

# HOLLAND ISD

| Monday  | Tuesday   | Wednesday   | Thursday  | Friday   |
|---|---|---|---|--|
| Apr - 1<br>Hamburger<br>Pep Flatbread Pizza<br>French Fries<br>Lettuce/Tomato Salad<br>Chilled Fruit Mix<br>Blushing Pears<br>KETCHUP<br>Mustard<br>Salad Dressing<br>Milk Chocolate Fat Fre<br>Milk 1% White   | Apr - 2<br>Lasagna with Ground<br>Meatball Hoagie<br>Peas<br>Spinach Salad<br>Banana<br>Applesauce<br>Milk Chocolate Fat Fre<br>Milk 1% White<br>Honey Wheat Roll<br>Ranch Fat Free   | Apr - 3<br>Pepp Pizza<br>GROUND BEEF & MA<br>Corn<br>Fresh Garden Salad<br>Banana<br>Pineapple<br>Fresh Orange<br>Chocolate Milk FF<br>White Milk 1%<br>Ranch Dressing 12 gm<br>Bread 100% Whole W  | Apr - 4<br>Pulled Pork Sandwich<br>Barbecued Chicken<br>COLE SLAW<br>CUCUMBER,RAW<br>Glazed Carrots<br>Fresh Apple<br>Chilled Fruit Mix<br>Honey Wheat Roll<br>Milk Chocolate Fat Fre<br>Milk 1% White  | Apr - 5<br>Sausage Wrap<br>Fish Nuggets<br>Pork & Beans<br>Veggie Dippers<br>Banana<br>PEARS<br>Milk Chocolate Fat Fre<br>Milk 1% White<br>Mustard<br>Ketchup<br>Bread 100% Whole W  |
| Nutrients Target<br>Cals... 694<br>107%<br>Chol... 54 mg<br>Sodium. 1149 mg<br>Fiber.. 7.2 g<br>Iron... 4.0* mg<br>Calcium412.1* mg<br>Vit A 2579* IU<br>Vit C 13.9* mg<br>Sugar 13.2*g 7.6%Cal<br>Prot 34.8g 20.1%Cal<br>Carb 89.4g 51.5%Cal<br>T.Fat 21.1g 27.4%Cal<br>S.Fat 7.0g 9.1%Cal | Nutrients Target<br>Cals... 704<br>108%<br>Chol... 69 mg<br>Sodium. 1064 mg<br>Fiber.. 9.9 g<br>Iron... 4.7* mg<br>Calcium593.9* mg<br>Vit A 3866* IU<br>Vit C 76.1* mg<br>Sugar 12.7*g 7.2%Cal<br>Prot 39.2g 22.3%Cal<br>Carb 93.7g 53.2%Cal<br>T.Fat 18.7g 23.9%Cal<br>S.Fat 8.2g 10.5%Cal    | Nutrients Target<br>Cals... 598<br>100%<br>Chol... 41 mg<br>Sodium. 783 mg<br>Fiber.. 7.9 g<br>Iron... 4.4* mg<br>Calcium513.7* mg<br>Vit A 3344* IU<br>Vit C 37.2* mg<br>Sugar 28.1*g 18.8%Cal<br>Prot 29.4g 19.7%Cal<br>Carb 88.4g 59.1%Cal<br>T.Fat 16.5g 24.8%Cal<br>S.Fat 6.0g 9.0%Cal     | Nutrients Target<br>Cals... 603<br>100%<br>Chol... 86* mg<br>Sodium. 956 mg<br>Fiber.. 7.7 g<br>Iron... 2.5* mg<br>Calcium401.0* mg<br>Vit A 12751* IU<br>Vit C 21.2* mg<br>Sugar 15.0*g 10.0%Cal<br>Prot 33.7g 22.4%Cal<br>Carb 81.3g 53.9%Cal<br>T.Fat 14.1g 21.0%Cal<br>S.Fat 4.2g 6.2%Cal   | Nutrients Target<br>Cals... 515<br>86%<br>Chol... 60* mg<br>Sodium. 1079 mg<br>Fiber.. 7.6 g<br>Iron... 4.7* mg<br>Calcium416.3* mg<br>Vit A 2727* IU<br>Vit C 10.0* mg<br>Sugar 20.5*g 15.9%Cal<br>Prot 28.8g 22.3%Cal<br>Carb 76.5g 59.4%Cal<br>T.Fat 11.0g 19.3%Cal<br>S.Fat 2.8g 4.8%Cal   |
| Apr - 8<br>Steak Fingers<br>Chicken Alfredo<br>Mashed Potatoes<br>Green Beans<br>Fresh Orange<br>Chilled Fruit Mix<br>Milk Chocolate Fat Fre<br>Milk 1% White<br>Honey Wheat Roll   | Apr - 9<br>Buffalo ChickenFlatbre<br>Chicken Patty on Bun<br>Cooked Carrots<br>Garden Salad<br>Fresh Pear<br>Mandarin Oranges<br>Milk Chocolate Fat Fre<br>Milk 1% White<br>KETCHUP<br>Salad Dressing<br>Mustard  | Apr - 10<br>Pepp Pizza<br>Buffalo Mac and Chee<br>Corn<br>Fresh Garden Salad<br>Pineapple<br>Fresh Orange<br>Chocolate Milk FF<br>White Milk 1%<br>Ranch Dressing 12 gm<br>Honey Wheat Roll   | Apr - 11<br>Nachos w/ Tortilla Chip<br>Popcorn Chicken<br>Pinto Beans<br>Lettuce/Tomato Salad<br>Fresh Orange<br>Fresh Apple<br>MILK,1% Chocolate<br>MILK,2% Lowfat<br>Picante sauce<br>Bread 100% Whole W  | Apr - 12<br>Hot Dog with Bun<br>Grilled Cheese Sandwi<br>Ranch Style Beans<br>Carrot Sticks<br>FRENCH FRIES<br>Fresh Apple<br>Fresh Pear<br>Milk Chocolate Fat Fre<br>Milk 1% White  |
| Nutrients Target<br>Cals... 654<br>101%<br>Chol... 70* mg<br>Sodium. 1036 mg<br>Fiber.. 7.9 g<br>Iron... 3.3* mg<br>Calcium430.2* mg<br>Vit A 1177* IU<br>Vit C 43.8* mg<br>Sugar 9.4*g 5.8%Cal<br>Prot 32.8g 20.1%Cal<br>Carb 86.0g 52.6%Cal<br>T.Fat 19.5g 26.8%Cal<br>S.Fat 6.4g 8.8%Cal | Nutrients Target<br>Cals... 690<br>106%<br>Chol... 95* mg<br>Sodium. 1342 mg<br>Fiber.. 7.4 g<br>Iron... 3.3* mg<br>Calcium703.0* mg<br>Vit A 15789* IU<br>Vit C 26.8* mg<br>Sugar 13.6*g 7.9%Cal<br>Prot 34.4g 19.9%Cal<br>Carb 84.0*g 48.7%Cal<br>T.Fat 20.2g 26.4%Cal<br>S.Fat 8.1g 10.5%Cal | Nutrients Target<br>Cals... 661<br>102%<br>Chol... 49* mg<br>Sodium. 1226 mg<br>Fiber.. 7.7 g<br>Iron... 3.9* mg<br>Calcium657.5* mg<br>Vit A 3477* IU<br>Vit C 32.8* mg<br>Sugar 30.1*g 18.2%Cal<br>Prot 30.3g 18.3%Cal<br>Carb 93.2*g 56.4%Cal<br>T.Fat 21.3g 29.0%Cal<br>S.Fat 8.7g 11.9%Cal | Nutrients Target<br>Cals... 604<br>100%<br>Chol... 63* mg<br>Sodium. 709 mg<br>Fiber.. 20.1 g<br>Iron... 5.7* mg<br>Calcium499.1* mg<br>Vit A 3022* IU<br>Vit C 46.8* mg<br>Sugar 27.7*g 18.3%Cal<br>Prot 35.2g 23.3%Cal<br>Carb 84.5*g 55.9%Cal<br>T.Fat 22.2g 33.1%Cal<br>S.Fat 7.4g 11.1%Cal | Nutrients Target<br>Cals... 591<br>99%<br>Chol... 42* mg<br>Sodium. 1163 mg<br>Fiber.. 13.8 g<br>Iron... 3.9* mg<br>Calcium532.1* mg<br>Vit A 6685* IU<br>Vit C 16.1* mg<br>Sugar 14.9*g 10.1%Cal<br>Prot 24.8g 16.7%Cal<br>Carb 97.5*g 65.9%Cal<br>T.Fat 13.2g 20.0%Cal<br>S.Fat 4.1g 6.2%Cal |

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| Monday   | Tuesday  | Wednesday   | Thursday   | Friday  |
|--|--|---|--|---|
| Apr - 15<br>Mini Corn Dogs<br>Ranch Parmesan Chic<br>Fresh Garden Salad<br>Peas & Carrots<br>Fresh Apple<br>Orange<br>Milk Chocolate Fat Fre<br>Milk 1% White<br>KETCHUP<br>Wheat Rolls  | Apr - 16<br>Popcorn Chicken<br>Hunan Chicken &<br>Fried Rice<br>Herb Roasted Broccoli<br>Asian Fried Rice<br>Fresh Carrot Sticks<br>Chilled Fruit Mix<br>Fresh Orange<br>Milk 1% White<br>Milk Chocolate Fat Fre   | Apr - 17<br>Pepp Pizza<br>Chicken Enchiladas<br>Corn<br>Fresh Garden Salad<br>Fresh Apple<br>Chilled Fruit Mix<br>Chocolate Milk FF<br>White Milk 1%<br>Ranch Dressing 12 gm<br>Ketchup<br>Mustard<br>Salad Dressing  | Apr - 18<br>Sub Sandwich<br>Grilled Chicken On Bu<br>Veggie Dippers<br>Pork & Beans<br>Fresh Apple<br>ORANGES<br>Milk Chocolate Fat Fre<br>Milk 1% White<br>Mustard<br>Ranch Dressing 12 gm<br>Salad Dressing  | Apr - 19  |
| Nutrients Target<br>Cals... 635<br>100%<br>Chol... 64* mg<br>Sodium. 1147 mg<br>Fiber.. 11.1 g<br>Iron... 3.3* mg<br>Calcium722.0* mg<br>Vit A 8855* IU<br>Vit C 74.5* mg<br>Sugar 24.3*g 15.3%Cal<br>Prot 48.0g 30.2%Cal<br>Carb 93.1*g 58.6%Cal<br>T.Fat 8.7g 12.3%Cal<br>S.Fat 2.8g 3.9%Cal | Nutrients Target<br>Cals... 432<br>72%<br>Chol... 29* mg<br>Sodium. 741 mg<br>Fiber.. 5.1 g<br>Iron... 2.1* mg<br>Calcium320.5* mg<br>Vit A 1420* IU<br>Vit C 40.0* mg<br>Sugar 13.2*g 12.2%Cal<br>Prot 21.7g 20.0%Cal<br>Carb 60.8*g 56.2%Cal<br>T.Fat 11.6g 24.2%Cal<br>S.Fat 2.5g 5.3%Cal     | Nutrients Target<br>Cals... 743<br>114%<br>Chol... 53* mg<br>Sodium. 1460 mg<br>Fiber.. 9.2 g<br>Iron... 4.1* mg<br>Calcium721.4* mg<br>Vit A 4923* IU<br>Vit C 22.4* mg<br>Sugar 19.6*g 10.5%Cal<br>Prot 33.6g 18.1%Cal<br>Carb 94.6*g 50.9%Cal<br>T.Fat 27.7g 33.6%Cal<br>S.Fat 8.5g 10.3%Cal | Nutrients Target<br>Cals... 683<br>105%<br>Chol... 68* mg<br>Sodium. 1583 mg<br>Fiber.. 11.4 g<br>Iron... 5.5* mg<br>Calcium488.6* mg<br>Vit A 5070* IU<br>Vit C 38.5* mg<br>Sugar 12.8*g 7.5%Cal<br>Prot 35.9g 21.0%Cal<br>Carb 88.1*g 51.6%Cal<br>T.Fat 22.0g 29.1%Cal<br>S.Fat 4.6g 6.1%Cal   |   |
| Apr - 22   | Apr - 23<br>Chicken Quesadilla<br>Chicken Fajita<br>Pinto Beans<br>Lettuce/Tomato Salad<br>Fresh Orange<br>Fresh Apple<br>MILK,1% Chocolate<br>MILK,2% Lowfat<br>Picante sauce   | Apr - 24<br>Pizza, Pepperoni<br>Chili Mac<br>Corn<br>Fresh Garden Salad<br>Broccoli Fresh<br>PEARS, It syp, canned<br>Applesauce<br>Chocolate Milk FF<br>White Milk 1%<br>Ranch Dressing 12 gm<br>Honey Wheat Roll  | Apr - 25<br>Taco Ple<br>Burrito-Cheese/Bean<br>SPANISH RICE<br>Veggie Dippers<br>Fresh Garden Salad<br>Fresh Orange<br>Fresh Apple<br>MILK,1% Chocolate<br>MILK,2% Lowfat<br>Picante sauce<br>Bread 100% Whole W   | Apr - 26<br>Ravioli Beef<br>Crispy Fish Sticks<br>Green Beans<br>FRENCH FRIES<br>Fresh Apple<br>Orange<br>Milk Chocolate Fat Fre<br>Milk 1% White<br>KETCHUP<br>Wheat Rolls   |
|  | Nutrients Target<br>Cals... 608<br>100%<br>Chol... 115* mg<br>Sodium. 964 mg<br>Fiber.. 19.1 g<br>Iron... 5.4* mg<br>Calcium802.3* mg<br>Vit A 3417* IU<br>Vit C 62.6* mg<br>Sugar 26.8*g 17.6%Cal<br>Prot 50.8g 33.5%Cal<br>Carb 77.8*g 51.2%Cal<br>T.Fat 17.9g 26.4%Cal<br>S.Fat 8.3g 12.3%Cal | Nutrients Target<br>Cals... 666<br>102%<br>Chol... 44* mg<br>Sodium. 927 mg<br>Fiber.. 10.8 g<br>Iron... 5.0* mg<br>Calcium496.9* mg<br>Vit A 3402* IU<br>Vit C 26.4* mg<br>Sugar 11.7*g 7.1%Cal<br>Prot 33.1g 19.9%Cal<br>Carb 101.0*g 60.7%Cal<br>T.Fat 16.1g 21.7%Cal<br>S.Fat 5.8g 7.8%Cal  | Nutrients Target<br>Cals... 618<br>100%<br>Chol... 63* mg<br>Sodium. 1248 mg<br>Fiber.. 11.7 g<br>Iron... 5.0* mg<br>Calcium598.5* mg<br>Vit A 7436* IU<br>Vit C 63.2* mg<br>Sugar 27.6*g 17.9%Cal<br>Prot 34.0g 22.0%Cal<br>Carb 82.9*g 53.6%Cal<br>T.Fat 18.5g 26.9%Cal<br>S.Fat 8.3g 12.0%Cal | Nutrients Target<br>Cals... 648<br>100%<br>Chol... 52* mg<br>Sodium. 798 mg<br>Fiber.. 9.1 g<br>Iron... 2.8* mg<br>Calcium358.8* mg<br>Vit A 893* IU<br>Vit C 51.0* mg<br>Sugar 12.3*g 7.6%Cal<br>Prot 31.2g 19.3%Cal<br>Carb 94.5*g 58.3%Cal<br>T.Fat 15.4g 21.4%Cal<br>S.Fat 2.8g 3.9%Cal |

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|-----------|--|-----------|----------|---------|-----|-----|--|---------|--------|---------|--------|---------|-------|---------|---------|---------|-----------|-------|----------|-------|----------|-------|-----------------|------|----------------|------|-----------------|-------|----------------|-------|--------------|--|--|--|
| Apr - 29  | Apr - 30<br><br>Chicken Patty on Bun<br>Pesto Chicken Sandwi<br>Sweet Potato Tots<br>Lettuce/Tomato Salad<br>Banana<br>PEARS<br>Milk Chocolate Fat Fre<br>Milk 1% White<br>Mustard<br>Ketchup  |           |          |         |     |     |  |         |        |         |        |         |       |         |         |         |           |       |          |       |          |       |                 |      |                |      |                 |       |                |       |              |  |  |  |
|           | <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;">592</td> </tr> <tr> <td>99%</td> <td></td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">39* mg</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">962 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;">2.5* mg</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">396.5* mg</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">3834* IU</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">15.6* mg</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">18.1*g 12.3%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">30.8g 20.8%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">83.5*g 56.4%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">15.3g 23.3%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">3.8g 5.7%Cal</td> </tr> </tbody> </table> | Nutrients | Target   | Cals... | 592 | 99% |  | Chol... | 39* mg | Sodium. | 962 mg | Fiber.. | 7.9 g | Iron... | 2.5* mg | Calcium | 396.5* mg | Vit A | 3834* IU | Vit C | 15.6* mg | Sugar | 18.1*g 12.3%Cal | Prot | 30.8g 20.8%Cal | Carb | 83.5*g 56.4%Cal | T.Fat | 15.3g 23.3%Cal | S.Fat | 3.8g 5.7%Cal |  |  |  |
| Nutrients | Target   |           |          |         |     |     |  |         |        |         |        |         |       |         |         |         |           |       |          |       |          |       |                 |      |                |      |                 |       |                |       |              |  |  |  |
| Cals...   | 592  |           |          |         |     |     |  |         |        |         |        |         |       |         |         |         |           |       |          |       |          |       |                 |      |                |      |                 |       |                |       |              |  |  |  |
| 99%       |  |           |          |         |     |     |  |         |        |         |        |         |       |         |         |         |           |       |          |       |          |       |                 |      |                |      |                 |       |                |       |              |  |  |  |
| Chol...   | 39* mg   |           |          |         |     |     |  |         |        |         |        |         |       |         |         |         |           |       |          |       |          |       |                 |      |                |      |                 |       |                |       |              |  |  |  |
| Sodium.   | 962 mg   |           |          |         |     |     |  |         |        |         |        |         |       |         |         |         |           |       |          |       |          |       |                 |      |                |      |                 |       |                |       |              |  |  |  |
| Fiber..   | 7.9 g  |           |          |         |     |     |  |         |        |         |        |         |       |         |         |         |           |       |          |       |          |       |                 |      |                |      |                 |       |                |       |              |  |  |  |
| Iron...   | 2.5* mg  |           |          |         |     |     |  |         |        |         |        |         |       |         |         |         |           |       |          |       |          |       |                 |      |                |      |                 |       |                |       |              |  |  |  |
| Calcium   | 396.5* mg  |           |          |         |     |     |  |         |        |         |        |         |       |         |         |         |           |       |          |       |          |       |                 |      |                |      |                 |       |                |       |              |  |  |  |
| Vit A     | 3834* IU   |           |          |         |     |     |  |         |        |         |        |         |       |         |         |         |           |       |          |       |          |       |                 |      |                |      |                 |       |                |       |              |  |  |  |
| Vit C     | 15.6* mg   |           |          |         |     |     |  |         |        |         |        |         |       |         |         |         |           |       |          |       |          |       |                 |      |                |      |                 |       |                |       |              |  |  |  |
| Sugar     | 18.1*g 12.3%Cal  |           |          |         |     |     |  |         |        |         |        |         |       |         |         |         |           |       |          |       |          |       |                 |      |                |      |                 |       |                |       |              |  |  |  |
| Prot      | 30.8g 20.8%Cal   |           |          |         |     |     |  |         |        |         |        |         |       |         |         |         |           |       |          |       |          |       |                 |      |                |      |                 |       |                |       |              |  |  |  |
| Carb      | 83.5*g 56.4%Cal  |           |          |         |     |     |  |         |        |         |        |         |       |         |         |         |           |       |          |       |          |       |                 |      |                |      |                 |       |                |       |              |  |  |  |
| T.Fat     | 15.3g 23.3%Cal   |           |          |         |     |     |  |         |        |         |        |         |       |         |         |         |           |       |          |       |          |       |                 |      |                |      |                 |       |                |       |              |  |  |  |
| S.Fat     | 3.8g 5.7%Cal   |           |          |         |     |     |  |         |        |         |        |         |       |         |         |         |           |       |          |       |          |       |                 |      |                |      |                 |       |                |       |              |  |  |  |

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