

# HOLLAND ISD

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																																								
				Feb - 1  Sub Sandwich Rib Q on Bun Veggie Dippers Roasted Potatoes Fresh Apple ORANGES Milk Chocolate Fat Fre Milk 1% White Mustard Ranch Dressing 12 gm Salad Dressing																																																																																																																								
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\*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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Feb - 11  Steak Fingers Chicken Nuggets Mashed Potatoes Green Beans Fresh Orange Chilled Fruit Mix Milk Chocolate Fat Fre Milk 1% White Honey Wheat Roll	Feb - 12  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	Feb - 13  Pepp Pizza Bacon Ranch Quesadil Corn Fresh Garden Salad Pineapple Fresh Orange Chocolate Milk FF White Milk 1% Ranch Dressing 12 gm	Feb - 14  Beef Spaghetti Meatball Hoagie Peas Spinach Salad Banana Applesauce Milk Chocolate Fat Fre Milk 1% White Honey Wheat Roll Ranch Fat Free	Feb - 15  Sausage Wrap Ravioli Beef Graham snacker w/ Ch Ranch Style Beans Carrot Sticks Banana PEARS Milk Chocolate Fat Fre Milk 1% White Mustard Ketchup Bread 100% Whole W																																																																																																																																																						
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Feb - 18  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	Feb - 19  Chicken Alfredo Barbeque Chicken Cooked Carrots Pork & Beans Garden Salad Honey Wheat Roll Fresh Apple Chilled Peaches Milk Chocolate Fat Fre Milk 1% White Ranch Dressing 12 gm	Feb - 20  Pizza, Pepperoni Potato Ole Corn Fresh Garden Salad Broccoli Fresh PEARS, It syp, canned Applesauce Chocolate Milk FF White Milk 1% Ranch Dressing 12 gm Honey Wheat Roll	Feb - 21  Lasagna with Ground Whole Grain Corn Dog CUCUMBER,RAW Peas Spinach Salad Banana Applesauce Milk Chocolate Fat Fre Milk 1% White Honey Wheat Roll	Feb - 22  Hot Ham and Cheese Crispy Fish Sticks Glazed Carrots Veggie Dippers Spinach Salad Ranch Style Beans Apple Chilled Fruit Mix Milk Chocolate Fat Fre Milk 1% White Bread 100% Whole W																																																																																																																																																						
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Prot	21.7g 20.0%Cal																																																																																																																																																									
Carb	60.8*g 56.2%Cal																																																																																																																																																									
T.Fat	11.6g 24.2%Cal																																																																																																																																																									
S.Fat	2.5*g 5.3%Cal																																																																																																																																																									
Nutrients	Target																																																																																																																																																									
Cals...	745																																																																																																																																																									
115%																																																																																																																																																										
Chol...	75 mg																																																																																																																																																									
Sodium...	1517 mg																																																																																																																																																									
Fiber...	9.1* g																																																																																																																																																									
Iron...	5.3* mg																																																																																																																																																									
Calcium	474.6* mg																																																																																																																																																									
Vit A	12621* IU																																																																																																																																																									
Vit C	14.8* mg																																																																																																																																																									
Sugar	22.0*g 11.8%Cal																																																																																																																																																									
Prot	36.6g 19.7%Cal																																																																																																																																																									
Carb	101.9*g 54.7%Cal																																																																																																																																																									
T.Fat	22.7g 27.4%Cal																																																																																																																																																									
S.Fat	5.5*g 6.7%Cal																																																																																																																																																									
Nutrients	Target																																																																																																																																																									
Cals...	633																																																																																																																																																									
100%																																																																																																																																																										
Chol...	41 mg																																																																																																																																																									
Sodium...	826 mg																																																																																																																																																									
Fiber...	9.8* g																																																																																																																																																									
Iron...	4.3* mg																																																																																																																																																									
Calcium	571.5* mg																																																																																																																																																									
Vit A	3289* IU																																																																																																																																																									
Vit C	29.6* mg																																																																																																																																																									
Sugar	11.9*g 7.5%Cal																																																																																																																																																									
Prot	31.0g 19.6%Cal																																																																																																																																																									
Carb	95.1*g 60.1%Cal																																																																																																																																																									
T.Fat	15.6g 22.1%Cal																																																																																																																																																									
S.Fat	6.1*g 8.6%Cal																																																																																																																																																									
Nutrients	Target																																																																																																																																																									
Cals...	585																																																																																																																																																									
97%																																																																																																																																																										
Chol...	49 mg																																																																																																																																																									
Sodium...	926 mg																																																																																																																																																									
Fiber...	7.4* g																																																																																																																																																									
Iron...	4.7* mg																																																																																																																																																									
Calcium	527.0* mg																																																																																																																																																									
Vit A	3599* IU																																																																																																																																																									
Vit C	63.5* mg																																																																																																																																																									
Sugar	8.1*g 5.5%Cal																																																																																																																																																									
Prot	29.5g 20.2%Cal																																																																																																																																																									
Carb	76.5*g 52.3%Cal																																																																																																																																																									
T.Fat	17.0g 26.1%Cal																																																																																																																																																									
S.Fat	6.2*g 9.5%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	83.4*g 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.

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# HOLLAND ISD

Monday	Tuesday	Wednesday	Thursday	Friday
Feb - 25	Feb - 26	Feb - 27	Feb - 28	
Buffalo Mac and Chee Italian Herb Chicken Spinach Salad Green Beans Fresh Orange Chilled Fruit Mix Milk Chocolate Fat Fre Milk 1% White Honey Wheat Roll	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	Pepp Pizza Chicken Enchiladas Corn Fresh Garden Salad Fresh Apple Chilled Fruit Mix Chocolate Milk FF White Milk 1% Ranch Dressing 12 gm Ketchup Mustard Salad Dressing	Nachos w/ Tortilla Chip Chicken Fajita Pinto Beans Lettuce/Tomato Salad Fresh Orange Fresh Apple MILK,1% Chocolate MILK,2% Lowfat Picante sauce	
Nutrients            Target	Nutrients            Target	Nutrients            Target	Nutrients            Target	
Cals...            563	Cals...            690	Cals...            743	Cals...            582	
94%	106%	114%	97%	
Chol...            73 mg	Chol...            95 mg	Chol...            53 mg	Chol...            82 mg	
Sodium.           418 mg	Sodium.           1342 mg	Sodium.           1460 mg	Sodium.           811 mg	
Fiber..           7.8* g	Fiber..           7.4* g	Fiber..           9.2* g	Fiber..           19.2* g	
Iron...           4.2* mg	Iron...           3.3* mg	Iron...           4.1* mg	Iron...           5.5* mg	
Calcium415.1* mg	Calcium703.0* mg	Calcium721.4* mg	Calcium515.5* mg	
Vit A            5013* IU	Vit A            15789* IU	Vit A            4923* IU	Vit A            3222* IU	
Vit C            46.1* mg	Vit C            26.8* mg	Vit C            22.4* mg	Vit C            53.2* mg	
Sugar           9.7*g    6.9%Cal	Sugar           13.6*g    7.9%Cal	Sugar           19.6*g    10.5%Cal	Sugar           27.1*g    18.6%Cal	
Prot            35.6g    25.3%Cal	Prot            34.4g    19.9%Cal	Prot            33.6g    18.1%Cal	Prot            36.6g    25.1%Cal	
Carb           75.1*g    53.4%Cal	Carb           84.0*g    48.7%Cal	Carb           94.6*g    50.9%Cal	Carb           81.3*g    55.9%Cal	
T.Fat           13.5g    21.5%Cal	T.Fat           20.2g    26.4%Cal	T.Fat           27.7g    33.6%Cal	T.Fat           20.2g    31.1%Cal	
S.Fat           4.1*g    6.5%Cal	S.Fat           8.1*g    10.5%Cal	S.Fat           8.5*g    10.3%Cal	S.Fat           7.5*g    11.6%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.*

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