

HOLLAND ISD

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																																																																						
			Feb - 1 Pulled Pork Sandwich Barbecued Chicken Baked Beans COLE SLAW Fresh Orange Applesauce Milk Chocolate Fat Fre Milk 1% White Bread 100% Whole W	Feb - 2 Macaroni & Cheese Hot Dog Veggie Dippers Green Beans Apple Fresh Banana Milk Chocolate Fat Fre Milk 1% White Ketchup Mustard Ranch Fat Free																																																																																																																																																						
			<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;">1239</td> </tr> <tr> <td>191%</td> <td></td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">142* mg</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">2609 mg</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">20.3 g</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">7.3* mg</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">946.5* mg</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">4574* IU</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">127.9* mg</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">15.4*g 5.0%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">77.8g 25.1%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">169.4g 54.7%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">31.7g 23.0%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">8.8g 6.4%Cal</td> </tr> </tbody> </table>	Nutrients	Target	Cals...	1239	191%		Chol...	142* mg	Sodium.	2609 mg	Fiber..	20.3 g	Iron...	7.3* mg	Calcium	946.5* mg	Vit A	4574* IU	Vit C	127.9* mg	Sugar	15.4*g 5.0%Cal	Prot	77.8g 25.1%Cal	Carb	169.4g 54.7%Cal	T.Fat	31.7g 23.0%Cal	S.Fat	8.8g 6.4%Cal	<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;">1037</td> </tr> <tr> <td>160%</td> <td></td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">104* mg</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">2547 mg</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">11.8 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;">1175.6 mg</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">6309* IU</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">23.9* mg</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">44.0*g 17.0%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">45.4g 17.5%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">140.0g 54.0%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">36.9g 32.0%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">16.9g 14.6%Cal</td> </tr> </tbody> </table>	Nutrients	Target	Cals...	1037	160%		Chol...	104* mg	Sodium.	2547 mg	Fiber..	11.8 g	Iron...	3.5* mg	Calcium	1175.6 mg	Vit A	6309* IU	Vit C	23.9* mg	Sugar	44.0*g 17.0%Cal	Prot	45.4g 17.5%Cal	Carb	140.0g 54.0%Cal	T.Fat	36.9g 32.0%Cal	S.Fat	16.9g 14.6%Cal																																																																																										
Nutrients	Target																																																																																																																																																									
Cals...	1239																																																																																																																																																									
191%																																																																																																																																																										
Chol...	142* mg																																																																																																																																																									
Sodium.	2609 mg																																																																																																																																																									
Fiber..	20.3 g																																																																																																																																																									
Iron...	7.3* mg																																																																																																																																																									
Calcium	946.5* mg																																																																																																																																																									
Vit A	4574* IU																																																																																																																																																									
Vit C	127.9* mg																																																																																																																																																									
Sugar	15.4*g 5.0%Cal																																																																																																																																																									
Prot	77.8g 25.1%Cal																																																																																																																																																									
Carb	169.4g 54.7%Cal																																																																																																																																																									
T.Fat	31.7g 23.0%Cal																																																																																																																																																									
S.Fat	8.8g 6.4%Cal																																																																																																																																																									
Nutrients	Target																																																																																																																																																									
Cals...	1037																																																																																																																																																									
160%																																																																																																																																																										
Chol...	104* mg																																																																																																																																																									
Sodium.	2547 mg																																																																																																																																																									
Fiber..	11.8 g																																																																																																																																																									
Iron...	3.5* mg																																																																																																																																																									
Calcium	1175.6 mg																																																																																																																																																									
Vit A	6309* IU																																																																																																																																																									
Vit C	23.9* mg																																																																																																																																																									
Sugar	44.0*g 17.0%Cal																																																																																																																																																									
Prot	45.4g 17.5%Cal																																																																																																																																																									
Carb	140.0g 54.0%Cal																																																																																																																																																									
T.Fat	36.9g 32.0%Cal																																																																																																																																																									
S.Fat	16.9g 14.6%Cal																																																																																																																																																									
Feb - 5 HOLIDAY	Feb - 6 Nachos w/ Tortilla Chip Chicken Quesadilla Pinto Beans Lettuce and Tomato Cilantro Lime Rice Fresh Pear Applesauce Milk 1% White Milk Chocolate Fat Fre Picante sauce	Feb - 7 Pepp Pizza Loaded Potato Corn Fresh Garden Salad Fresh Apple Chilled Peaches Chocolate Milk FF White Milk 1% Ranch Dressing 12 gm Bread 100% Whole W	Feb - 8 Beef Spaghetti Whole Grain Corn Dog CUCUMBER,RAW Peas Spinach Salad Banana Applesauce Milk Chocolate Fat Fre Milk 1% White Honey Wheat Roll	Feb - 9 Hot Ham and Cheese Crispy Fish Sticks Glazed Carrots Veggie Dippers Ranch Style Beans Apple Chilled Fruit Mix Milk Chocolate Fat Fre Milk 1% White Bread 100% Whole W																																																																																																																																																						
<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;">0</td> </tr> <tr> <td>0%</td> <td></td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">0* mg</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">0 mg</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">0.0 g</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">0.0* mg</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">0.0* mg</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">0* IU</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">0.0* mg</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">0.0*g 0.0%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">0.0g 0.0%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">0.0g 0.0%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">0.0g 0.0%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">0.0g 0.0%Cal</td> </tr> </tbody> </table>	Nutrients	Target	Cals...	0	0%		Chol...	0* mg	Sodium.	0 mg	Fiber..	0.0 g	Iron...	0.0* mg	Calcium	0.0* mg	Vit A	0* IU	Vit C	0.0* mg	Sugar	0.0*g 0.0%Cal	Prot	0.0g 0.0%Cal	Carb	0.0g 0.0%Cal	T.Fat	0.0g 0.0%Cal	S.Fat	0.0g 0.0%Cal	<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;">644</td> </tr> <tr> <td>100%</td> <td></td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">76* mg</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">995 mg</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">13.4 g</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">4.3* mg</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">771.0* mg</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">2176* IU</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">29.7* mg</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">9.8*g 6.1%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">39.3g 24.4%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">85.1g 52.9%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">20.0g 27.9%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">8.1g 11.3%Cal</td> </tr> </tbody> </table>	Nutrients	Target	Cals...	644	100%		Chol...	76* mg	Sodium.	995 mg	Fiber..	13.4 g	Iron...	4.3* mg	Calcium	771.0* mg	Vit A	2176* IU	Vit C	29.7* mg	Sugar	9.8*g 6.1%Cal	Prot	39.3g 24.4%Cal	Carb	85.1g 52.9%Cal	T.Fat	20.0g 27.9%Cal	S.Fat	8.1g 11.3%Cal	<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;">689</td> </tr> <tr> <td>106%</td> <td></td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">41* mg</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1047 mg</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">9.6 g</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">4.3* mg</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">653.3* mg</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">4677* IU</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">34.9* mg</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">18.8*g 10.9%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">32.3g 18.7%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">94.3g 54.7%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">23.5g 30.7%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">6.7g 8.8%Cal</td> </tr> </tbody> </table>	Nutrients	Target	Cals...	689	106%		Chol...	41* mg	Sodium.	1047 mg	Fiber..	9.6 g	Iron...	4.3* mg	Calcium	653.3* mg	Vit A	4677* IU	Vit C	34.9* mg	Sugar	18.8*g 10.9%Cal	Prot	32.3g 18.7%Cal	Carb	94.3g 54.7%Cal	T.Fat	23.5g 30.7%Cal	S.Fat	6.7g 8.8%Cal	<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;">554</td> </tr> <tr> <td>92%</td> <td></td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">65* mg</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">907 mg</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">7.1 g</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">4.6* mg</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">413.6* mg</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">3176* IU</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">16.7* mg</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">6.6*g 4.7%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">26.0g 18.8%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">76.7g 55.4%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">14.7g 24.0%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">4.9g 7.9%Cal</td> </tr> </tbody> </table>	Nutrients	Target	Cals...	554	92%		Chol...	65* mg	Sodium.	907 mg	Fiber..	7.1 g	Iron...	4.6* mg	Calcium	413.6* mg	Vit A	3176* IU	Vit C	16.7* mg	Sugar	6.6*g 4.7%Cal	Prot	26.0g 18.8%Cal	Carb	76.7g 55.4%Cal	T.Fat	14.7g 24.0%Cal	S.Fat	4.9g 7.9%Cal	<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;">560</td> </tr> <tr> <td>93%</td> <td></td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">57* mg</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1169 mg</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">11.1 g</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">3.2* mg</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">500.9* mg</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">14196* IU</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">10.8* mg</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">26.3*g 18.8%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">30.8g 22.0%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">83.4g 59.5%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">14.3g 23.0%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">3.5*g 5.7%Cal</td> </tr> </tbody> </table>	Nutrients	Target	Cals...	560	93%		Chol...	57* mg	Sodium.	1169 mg	Fiber..	11.1 g	Iron...	3.2* mg	Calcium	500.9* mg	Vit A	14196* IU	Vit C	10.8* mg	Sugar	26.3*g 18.8%Cal	Prot	30.8g 22.0%Cal	Carb	83.4g 59.5%Cal	T.Fat	14.3g 23.0%Cal	S.Fat	3.5*g 5.7%Cal
Nutrients	Target																																																																																																																																																									
Cals...	0																																																																																																																																																									
0%																																																																																																																																																										
Chol...	0* mg																																																																																																																																																									
Sodium.	0 mg																																																																																																																																																									
Fiber..	0.0 g																																																																																																																																																									
Iron...	0.0* mg																																																																																																																																																									
Calcium	0.0* mg																																																																																																																																																									
Vit A	0* IU																																																																																																																																																									
Vit C	0.0* mg																																																																																																																																																									
Sugar	0.0*g 0.0%Cal																																																																																																																																																									
Prot	0.0g 0.0%Cal																																																																																																																																																									
Carb	0.0g 0.0%Cal																																																																																																																																																									
T.Fat	0.0g 0.0%Cal																																																																																																																																																									
S.Fat	0.0g 0.0%Cal																																																																																																																																																									
Nutrients	Target																																																																																																																																																									
Cals...	644																																																																																																																																																									
100%																																																																																																																																																										
Chol...	76* mg																																																																																																																																																									
Sodium.	995 mg																																																																																																																																																									
Fiber..	13.4 g																																																																																																																																																									
Iron...	4.3* mg																																																																																																																																																									
Calcium	771.0* mg																																																																																																																																																									
Vit A	2176* IU																																																																																																																																																									
Vit C	29.7* mg																																																																																																																																																									
Sugar	9.8*g 6.1%Cal																																																																																																																																																									
Prot	39.3g 24.4%Cal																																																																																																																																																									
Carb	85.1g 52.9%Cal																																																																																																																																																									
T.Fat	20.0g 27.9%Cal																																																																																																																																																									
S.Fat	8.1g 11.3%Cal																																																																																																																																																									
Nutrients	Target																																																																																																																																																									
Cals...	689																																																																																																																																																									
106%																																																																																																																																																										
Chol...	41* mg																																																																																																																																																									
Sodium.	1047 mg																																																																																																																																																									
Fiber..	9.6 g																																																																																																																																																									
Iron...	4.3* mg																																																																																																																																																									
Calcium	653.3* mg																																																																																																																																																									
Vit A	4677* IU																																																																																																																																																									
Vit C	34.9* mg																																																																																																																																																									
Sugar	18.8*g 10.9%Cal																																																																																																																																																									
Prot	32.3g 18.7%Cal																																																																																																																																																									
Carb	94.3g 54.7%Cal																																																																																																																																																									
T.Fat	23.5g 30.7%Cal																																																																																																																																																									
S.Fat	6.7g 8.8%Cal																																																																																																																																																									
Nutrients	Target																																																																																																																																																									
Cals...	554																																																																																																																																																									
92%																																																																																																																																																										
Chol...	65* mg																																																																																																																																																									
Sodium.	907 mg																																																																																																																																																									
Fiber..	7.1 g																																																																																																																																																									
Iron...	4.6* mg																																																																																																																																																									
Calcium	413.6* mg																																																																																																																																																									
Vit A	3176* IU																																																																																																																																																									
Vit C	16.7* mg																																																																																																																																																									
Sugar	6.6*g 4.7%Cal																																																																																																																																																									
Prot	26.0g 18.8%Cal																																																																																																																																																									
Carb	76.7g 55.4%Cal																																																																																																																																																									
T.Fat	14.7g 24.0%Cal																																																																																																																																																									
S.Fat	4.9g 7.9%Cal																																																																																																																																																									
Nutrients	Target																																																																																																																																																									
Cals...	560																																																																																																																																																									
93%																																																																																																																																																										
Chol...	57* mg																																																																																																																																																									
Sodium.	1169 mg																																																																																																																																																									
Fiber..	11.1 g																																																																																																																																																									
Iron...	3.2* mg																																																																																																																																																									
Calcium	500.9* mg																																																																																																																																																									
Vit A	14196* IU																																																																																																																																																									
Vit C	10.8* mg																																																																																																																																																									
Sugar	26.3*g 18.8%Cal																																																																																																																																																									
Prot	30.8g 22.0%Cal																																																																																																																																																									
Carb	83.4g 59.5%Cal																																																																																																																																																									
T.Fat	14.3g 23.0%Cal																																																																																																																																																									
S.Fat	3.5*g 5.7%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.

HOLLAND ISD

Monday	Tuesday	Wednesday	Thursday	Friday
Feb - 12	Feb - 13	Feb - 14	Feb - 15	Feb - 16
Steak Fingers Chicken Nuggets Mashed Potatoes Green Beans Fresh Orange Chilled Fruit Mix Milk Chocolate Fat Fre Milk 1% White Ketchup Honey Wheat Roll	Barbecued Chicken Loaded Potato Cooked Carrots Garden Salad Fresh Pear Mandarin Oranges Milk Chocolate Fat Fre Milk 1% White KETCHUP Salad Dressing Mustard Honey Wheat Roll	Pepp Pizza Pub Burger Corn Fresh Garden Salad Fresh Apple Chilled Fruit Mix Chocolate Milk FF White Milk 1% Ranch Fat Free	BEEF SOFT TACO- EI Chicken Fajita Pinto Beans Lettuce/Tomato Salad Fresh Orange Fresh Apple Milk Chocolate Fat Fre Milk 1% White Picante sauce	Sloppy Joe on a Bun Crispy Fish Sticks Sweet Potato Tots Peas Apple Fresh Orange Milk Chocolate Fat Fre Milk 1% White Ketchup
Nutrients Target Cals... 638 100% Chol... 58* mg Sodium. 1078 mg Fiber.. 8.2 g Iron... 3.3* mg Calcium400.7* mg Vit A 900* IU Vit C 43.0* mg Sugar 13.4*g 8.4%Cal Prot 29.8g 18.7%Cal Carb 86.5g 54.2%Cal T.Fat 19.8g 28.0%Cal S.Fat 5.8*g 8.2%Cal	Nutrients Target Cals... 549 92% Chol... 80* mg Sodium. 950 mg Fiber.. 6.5 g Iron... 3.5* mg Calcium444.0* mg Vit A 15835* IU Vit C 44.0* mg Sugar 13.2*g 9.6%Cal Prot 34.7g 25.3%Cal Carb 74.1g 54.0%Cal T.Fat 13.0g 21.2%Cal S.Fat 4.1*g 6.7%Cal	Nutrients Target Cals... 621 100% Chol... 47* mg Sodium. 1140 mg Fiber.. 8.3 g Iron... 4.1* mg Calcium600.0* mg Vit A 4437* IU Vit C 17.7* mg Sugar 18.8*g 12.1%Cal Prot 31.7g 20.4%Cal Carb 91.4g 58.8%Cal T.Fat 15.5g 22.5%Cal S.Fat 6.3*g 9.1%Cal	Nutrients Target Cals... 508 85% Chol... 66* mg Sodium. 984 mg Fiber.. 19.4 g Iron... 5.4* mg Calcium499.9* mg Vit A 3308* IU Vit C 58.9* mg Sugar 8.7*g 6.8%Cal Prot 34.6g 27.3%Cal Carb 79.8g 62.9%Cal T.Fat 13.3g 23.6%Cal S.Fat 5.1*g 9.0%Cal	Nutrients Target Cals... 589 98% Chol... 58* mg Sodium. 916 mg Fiber.. 8.6 g Iron... 3.1* mg Calcium396.2* mg Vit A 3819* IU Vit C 53.6* mg Sugar 14.1*g 9.6%Cal Prot 28.6g 19.4%Cal Carb 85.4g 57.9%Cal T.Fat 14.5g 22.2%Cal S.Fat 3.3*g 5.0%Cal
Feb - 19	Feb - 20	Feb - 21	Feb - 22	Feb - 23
Cheeseburger CHICKEN POT PIE Tater Tots Pinto Beans Burger Salad Fresh Orange Chilled Fruit Mix Milk Chocolate Fat Fre Milk 1% White KETCHUP Mustard Salad Dressing Honey Wheat Roll	Grilled Chicken On Bu Ranch Parmesan Chic Fresh Garden Salad CUCUMBER,RAW Peas & Carrots Fresh Apple Orange Milk Chocolate Fat Fre Milk 1% White Milk 1% White KETCHUP Wheat Rolls Salad Dressing	Pizza, Pepperoni Jammin' Turkey Panini Corn Fresh Garden Salad Fresh Pear Rosy Applesauce Chocolate Milk FF White Milk 1% Ranch Fat Free	Beef Spaghetti Meatball Hoagie Peas Spinach Salad Banana Applesauce Milk Chocolate Fat Fre Milk 1% White Honey Wheat Roll Ranch Fat Free	Tuna Salad w/Crossian Grilled Cheese Sandwi VEGETABLE SOUP Broccoli Fresh Fresh Pear Fresh Apple Milk Chocolate Fat Fre Milk 1% White Salad Dressing Mustard Ranch Fat Free
Nutrients Target Cals... 806 124% Chol... 59* mg Sodium. 1686 mg Fiber.. 14.9 g Iron... 6.7* mg Calcium561.0* mg Vit A 6517* IU Vit C 44.1* mg Sugar 16.1*g 8.0%Cal Prot 40.1g 19.9%Cal Carb 113.9g 56.5%Cal T.Fat 25.2g 28.2%Cal S.Fat 9.5*g 10.7%Cal	Nutrients Target Cals... 629 100% Chol... 48* mg Sodium. 937 mg Fiber.. 11.5 g Iron... 3.8* mg Calcium509.8* mg Vit A 4775* IU Vit C 60.3* mg Sugar 16.9*g 10.8%Cal Prot 39.5g 25.1%Cal Carb 95.1g 60.5%Cal T.Fat 9.7g 13.9%Cal S.Fat 2.2*g 3.2%Cal	Nutrients Target Cals... 609 100% Chol... 41* mg Sodium. 1166 mg Fiber.. 10.9 g Iron... 4.1* mg Calcium568.6* mg Vit A 5682* IU Vit C 22.3* mg Sugar 14.3*g 9.4%Cal Prot 31.3g 20.6%Cal Carb 92.5g 60.8%Cal T.Fat 14.0g 20.6%Cal S.Fat 5.3*g 7.9%Cal	Nutrients Target Cals... 668 103% Chol... 88* mg Sodium. 1043 mg Fiber.. 9.5 g Iron... 4.7* mg Calcium463.5* mg Vit A 3380* IU Vit C 22.3* mg Sugar 11.0*g 6.6%Cal Prot 35.2g 21.1%Cal Carb 93.9g 56.2%Cal T.Fat 16.1g 21.7%Cal S.Fat 6.7*g 9.0%Cal	Nutrients Target Cals... 801 123% Chol... 88* mg Sodium. 1741 mg Fiber.. 12.8 g Iron... 4.7* mg Calcium685.3* mg Vit A 1897* IU Vit C 30.7* mg Sugar 20.4*g 10.2%Cal Prot 40.7g 20.3%Cal Carb 115.5g 57.7%Cal T.Fat 23.0g 25.9%Cal S.Fat 7.6*g 8.5%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.

HOLLAND ISD

Monday	Tuesday	Wednesday	Thursday	Friday																																																												
Feb - 26	Feb - 27 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	Feb - 28 Pepp Pizza Chicken Quesadilla Corn Fresh Garden Salad Pineapple Fresh Orange Chocolate Milk FF White Milk 1% Ranch Dressing 12 gm																																																														
	<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;">664</td></tr> <tr><td>102%</td><td></td></tr> <tr><td>Chol...</td><td style="text-align: right;">46* mg</td></tr> <tr><td>Sodium.</td><td style="text-align: right;">957 mg</td></tr> <tr><td>Fiber..</td><td style="text-align: right;">10.5 g</td></tr> <tr><td>Iron...</td><td style="text-align: right;">3.8* mg</td></tr> <tr><td>Calcium</td><td style="text-align: right;">424.8* mg</td></tr> <tr><td>Vit A</td><td style="text-align: right;">4088* IU</td></tr> <tr><td>Vit C</td><td style="text-align: right;">39.9* mg</td></tr> <tr><td>Sugar</td><td style="text-align: right;">14.5*g 8.7%Cal</td></tr> <tr><td>Prot</td><td style="text-align: right;">31.2g 18.8%Cal</td></tr> <tr><td>Carb</td><td style="text-align: right;">91.1g 54.9%Cal</td></tr> <tr><td>T.Fat</td><td style="text-align: right;">19.4g 26.3%Cal</td></tr> <tr><td>S.Fat</td><td style="text-align: right;">4.6*g 6.2%Cal</td></tr> </tbody> </table>	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	91.1g 54.9%Cal	T.Fat	19.4g 26.3%Cal	S.Fat	4.6*g 6.2%Cal	<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;">670</td></tr> <tr><td>103%</td><td></td></tr> <tr><td>Chol...</td><td style="text-align: right;">63* mg</td></tr> <tr><td>Sodium.</td><td style="text-align: right;">1038 mg</td></tr> <tr><td>Fiber..</td><td style="text-align: right;">7.9 g</td></tr> <tr><td>Iron...</td><td style="text-align: right;">4.2* mg</td></tr> <tr><td>Calcium</td><td style="text-align: right;">839.2* mg</td></tr> <tr><td>Vit A</td><td style="text-align: right;">3421* IU</td></tr> <tr><td>Vit C</td><td style="text-align: right;">38.0* mg</td></tr> <tr><td>Sugar</td><td style="text-align: right;">28.0*g 16.7%Cal</td></tr> <tr><td>Prot</td><td style="text-align: right;">37.9g 22.6%Cal</td></tr> <tr><td>Carb</td><td style="text-align: right;">86.3g 51.5%Cal</td></tr> <tr><td>T.Fat</td><td style="text-align: right;">20.9g 28.1%Cal</td></tr> <tr><td>S.Fat</td><td style="text-align: right;">8.8*g 11.8%Cal</td></tr> </tbody> </table>	Nutrients	Target	Cals...	670	103%		Chol...	63* mg	Sodium.	1038 mg	Fiber..	7.9 g	Iron...	4.2* mg	Calcium	839.2* mg	Vit A	3421* IU	Vit C	38.0* mg	Sugar	28.0*g 16.7%Cal	Prot	37.9g 22.6%Cal	Carb	86.3g 51.5%Cal	T.Fat	20.9g 28.1%Cal	S.Fat	8.8*g 11.8%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	91.1g 54.9%Cal																																																															
T.Fat	19.4g 26.3%Cal																																																															
S.Fat	4.6*g 6.2%Cal																																																															
Nutrients	Target																																																															
Cals...	670																																																															
103%																																																																
Chol...	63* mg																																																															
Sodium.	1038 mg																																																															
Fiber..	7.9 g																																																															
Iron...	4.2* mg																																																															
Calcium	839.2* mg																																																															
Vit A	3421* IU																																																															
Vit C	38.0* mg																																																															
Sugar	28.0*g 16.7%Cal																																																															
Prot	37.9g 22.6%Cal																																																															
Carb	86.3g 51.5%Cal																																																															
T.Fat	20.9g 28.1%Cal																																																															
S.Fat	8.8*g 11.8%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.