

HOLLAND ISD

Monday	Tuesday	Wednesday	Thursday	Friday
Apr - 1 Cereal Variety 2017 Toast- Wheat Muffins Applesauce Fruit Juice Chocolate Milk FF Milk 1% White Syrup- Sugar Free JELLIES	Apr - 2 Cereal-Assorted Toast- Wheat Biscuit Sausage Patty FC Applesauce FRUIT JUICE,ASSOR Chocolate Milk FF Milk 1% White JELLIES	Apr - 3 Cereal Variety 2017 Toast- Wheat Pizza Bagel-Sausage Fresh Apple Fruit Juice JELLIES Chocolate Milk FF White Milk 1%	Apr - 4 Cereal-Assorted Toast- Wheat SCRAMBLED EGGS Mandarin Oranges FRUIT JUICE,ASSOR Chocolate Milk FF MILK,2% Lowfat JELLIES	Apr - 5 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... 372 83% Chol... 30* mg Sodium. 406 mg Fiber.. 3.7* g Iron... 8.1* mg Calcium422.4* mg Vit A 782* IU Vit C 20.1* mg Sugar 21.4*g 23.0%Cal Prot 12.7*g 13.7%Cal Carb 70.0g 75.3%Cal T.Fat 5.3*g 12.7%Cal S.Fat 1.7*g 4.1%Cal	Nutrients Target Cals... 444 99% Chol... 20* mg Sodium. 649 mg Fiber.. 3.9* g Iron... 3.0* mg Calcium430.2* mg Vit A 714* IU Vit C 34.6* mg Sugar 13.5*g 12.1%Cal Prot 17.7*g 15.9%Cal Carb 68.4g 61.6%Cal T.Fat 11.8*g 24.0%Cal S.Fat 4.9*g 10.0%Cal	Nutrients Target Cals... 415 92% Chol... 20* mg Sodium. 572 mg Fiber.. 5.9* g Iron... 3.0* mg Calcium467.5* mg Vit A 905* IU Vit C 13.2* mg Sugar 22.2*g 21.4%Cal Prot 19.5*g 18.8%Cal Carb 69.6g 67.2%Cal T.Fat 7.4*g 16.0%Cal S.Fat 2.7*g 5.8%Cal	Nutrients Target Cals... 358 80% Chol... 153* mg Sodium. 434 mg Fiber.. 3.0* g Iron... 3.2* mg Calcium443.0* mg Vit A 1048* IU Vit C 30.1* mg Sugar 18.5*g 20.6%Cal Prot 17.6*g 19.7%Cal Carb 59.0g 65.8%Cal T.Fat 6.6*g 16.6%Cal S.Fat 2.1*g 5.4%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
Apr - 8 Cereal-Assorted Toast- Wheat FRENCH TOAST STI Sausage Patty FC Mandarin Oranges FRUIT JUICE,ASSOR Chocolate Milk FF MILK,2% Lowfat Syrup JELLIES	Apr - 9 Cereal-Assorted Toast- Wheat Chicken Biscuit Biscuit Mandarin Oranges FRUIT JUICE,ASSOR Chocolate Milk FF MILK,2% Lowfat Syrup JELLIES	Apr - 10 Cereal-Assorted Toast- Wheat Pizza Bagel-Sausage Chilled Fruit Mix FRUIT JUICE,ASSOR JELLIES Chocolate Milk FF White Milk 1%	Apr - 11 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	Apr - 12 Cereal-Assorted Toast- Wheat Yogurt Parfait Mandarin Oranges FRUIT JUICE,ASSOR Chocolate Milk FF MILK,2% Lowfat Syrup JELLIES
Nutrients Target Cals... 649 130% Chol... 120* mg Sodium. 1023 mg Fiber.. 2.9* g Iron... 5.1* mg Calcium510.3* mg Vit A 1163* IU Vit C 29.8* mg Sugar 29.6*g 18.2%Cal Prot 22.9*g 14.1%Cal Carb 109.2g 67.3%Cal T.Fat 13.7*g 19.0%Cal S.Fat 4.2*g 5.9%Cal	Nutrients Target Cals... 710 142% Chol... 27* mg Sodium. 898 mg Fiber.. 5.6* g Iron... 4.6* mg Calcium583.0* mg Vit A 904* IU Vit C 30.1* mg Sugar 33.8*g 19.0%Cal Prot 24.9*g 14.0%Cal Carb 110.5g 62.2%Cal T.Fat 19.2*g 24.4%Cal S.Fat 7.8*g 9.8%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... 521 104% Chol... 12* mg Sodium. 377 mg Fiber.. 4.1* g Iron... 3.7* mg Calcium450.8* mg Vit A 1718* IU Vit C 38.7* mg Sugar 51.8*g 39.8%Cal Prot 14.4*g 11.0%Cal Carb 107.5g 82.6%Cal T.Fat 5.3*g 9.2%Cal S.Fat 1.7*g 2.9%Cal

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

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Apr - 15 Cereal-Assorted Toast- Wheat Pancakes Mini Blueber Apple FRUIT JUICE,ASSOR Chocolate Milk FF Milk 1% White Syrup- Sugar Free JELLIES	Apr - 16 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	Apr - 17 Cereal-Assorted Toast- Wheat Pizza Bagel-Sausage Chilled Fruit Mix FRUIT JUICE,ASSOR JELLIES Chocolate Milk FF White Milk 1%	Apr - 18 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	Apr - 19
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... 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	
Apr - 22	Apr - 23 Cereal Variety 2017 Toast- Wheat Pancake on Stick Applesauce Fruit Juice Chocolate Milk FF Milk 1% White Syrup- Sugar Free JELLIES	Apr - 24 Cereal Variety 2017 Toast- Wheat Pizza Bagel-Sausage Fresh Apple Fruit Juice JELLIES Chocolate Milk FF White Milk 1%	Apr - 25 Cereal Variety 2017 Toast- Wheat Blueberry Pancake Apple Fruit Juice Chocolate Milk FF Milk 1% White Syrup- Sugar Free JELLIES	Apr - 26
	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... 415 92% Chol... 20* mg Sodium. 572 mg Fiber.. 5.9* g Iron... 3.0* mg Calcium467.5* mg Vit A 905* IU Vit C 13.2* mg Sugar 22.2*g 21.4%Cal Prot 19.5*g 18.8%Cal Carb 69.6g 67.2%Cal T.Fat 7.4*g 16.0%Cal S.Fat 2.7*g 5.8%Cal	Nutrients Target Cals... 398 88% Chol... 12* mg Sodium. 510 mg Fiber.. 6.0* g Iron... 3.8* mg Calcium418.6* mg Vit A 1033* IU Vit C 7.7* mg Sugar 27.0*g 27.1%Cal Prot 13.2*g 13.3%Cal Carb 75.7g 76.1%Cal T.Fat 5.5*g 12.5%Cal S.Fat 1.1*g 2.6%Cal	

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Apr - 29	Apr - 30 Cereal-Assorted Toast- Wheat Biscuit Egg & Cheese Sausage Patty FC Mandarin Oranges FRUIT JUICE,ASSOR Chocolate Milk FF Milk 1% White Syrup- Sugar Free JELLIES																																	
	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> </thead> <tbody> <tr> <td>Cals...</td> <td style="text-align: right;">464</td> </tr> <tr> <td>100%</td> <td></td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">97* mg</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">687 mg</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">2.9* g</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">3.5* mg</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">533.2* mg</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">1018* IU</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">30.0* mg</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">11.5*g 9.9%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">18.8*g 16.3%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">68.4g 59.0%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">13.4*g 26.0%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">5.2*g 10.2%Cal</td> </tr> </tbody> </table>	Nutrients	Target	Cals...	464	100%		Chol...	97* mg	Sodium.	687 mg	Fiber..	2.9* g	Iron...	3.5* mg	Calcium	533.2* mg	Vit A	1018* IU	Vit C	30.0* mg	Sugar	11.5*g 9.9%Cal	Prot	18.8*g 16.3%Cal	Carb	68.4g 59.0%Cal	T.Fat	13.4*g 26.0%Cal	S.Fat	5.2*g 10.2%Cal			
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This institution is an equal opportunity provider.

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