

HOLLAND ISD

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			Nov - 1 Chicken Alfredo Barbeque Chicken Cooked Carrots Garden Salad Honey Wheat Roll Fresh Apple Chilled Peaches Milk Chocolate Fat Fre Milk 1% White Ranch Dressing 12 gm	Nov - 2 Sub Sandwich Macaroni & Cheese Peas Veggie Dippers Fresh Apple Fresh Pear Milk Chocolate Fat Fre Milk 1% White Bread 100% Whole W																																																																																																																																																						
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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.

HOLLAND ISD

Monday	Tuesday	Wednesday	Thursday	Friday
Nov - 12 Pulled Pork Sandwich Chicken Nuggets Pork & Beans COLE SLAW Wheat Rolls Fresh Apple Peaches Milk 1% White Milk Chocolate Fat Fre Ketchup	Nov - 13 Grilled Chicken On Bu Mini Corn Dogs Peas Sweet Potato Tots Banana Mandarin Oranges Chocolate Milk FF White Milk 1% Ketchup Mustard Salad Dressing	Nov - 14 Pizza, Pepperoni Jammin' Turkey Panini Corn Fresh Garden Salad Fresh Pear Rosy Applesauce Chocolate Milk FF White Milk 1% Ranch Dressing 12 gm	Nov - 15 Roasted Turkey Cornbread Stuffing GREEN BEANS Sweet Potato W/toppin Fruit salad Honey Wheat Roll Milk Chocolate Fat Fre Milk 1% White	Nov - 16 Turkey and cheese Sa Doritos- Cool Ranch R Carrot Sticks Broccoli Fresh Fresh Pear Fresh Apple Milk Chocolate Fat Fre Milk 1% White Salad Dressing Mustard Ranch Fat Free
Nutrients Target Cals... 769 118% Chol... 78* mg Sodium 1444 mg Fiber.. 11.8 g Iron... 5.8* mg Calcium513.1* mg Vit A 2567* IU Vit C 21.8* mg Sugar 24.6*g 12.8%Cal Prot 40.3g 21.0%Cal Carb 108.6g 56.5%Cal T.Fat 18.1g 21.2%Cal S.Fat 4.4g 5.2%Cal	Nutrients Target Cals... 634 100% Chol... 50* mg Sodium 1243 mg Fiber.. 7.7 g Iron... 3.4* mg Calcium442.6* mg Vit A 3987* IU Vit C 27.7* mg Sugar 13.6*g 8.6%Cal Prot 29.4g 18.6%Cal Carb 92.4g 58.3%Cal T.Fat 14.8g 21.0%Cal S.Fat 3.3g 4.7%Cal	Nutrients Target Cals... 602 100% Chol... 41* mg Sodium 1020 mg Fiber.. 10.4 g Iron... 4.3* mg Calcium569.9* mg Vit A 5597* IU Vit C 25.4* mg Sugar 14.3*g 9.5%Cal Prot 31.2g 20.7%Cal Carb 86.0g 57.1%Cal T.Fat 16.8g 25.1%Cal S.Fat 5.7g 8.5%Cal	Nutrients Target Cals... 958 147% Chol... 166* mg Sodium 1119 mg Fiber.. 11.1 g Iron... 6.0* mg Calcium508.1* mg Vit A 10975* IU Vit C 21.0* mg Sugar 25.2*g 10.5%Cal Prot 57.9g 24.2%Cal Carb 129.4g 54.1%Cal T.Fat 23.1g 21.7%Cal S.Fat 7.8g 7.3%Cal	Nutrients Target Cals... 628 100% Chol... 42* mg Sodium 1547 mg Fiber.. 11.8 g Iron... 2.5* mg Calcium551.7* mg Vit A 6627* IU Vit C 23.2* mg Sugar 12.3*g 7.9%Cal Prot 34.0g 21.7%Cal Carb 95.2g 60.7%Cal T.Fat 15.0g 21.5%Cal S.Fat 3.7g 5.2%Cal
Nov - 19	Nov - 20	Nov - 21	Nov - 22	Nov - 23
Nov - 26 Steak Fingers Chicken Fajita Mashed Potatoes Fresh Garden Salad Fresh Orange Chilled Fruit Mix Milk Chocolate Fat Fre Milk 1% White Salsa Honey Wheat Roll	Nov - 27 Grilled Chicken On Bu Mini Corn Dogs Green Beans Sweet Potato Tots Banana Mandarin Oranges Chocolate Milk FF White Milk 1% Ketchup Mustard Salad Dressing	Nov - 28 Pizza, Pepperoni Chili Mac Corn Fresh Garden Salad Broccoli Fresh PEARS, It syp, canned Applesauce Chocolate Milk FF White Milk 1% Ranch Dressing 12 gm Honey Wheat Roll	Nov - 29 Beef Nachos Buffalo ChickenFlatbre Pinto Beans Veggie Dippers Fresh Apple Chilled Peaches Milk Chocolate Fat Fre Milk 1% White Salsa	Nov - 30 Hot Dog with Bun Grilled Cheese Sandwi Baked Beans Carrot Sticks FRENCH FRIES Fresh Apple Fresh Pear Milk Chocolate Fat Fre Milk 1% White
Nutrients Target Cals... 639 100% Chol... 54* mg Sodium 983 mg Fiber.. 9.7 g Iron... 4.3* mg Calcium488.2* mg Vit A 5447* IU Vit C 65.0* mg Sugar 11.2*g 7.0%Cal Prot 31.8g 19.9%Cal Carb 88.1g 55.2%Cal T.Fat 18.2g 25.7%Cal S.Fat 5.2g 7.3%Cal	Nutrients Target Cals... 600 100% Chol... 50* mg Sodium 1193 mg Fiber.. 5.9 g Iron... 2.8* mg Calcium437.1* mg Vit A 3070* IU Vit C 19.6* mg Sugar 11.2*g 7.5%Cal Prot 27.1g 18.1%Cal Carb 86.6g 57.7%Cal T.Fat 14.6g 21.9%Cal S.Fat 3.3g 4.9%Cal	Nutrients Target Cals... 656 101% Chol... 44* mg Sodium 993 mg Fiber.. 10.3 g Iron... 5.2* mg Calcium498.2* mg Vit A 3317* IU Vit C 29.5* mg Sugar 11.7*g 7.2%Cal Prot 33.0g 20.1%Cal Carb 98.4g 60.0%Cal T.Fat 16.3g 22.3%Cal S.Fat 5.8g 8.0%Cal	Nutrients Target Cals... 602 100% Chol... 64* mg Sodium 1004 mg Fiber.. 17.7 g Iron... 4.8* mg Calcium692.8* mg Vit A 2891* IU Vit C 8.0* mg Sugar 15.9*g 10.6%Cal Prot 36.1g 24.0%Cal Carb 85.9*g 57.1%Cal T.Fat 17.8g 26.5%Cal S.Fat 7.9g 11.8%Cal	Nutrients Target Cals... 626 100% Chol... 39* mg Sodium 1099 mg Fiber.. 15.1 g Iron... 4.3* mg Calcium540.3* mg Vit A 6432* IU Vit C 16.1* mg Sugar 24.9*g 15.9%Cal Prot 25.2g 16.1%Cal Carb 109.9*g 70.2%Cal T.Fat 12.0g 17.3%Cal S.Fat 3.7g 5.4%Cal

This institution is an equal opportunity provider.

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.