

HOLLAND ISD

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																																																																						
Sep - 2	Sep - 3	Sep - 4	Sep - 5	Sep - 6																																																																																																																																																						
	Chicken Nuggets Steak Fingers Wheat Rolls Mashed Potatoes Green Beans Fresh Pear Mandarin Oranges Milk Chocolate Fat Fre Milk 1% White KETCHUP	Pepp Pizza CHICKEN POT PIE Corn Fresh Garden Salad Fresh Apple Chilled Peaches Chocolate Milk FF White Milk 1% Ranch Dressing 12 gm Bread 100% Whole W	Bahnmi Flatbread San Bacon Ranch Chicken Glazed Carrots Spinach Salad Banana Applesauce Milk Chocolate Fat Fre Milk 1% White	Hot Ham and Cheese Crispy Fish Sticks Peas Veggie Dippers Ranch Style Beans Apple Chilled Fruit Mix Milk Chocolate Fat Fre Milk 1% White Bread 100% Whole W																																																																																																																																																						
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HOLLAND ISD

Monday	Tuesday	Wednesday	Thursday	Friday
Sep - 16	Sep - 17	Sep - 18	Sep - 19	Sep - 20
Steak Fingers Chicken Fajita Mashed Potatoes Fresh Garden Salad Fresh Orange Chilled Fruit Mix Milk Chocolate Fat Fre Milk 1% White Salsa Honey Wheat Roll	Beef Nachos Buffalo Chicken Flatbread Pinto Beans Veggie Dippers Fresh Apple Chilled Peaches Milk Chocolate Fat Fre Milk 1% White Salsa	Pizza, Pepperoni Chili Mac Corn Fresh Garden Salad Broccoli Fresh PEARS, It syp, canned Applesauce Chocolate Milk FF White Milk 1% Ranch Dressing 12 gm Honey Wheat Roll	Grilled Chicken On Bun Mini Corn Dogs Green Beans Sweet Potato Tots Banana Mandarin Oranges Chocolate Milk FF White Milk 1% Ketchup Mustard Salad Dressing	Hot Dog with Bun Grilled Cheese Sandwich Baked Beans Carrot Sticks FRENCH FRIES Fresh Apple Fresh Pear Milk Chocolate Fat Fre Milk 1% White
Nutrients Target Cals... 639 100% Chol... 54 mg Sodium... 983 mg Fiber... 9.7 g Iron... 4.3* mg Calcium 488.2* mg Vit A 5447* IU Vit C 65.0* mg Sugar 11.2*g 7.0%Cal Prot 31.8*g 19.9%Cal Carb 88.1g 55.2%Cal T.Fat 18.2g 25.7%Cal S.Fat 5.2*g 7.3%Cal	Nutrients Target Cals... 602 100% Chol... 64 mg Sodium... 1004 mg Fiber... 17.7 g Iron... 4.8* mg Calcium 692.8* mg Vit A 2891* IU Vit C 8.0* mg Sugar 15.9*g 10.6%Cal Prot 36.1*g 24.0%Cal Carb 85.9*g 57.1%Cal T.Fat 17.8g 26.5%Cal S.Fat 7.9*g 11.8%Cal	Nutrients Target Cals... 656 101% Chol... 44 mg Sodium... 993 mg Fiber... 10.3 g Iron... 5.2* mg Calcium 498.2* mg Vit A 3317* IU Vit C 29.5* mg Sugar 11.7*g 7.2%Cal Prot 33.0*g 20.1%Cal Carb 98.4*g 60.0%Cal T.Fat 16.3g 22.3%Cal S.Fat 5.8*g 8.0%Cal	Nutrients Target Cals... 600 100% Chol... 50 mg Sodium... 1193 mg Fiber... 5.9 g Iron... 2.8* mg Calcium 437.1* mg Vit A 3070* IU Vit C 19.6* mg Sugar 11.2*g 7.5%Cal Prot 27.1*g 18.1%Cal Carb 86.6*g 57.7%Cal T.Fat 14.6g 21.9%Cal S.Fat 3.3*g 4.9%Cal	Nutrients Target Cals... 626 100% Chol... 39 mg Sodium... 1099 mg Fiber... 15.1 g Iron... 4.3* mg Calcium 540.3* mg Vit A 6432* IU Vit C 16.1* mg Sugar 24.9*g 15.9%Cal Prot 25.2*g 16.1%Cal Carb 109.9*g 70.2%Cal T.Fat 12.0g 17.3%Cal S.Fat 3.7*g 5.4%Cal
Sep - 23	Sep - 24	Sep - 25	Sep - 26	Sep - 27
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	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	Pepp Pizza Chicken Quesadilla CORN Fresh Garden Salad Pineapple Fresh Orange Chocolate Milk FF White Milk 1% Ranch Dressing 12 gm	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	Crispy Fish Sticks Pub Burger Carrot Sticks Ranch Style Beans Burger Salad Fresh Apple PEARS, It syp, canned Chocolate Milk FF White Milk 1% Ketchup Mustard Salad Dressing Bread 100% Whole W
Nutrients Target Cals... 822 126% Chol... 63 mg Sodium... 1655 mg Fiber... 9.4 g Iron... 5.6* mg Calcium 544.3* mg Vit A 7358* IU Vit C 45.3* mg Sugar 15.8*g 7.7%Cal Prot 38.8*g 18.9%Cal Carb 108.1*g 52.6%Cal T.Fat 27.0g 29.5%Cal S.Fat 10.2*g 11.2%Cal	Nutrients Target Cals... 664 102% Chol... 46 mg Sodium... 957 mg Fiber... 10.5 g Iron... 3.8* mg Calcium 424.8* mg Vit A 4088* IU Vit C 39.9* mg Sugar 14.5*g 8.7%Cal Prot 31.2*g 18.8%Cal Carb 91.1*g 54.9%Cal T.Fat 19.4g 26.3%Cal S.Fat 4.6*g 6.2%Cal	Nutrients Target Cals... 694 107% Chol... 63 mg Sodium... 1227 mg Fiber... 8.8 g Iron... 4.2* mg Calcium 841.0* mg Vit A 3362* IU Vit C 38.0* mg Sugar 32.9*g 19.0%Cal Prot 38.9*g 22.4%Cal Carb 90.4*g 52.1%Cal T.Fat 21.9g 28.4%Cal S.Fat 9.0*g 11.6%Cal	Nutrients Target Cals... 577 96% Chol... 43 mg Sodium... 944 mg Fiber... 5.6 g Iron... 3.7* mg Calcium 437.4* mg Vit A 919* IU Vit C 22.0* mg Sugar 10.7*g 7.4%Cal Prot 27.1*g 18.8%Cal Carb 84.8*g 58.7%Cal T.Fat 13.5g 21.0%Cal S.Fat 4.0*g 6.3%Cal	Nutrients Target Cals... 581 97% Chol... 58 mg Sodium... 1070 mg Fiber... 9.2 g Iron... 3.6* mg Calcium 475.4* mg Vit A 10341* IU Vit C 14.9* mg Sugar 10.8*g 7.4%Cal Prot 30.4*g 20.9%Cal Carb 80.1*g 55.2%Cal T.Fat 15.2g 23.6%Cal S.Fat 4.2*g 6.5%Cal

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