

HOLLAND ISD

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																																																																						
	May - 1	May - 2	May - 3	May - 4																																																																																																																																																						
	Beef Spaghetti Whole Grain Corn Dog CUCUMBER,RAW Glazed Carrots Spinach Salad Banana Applesauce Milk Chocolate Fat Fre Milk 1% White Honey Wheat Roll Yogurt Bag- Carrots	Pepp Pizza GROUND BEEF STR Corn Fresh Garden Salad Fresh Apple Chilled Peaches Chocolate Milk FF White Milk 1% Ranch Dressing 12 gm Bread 100% Whole W	Chicken Fried Steak Italian Herb Chicken Roasted Potatoes Peas Fresh Garden Salad Bread 100% Whole W Milk Chocolate Fat Fre Milk 1% White Ketchup Chilled Pineapple Applesauce Cream Gravy	Grilled Chicken On Bu Philly Chicken Sandwic Ranch Style Beans Veggie Dippers Banana Apple Milk Chocolate Fat Fre Milk 1% White Ketchup Mustard Salad Dressing Ranch Dressing 12 gm																																																																																																																																																						
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Prot	39.9g 23.7%Cal																																																																																																																																																									
Carb	88.9g 52.8%Cal																																																																																																																																																									
T.Fat	16.1g 21.5%Cal																																																																																																																																																									
S.Fat	4.8g 6.4%Cal																																																																																																																																																									
Nutrients	Target																																																																																																																																																									
Cals...	747																																																																																																																																																									
115%																																																																																																																																																										
Chol...	58* mg																																																																																																																																																									
Sodium.	1206 mg																																																																																																																																																									
Fiber..	12.7* g																																																																																																																																																									
Iron...	5.7* mg																																																																																																																																																									
Calcium	578.6* mg																																																																																																																																																									
Vit A	4874* IU																																																																																																																																																									
Vit C	59.7* mg																																																																																																																																																									
Sugar	3.8*g 2.0%Cal																																																																																																																																																									
Prot	39.1g 21.0%Cal																																																																																																																																																									
Carb	99.5g 53.3%Cal																																																																																																																																																									
T.Fat	23.1g 27.8%Cal																																																																																																																																																									
S.Fat	7.2g 8.7%Cal																																																																																																																																																									
Nutrients	Target																																																																																																																																																									
Cals...	703																																																																																																																																																									
108%																																																																																																																																																										
Chol...	45* mg																																																																																																																																																									
Sodium.	1191 mg																																																																																																																																																									
Fiber..	8.2* g																																																																																																																																																									
Iron...	4.1* mg																																																																																																																																																									
Calcium	622.4* mg																																																																																																																																																									
Vit A	4773* IU																																																																																																																																																									
Vit C	21.3* mg																																																																																																																																																									
Sugar	17.8*g 10.1%Cal																																																																																																																																																									
Prot	33.1g 18.8%Cal																																																																																																																																																									
Carb	90.3g 51.4%Cal																																																																																																																																																									
T.Fat	25.5g 32.7%Cal																																																																																																																																																									
S.Fat	7.1g 9.1%Cal																																																																																																																																																									
Nutrients	Target																																																																																																																																																									
Cals...	508																																																																																																																																																									
85%																																																																																																																																																										
Chol...	66* mg																																																																																																																																																									
Sodium.	984 mg																																																																																																																																																									
Fiber..	19.4* g																																																																																																																																																									
Iron...	5.4* mg																																																																																																																																																									
Calcium	499.9* 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	5.1g 9.0%Cal																																																																																																																																																									
Nutrients	Target																																																																																																																																																									
Cals...	661																																																																																																																																																									
102%																																																																																																																																																										
Chol...	56* mg																																																																																																																																																									
Sodium.	1387 mg																																																																																																																																																									
Fiber..	6.6* g																																																																																																																																																									
Iron...	4.6* mg																																																																																																																																																									
Calcium	441.7* mg																																																																																																																																																									
Vit A	4340* IU																																																																																																																																																									
Vit C	26.4* mg																																																																																																																																																									
Sugar	18.0*g 10.9%Cal																																																																																																																																																									
Prot	27.7g 16.8%Cal																																																																																																																																																									
Carb	93.9g 56.8%Cal																																																																																																																																																									
T.Fat	20.0g 27.3%Cal																																																																																																																																																									
S.Fat	5.7g 7.8%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.

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HOLLAND ISD

Monday	Tuesday	Wednesday	Thursday	Friday
May - 14 Buffalo ChickenFlatbre Bacon Ranch Chicken Herb Roasted Broccoli Fresh Garden Salad CUCUMBER,RAW Applesauce Mandarin Orange Slice Milk Chocolate Fat Fre Milk 1% White	May - 15 Beef Spaghetti chef Salad Green Beans Veggie Dippers Fresh Orange Fresh Apple Honey Wheat Roll Milk Chocolate Fat Fre Milk 1% White Ranch Dressing 12 gm	May - 16 Pepp Pizza Potato Ole Corn Fresh Garden Salad Fresh Apple Chilled Peaches Chocolate Milk FF White Milk 1% Ranch Dressing 12 gm Bread 100% Whole W	May - 17 Nachos w/ Tortilla Chip Chicken Quesadilla Charro Beans Lettuce and Tomato Apple Orange 1% Milk Milk Chocolate Fat Fre Picante sauce	May - 18 Managers Choice
Nutrients Target Cals... 580 97% Chol... 81* mg Sodium. 1020 mg Fiber.. 5.5* g Iron... 2.1* mg Calcium594.5* mg Vit A 4545* IU Vit C 47.1* mg Sugar 3.6*g 2.5%Cal Prot 34.4g 23.8%Cal Carb 59.7*g 41.2%Cal T.Fat 19.3g 30.0%Cal S.Fat 8.2g 12.7%Cal	Nutrients Target Cals... 626 100% Chol... 139* mg Sodium. 889 mg Fiber.. 8.7* g Iron... 4.6* mg Calcium462.8* mg Vit A 3811* IU Vit C 49.1* mg Sugar 1.2*g 0.8%Cal Prot 33.0g 21.1%Cal Carb 79.4*g 50.7%Cal T.Fat 20.3g 29.2%Cal S.Fat 6.0g 8.7%Cal	Nutrients Target Cals... 700 108% Chol... 41* mg Sodium. 1032 mg Fiber.. 9.2* g Iron... 4.4* mg Calcium683.2* mg Vit A 4569* IU Vit C 26.3* mg Sugar 18.6*g 10.6%Cal Prot 31.8g 18.2%Cal Carb 92.9*g 53.1%Cal T.Fat 25.2g 32.4%Cal S.Fat 7.6g 9.8%Cal	Nutrients Target Cals... 592 99% Chol... 85* mg Sodium. 841 mg Fiber.. 14.7* g Iron... 4.5* mg Calcium626.6* mg Vit A 2766* IU Vit C 47.2* mg Sugar 18.1*g 12.3%Cal Prot 40.7g 27.5%Cal Carb 72.2*g 48.8%Cal T.Fat 20.5g 31.1%Cal S.Fat 7.4g 11.3%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 0.0*g 0.0%Cal T.Fat 0.0g 0.0%Cal S.Fat 0.0g 0.0%Cal
May - 21 Managers Choice	May - 22 Managers Choice	May - 23 Managers Choice	May - 24 Managers Choice	May - 25 Managers Choice
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 0.0*g 0.0%Cal T.Fat 0.0g 0.0%Cal S.Fat 0.0g 0.0%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 0.0*g 0.0%Cal T.Fat 0.0g 0.0%Cal S.Fat 0.0g 0.0%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 0.0*g 0.0%Cal T.Fat 0.0g 0.0%Cal S.Fat 0.0g 0.0%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 0.0*g 0.0%Cal T.Fat 0.0g 0.0%Cal S.Fat 0.0g 0.0%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 0.0*g 0.0%Cal T.Fat 0.0g 0.0%Cal S.Fat 0.0g 0.0%Cal

This institution is an equal opportunity provider.

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