

HOLLAND ISD

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 1 Steak Fingers Chicken Nuggets Mashed Potatoes Fresh Garden Salad Fresh Orange Chilled Fruit Mix Milk Chocolate Fat Fre Milk 1% White Salsa Honey Wheat Roll	Oct - 2 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	Oct - 3 Pizza, Pepperoni BEEF & BEAN TAMAL Corn Fresh Garden Salad Broccoli Fresh PEARS, It syp, canned Applesauce Chocolate Milk FF White Milk 1% Ranch Dressing 12 gm Honey Wheat Roll	Oct - 4 Chili Cheese Frito Pie Chili Cheese Hot Dog Ranch Style Beans Sweet Potato Tots CUCUMBER,RAW Banana Mandarin Oranges Chocolate Milk FF White Milk 1% Ketchup Mustard	Oct - 5 Sub Sandwich Macaroni & Cheese Peas Veggie Dippers Fresh Apple Fresh Pear Milk Chocolate Fat Fre Milk 1% White Bread 100% Whole W
Nutrients Target Cals... 633 100% Chol... 58 mg Sodium... 969 mg Fiber... 9.3 g Iron... 4.3 mg Calcium 426.9 mg Vit A 5256 IU Vit C 54.7 mg Sugar 9.5*g 6.0%Cal Prot 30.8g 19.5%Cal Carb 83.2g 52.6%Cal T.Fat 20.0g 28.5%Cal S.Fat 5.9g 8.4%Cal	Nutrients Target Cals... 705 108% Chol... 72 mg Sodium... 1331 mg Fiber... 7.4 g Iron... 3.9 mg Calcium 450.8 mg Vit A 12585 IU Vit C 13.5 mg Sugar 19.6*g 11.1%Cal Prot 34.4g 19.5%Cal Carb 93.9g 53.3%Cal T.Fat 22.3g 28.4%Cal S.Fat 5.4g 6.9%Cal	Nutrients Target Cals... 603 100% Chol... 40 mg Sodium... 1017 mg Fiber... 9.4 g Iron... 4.6 mg Calcium 557.6 mg Vit A 3431 IU Vit C 30.9 mg Sugar 11.0*g 7.3%Cal Prot 29.7g 19.7%Cal Carb 90.3g 59.9%Cal T.Fat 15.1g 22.5%Cal S.Fat 5.4g 8.1%Cal	Nutrients Target Cals... 746 115% Chol... 66 mg Sodium... 1455 mg Fiber... 10.2 g Iron... 4.5 mg Calcium 601.6 mg Vit A 3722 IU Vit C 27.5 mg Sugar 9.7*g 5.2%Cal Prot 32.0g 17.2%Cal Carb 102.5*g 55.0%Cal T.Fat 21.2g 25.5%Cal S.Fat 6.6g 8.0%Cal	Nutrients Target Cals... 623 100% Chol... 67 mg Sodium... 1259 mg Fiber... 11.7 g Iron... 3.4 mg Calcium 658.7 mg Vit A 6272 IU Vit C 27.3 mg Sugar 18.9*g 12.2%Cal Prot 34.1g 21.9%Cal Carb 88.8*g 57.0%Cal T.Fat 16.9g 24.4%Cal S.Fat 8.1g 11.7%Cal
Oct - 8	Oct - 9 Buffalo ChickenFlatbre Chicken Patty on Bun Cooked Carrots Garden Salad Fresh Pear Mandarin Oranges Milk Chocolate Fat Fre Milk 1% White KETCHUP Salad Dressing Mustard	Oct - 10 Pepp Pizza Taco Ple Corn Fresh Garden Salad Fresh Apple Chilled Peaches Chocolate Milk FF White Milk 1% Ranch Dressing 12 gm Bread 100% Whole W	Oct - 11 Beef Spaghetti Meatball Hoagie Peas Spinach Salad Banana Applesauce Milk Chocolate Fat Fre Milk 1% White Honey Wheat Roll	Oct - 12 Hot Dog Crispy Fish Sticks Pork & Beans FRENCH FRIES Apple Chilled Fruit Mix Milk Chocolate Fat Fre Milk 1% White Bread 100% Whole W
	Nutrients Target Cals... 682 105% Chol... 94 mg Sodium... 1312 mg Fiber... 7.4 g Iron... 3.3 mg Calcium 703.0 mg Vit A 15789 IU Vit C 26.8 mg Sugar 13.6*g 8.0%Cal Prot 34.4g 20.2%Cal Carb 83.6*g 49.1%Cal T.Fat 19.6g 25.9%Cal S.Fat 8.0g 10.6%Cal	Nutrients Target Cals... 702 108% Chol... 49 mg Sodium... 1275 mg Fiber... 9.1 g Iron... 4.4 mg Calcium 648.5 mg Vit A 4788 IU Vit C 23.2 mg Sugar 18.1*g 10.3%Cal Prot 33.3g 18.9%Cal Carb 88.3*g 50.3%Cal T.Fat 26.7g 34.2%Cal S.Fat 8.0g 10.3%Cal	Nutrients Target Cals... 621 100% Chol... 84 mg Sodium... 901 mg Fiber... 8.6 g Iron... 4.2 mg Calcium 457.1 mg Vit A 3397 IU Vit C 22.5 mg Sugar 11.3*g 7.3%Cal Prot 33.7g 21.7%Cal Carb 84.2*g 54.2%Cal T.Fat 15.7g 22.8%Cal S.Fat 6.7g 9.7%Cal	Nutrients Target Cals... 658 101% Chol... 54 mg Sodium... 1325 mg Fiber... 10.4 g Iron... 5.8 mg Calcium 400.7 mg Vit A 828 IU Vit C 14.7 mg Sugar 25.6*g 15.6%Cal Prot 29.4g 17.9%Cal Carb 96.5*g 58.7%Cal T.Fat 18.5g 25.3%Cal S.Fat 4.8g 6.5%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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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																																																																																										
Oct - 29 Steak Fingers Chicken Nuggets Mashed Potatoes Fresh Garden Salad Fresh Orange Chilled Fruit Mix Milk Chocolate Fat Fre Milk 1% White Salsa Honey Wheat Roll	Oct - 30 Sloppy Joe on a Bun Popcorn Chicken Broccoli-Vegetable Mix Sweet Potato Tots Wheat Rolls Fresh Pear Applesauce Milk 1% White Milk Chocolate Fat Fre KETCHUP	Oct - 31 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																																																																																												
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Cals...	633																																																																																													
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Chol...	58* mg																																																																																													
Sodium.	969 mg																																																																																													
Fiber..	9.3 g																																																																																													
Iron...	4.3* mg																																																																																													
Calcium	426.9* mg																																																																																													
Vit A	5256* IU																																																																																													
Vit C	54.7* mg																																																																																													
Sugar	9.5*g 6.0%Cal																																																																																													
Prot	30.8g 19.5%Cal																																																																																													
Carb	83.2*g 52.6%Cal																																																																																													
T.Fat	20.0g 28.5%Cal																																																																																													
S.Fat	5.9g 8.4%Cal																																																																																													
Nutrients	Target																																																																																													
Cals...	664																																																																																													
102%																																																																																														
Chol...	46* mg																																																																																													
Sodium.	957 mg																																																																																													
Fiber..	10.5 g																																																																																													
Iron...	3.8* mg																																																																																													
Calcium	424.8* mg																																																																																													
Vit A	4088* IU																																																																																													
Vit C	39.9* mg																																																																																													
Sugar	14.5*g 8.7%Cal																																																																																													
Prot	31.2g 18.8%Cal																																																																																													
Carb	91.1*g 54.9%Cal																																																																																													
T.Fat	19.4g 26.3%Cal																																																																																													
S.Fat	4.6g 6.2%Cal																																																																																													
Nutrients	Target																																																																																													
Cals...	656																																																																																													
101%																																																																																														
Chol...	44* mg																																																																																													
Sodium.	993 mg																																																																																													
Fiber..	10.3 g																																																																																													
Iron...	5.2* mg																																																																																													
Calcium	498.2* mg																																																																																													
Vit A	3317* IU																																																																																													
Vit C	29.5* mg																																																																																													
Sugar	11.7*g 7.2%Cal																																																																																													
Prot	33.0g 20.1%Cal																																																																																													
Carb	98.4*g 60.0%Cal																																																																																													
T.Fat	16.3g 22.3%Cal																																																																																													
S.Fat	5.8g 8.0%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.*