

# Holland ISD

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 2	Jan - 3 Corn Dogs Mini Chicken Patty Sweet Tater Tots Ranch Style Beans Tossed Salad Fresh Oranges Fruit Cocktail Chocolate Milk, FF White Milk, 1% Cookies - Chocolate C Ranch Dressing Ketchup Mustard Mayo	Jan - 4 Pepperoni Pizza CHICKEN POT PIE Buttered Roll Seasoned Corn Cran Spin Salad Rosy Pears Pineapple Chunks Chocolate Milk, FF White Milk, 1% Ketchup Ranch Dressing	Jan - 5 Chicken Nuggets Steak Fingers Buttered Roll Cheesy Broccoli Mashed Tatos & Gravy Fresh Oranges Fruit Cocktail Chocolate Milk, FF White Milk, 1% Ketchup	Jan - 6 Sausage Wrap Turkey Hoagie CORN ON THE COB VEGGIE STIX Diced Peaches Fresh Apples Chocolate Milk, FF White Milk, 1% Ketchup Ranch Dressing Sugar Cookies
Jan - 9 Lasagna Ravioli Chzy Garlic Breadstick Broccoli Ironman Salad Banana Fruit Cocktail Chocolate Milk, FF White Milk, 1% Choc Chip Cookie	Jan - 10 Crunchy Beef Taco Chicken Fajita Charra Beans Salad, Taco Topping Banana Fresh Apples Chocolate Milk, FF White Milk, 1% Picante Assorted Salad Dressi	Jan - 11 Pepperoni Pizza Chicken Spaghetti Buttered Roll Seasoned Corn Tossed Salad Rosy Applesauce Banana Chocolate Milk, FF White Milk, 1% Ketchup Ranch Dressing	Jan - 12 Grilled Chicken Wrap Grilled Cheese Sandwi Vegetable Beef Soup Peas & Carrots Tossed Salad Fruit Cocktail Mandarin Oranges Chocolate Milk, FF White Milk, 1% Assorted Salad Dressi Ketchup	Jan - 13 Hot Dog Hot Ham & Cheese Green Beans w Tomat French Fries Carrot Sticks Celery Sticks Orange Smiles Pineapple Chunks Chocolate Milk, FF White Milk, 1% Ketchup Mustard
Jan - 16	Jan - 17 Chicken Parmesan HAMBURGER Chzy Garlic Breadstick Broccoli Ironman Salad Banana Fruit Cocktail Chocolate Milk, FF White Milk, 1% Choc Chip Cookie	Jan - 18 Pepperoni Pizza TACO PIE Buttered Roll Seasoned Corn Ironman Salad Fresh Oranges Pineapple Chunks Chocolate Milk, FF White Milk, 1% Ketchup Ranch Dressing	Jan - 19 Beef Nachos Chicken Quesidilla Charra Beans Tossed Salad Banana Fruit Cocktail Chocolate Milk, FF White Milk, 1% Ketchup Ranch Dressing Picante	Jan - 20 Fish Nuggets Mac & Cheese w Ham Peas Confetti Coleslaw Banana Rosy Applesauce Chocolate Milk, FF White Milk, 1% Ketchup
Jan - 23 CHICKEN, BARBECUE Popcorn Chicken Garlic Chzy Breadstick Glazed Carrots Tossed Salad Mandarin Oranges Rosy Pears Chocolate Milk, FF White Milk, 1% Ketchup Graham Crackers	Jan - 24 Grilled Chicken Wrap Grilled Cheese Sandwi Vegetable Beef Soup Green Beans w Tomat Tossed Salad Fruit Cocktail Mandarin Oranges Chocolate Milk, FF White Milk, 1% Assorted Salad Dressi Ketchup	Jan - 25 Pepperoni Pizza CHICKEN POT PIE Buttered Roll Seasoned Corn Ironman Salad Fresh Oranges Pineapple Chunks Chocolate Milk, FF White Milk, 1% Ketchup Ranch Dressing	Jan - 26 Cheese Enchiladas Chicken Quesidilla Refried Beans Tossed Salad Fresh Oranges Chilled Pears Chocolate Milk, FF White Milk, 1% Picante Graham Crackers	Jan - 27 Sausage Wrap Turkey Hoagie CORN ON THE COB VEGGIE STIX Diced Peaches Fresh Apples Chocolate Milk, FF White Milk, 1% Ketchup Ranch Dressing Sugar Cookies

\*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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Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 30  SPICY MEATBALLS A Swt n Sour Chick Nugg Rice Chinese Style Vegetabl VEGGIE STIX Rosy Applesauce Fresh Oranges Chocolate Milk, FF White Milk, 1%	Jan - 31  Cheeseburger Grilled Chicken Sandwi Sweet Tater Tots Green Beans w Tomat LETTUCE & TOMATO Fresh Apples Pineapple Chunks Chocolate Milk, FF White Milk, 1% Mustard Mayo Ketchup			

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