

# HOLLAND ISD

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 2 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 - 3 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 - 4 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 - 5 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 - 6 Sub Sandwich Macaroni & Cheese Peas Veggie Dippers Fresh Apple Fresh Pear Milk Chocolate Fat Fre Milk 1% White Bread 100% Whole W
Oct - 9	Oct - 10 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 - 11 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 - 12 Beef Spaghetti Meatball Hoagie Peas Spinach Salad Banana Applesauce Milk Chocolate Fat Fre Milk 1% White Honey Wheat Roll	Oct - 13 Hot Dog Crispy Fish Sticks Pork & Beans FRENCH FRIES Apple Chilled Fruit Mix Milk Chocolate Fat Fre Milk 1% White Bread 100% Whole W
Oct - 16 Cheeseburger CHICKEN POT PIE Tater Tots Burger Salad Fresh Orange Chilled Fruit Mix Milk Chocolate Fat Fre Milk 1% White KETCHUP Mustard Salad Dressing Honey Wheat Roll	Oct - 17 Grilled Chicken On Bu Ranch Parmesan Chic Fresh Garden Salad Peas & Carrots Fresh Apple Orange Milk Chocolate Fat Fre Milk 1% White KETCHUP Wheat Rolls	Oct - 18 Pizza, Pepperoni Jammin' Turkey Panini Corn Fresh Garden Salad Fresh Pear Rosy Applesauce Chocolate Milk FF White Milk 1% Ranch Dressing 12 gm	Oct - 19 Pulled Pork Sandwich Chicken Nuggets Pork & Beans COLE SLAW Wheat Rolls Fresh Apple Peaches Milk 1% White Milk Chocolate Fat Fre Ketchup	Oct - 20 Sausage Wrap Ravioli Beef Mixed Vegetables Carrot Sticks Banana PEARS Milk Chocolate Fat Fre Milk 1% White Mustard Ketchup Bread 100% Whole W
Oct - 23 Popcorn Chicken Hunan Chicken & Fried Rice Herb Roasted Broccoli Asian Fried Rice Fresh Carrot Sticks Chilled Fruit Mix Fresh Orange Milk 1% White Milk Chocolate Fat Fre	Oct - 24 BEEF TACO- Elem Chicken Quesadilla Pinto Beans Lettuce and Tomato Cilantro Lime Rice Fresh Pear Applesauce Milk 1% White Milk Chocolate Fat Fre	Oct - 25 Pepp Pizza Loaded Potato Corn Fresh Garden Salad Pineapple Fresh Orange Chocolate Milk FF White Milk 1% Ranch Dressing 12 gm Honey Wheat Roll	Oct - 26 Whole Grain Corn Dog Chicken Spaghetti Green Beans Oven Roasted Potatoe Wheat Rolls Banana Mandarin Oranges Milk Chocolate Fat Fre Milk 1% White Mustard KETCHUP	Oct - 27 Crispy Fish Sticks Pub Burger Carrot Sticks Ranch Style Beans Burger Salad String Cheese Fresh Apple PEARS, It syp, canned Chocolate Milk FF White Milk 1% Ketchup Mustard Salad Dressing Bread 100% Whole W

*\*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 - 30		Oct - 31  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			

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*\* - denotes combined nutrient totals with either missing or incomplete nutrient data.*

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