 14.9%Cal Carb 93.4g 87.9%Cal T.Fat 4.9g 10.4%Cal S.Fat 1.5g 3.3%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 10.3g 17.8%Cal S.Fat 3.8g 6.5%Cal
Oct - 8	Oct - 9 Cereal-Assorted Toast- Wheat SCRAMBLED EGGS Mandarin Oranges FRUIT JUICE,ASSOR Chocolate Milk FF MILK,2% Lowfat JELLIES	Oct - 10 Cereal-Assorted Toast- Wheat Pizza Bagel-Sausage Mandarin Oranges FRUIT JUICE,ASSOR JELLIES Chocolate Milk FF White Milk 1%	Oct - 11 Cereal-Assorted Toast- Wheat Pancake on Stick Mandarin Oranges FRUIT JUICE,ASSOR Chocolate Milk FF MILK,2% Lowfat Syrup JELLIES	Oct - 12 Cereal-Assorted Toast- Wheat Zucchini Bread Sausage Patty FC Banana FRUIT JUICE,ASSOR Chocolate Milk FF MILK,2% Lowfat Syrup JELLIES
	Nutrients Target Cals... 359 80% Chol... 153 mg Sodium... 434 mg Fiber... 2.9 g Iron... 3.3 mg Calcium 444.1 mg Vit A 1087 IU Vit C 29.5* mg Sugar 16.2*g 18.1%Cal Prot 17.5g 19.5%Cal Carb 59.1g 65.9%Cal T.Fat 6.6g 16.5%Cal S.Fat 2.1g 5.4%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 6.6g 14.4%Cal S.Fat 2.4g 5.2%Cal	Nutrients Target Cals... 478 100% Chol... 27 mg Sodium... 485 mg Fiber... 3.6 g Iron... 3.5 mg Calcium 384.1 mg Vit A 943* IU Vit C 29.4* mg Sugar 32.2*g 27.0%Cal Prot 14.9g 12.4%Cal Carb 82.0g 68.7%Cal T.Fat 9.2g 17.3%Cal S.Fat 2.8g 5.2%Cal	Nutrients Target Cals... 602 120% Chol... 23 mg Sodium... 579 mg Fiber... 5.0 g Iron... 3.0 mg Calcium 441.7 mg Vit A 864* IU Vit C 23.4* mg Sugar 55.9*g 37.1%Cal Prot 18.4g 12.2%Cal Carb 106.9g 71.0%Cal T.Fat 13.5g 20.1%Cal S.Fat 3.9g 5.8%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.

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Oct - 15  Cereal-Assorted Toast- Wheat Pancakes Mini Blueber Apple FRUIT JUICE,ASSOR Chocolate Milk FF MILK,2% Lowfat Syrup JELLIES	Oct - 16  Cereal-Assorted Toast- Wheat Biscuit CREAM GRAVY Mandarin Oranges FRUIT JUICE,ASSOR Chocolate Milk FF MILK,2% Lowfat Syrup JELLIES	Oct - 17  Cereal-Assorted Toast- Wheat Pizza Bagel-Sausage Mandarin Oranges FRUIT JUICE,ASSOR JELLIES Chocolate Milk FF White Milk 1%	Oct - 18  Cereal-Assorted Toast- Wheat Waffles Mandarin Oranges FRUIT JUICE,ASSOR Milk Chocolate Fat Fre Milk 1% White Syrup JELLIES	Oct - 19  Cereal-Assorted Toast- Wheat Poptarts Frost Straw Mandarin Oranges FRUIT JUICE,ASSOR Milk Chocolate Fat Fre Milk 1% White JELLIES																																																																																																																																																						
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# HOLLAND ISD

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 29 BREAKFAST BURRIT Cereal-Assorted Toast- Wheat Fresh Apple FRUIT JUICE,ASSOR Chocolate Milk FF White Milk 1% JELLIES	Oct - 30 Cereal-Assorted Toast- Wheat FRENCH TOAST STI Sausage Patty FC Mandarin Oranges FRUIT JUICE,ASSOR Chocolate Milk FF MILK,2% Lowfat Syrup JELLIES	Oct - 31 Cereal-Assorted Toast- Wheat Pizza Bagel-Sausage Mandarin Oranges FRUIT JUICE,ASSOR JELLIES Chocolate Milk FF White Milk 1%		
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    6.8g    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    13.8g    19.1%Cal S.Fat    4.2g    5.9%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    6.7g    14.5%Cal S.Fat    2.4g    5.1%Cal		

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