

# HOLLAND ISD

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																																																																						
		Aug - 21  Pepp Pizza Buffalo Mac and Chee Corn Fresh Garden Salad Pineapple Fresh Orange Chocolate Milk FF White Milk 1% Ranch Dressing 12 gm Honey Wheat Roll	Aug - 22  Rib Q on Bun Popcorn Chicken Green Beans Spinach Salad Fresh Orange Chilled Fruit Mix Milk Chocolate Fat Fre Milk 1% White KETCHUP Mustard Salad Dressing Honey Wheat Roll	Aug - 23  Hot Dog with Bun Grilled Cheese Sandwi Baked Beans Carrot Sticks FRENCH FRIES Fresh Apple Fresh Pear Milk Chocolate Fat Fre Milk 1% White																																																																																																																																																						
		<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;">661</td></tr> <tr><td>102%</td><td></td></tr> <tr><td>Chol...</td><td style="text-align: right;">49 mg</td></tr> <tr><td>Sodium...</td><td style="text-align: right;">1226 mg</td></tr> <tr><td>Fiber...</td><td style="text-align: right;">7.7 g</td></tr> <tr><td>Iron...</td><td style="text-align: right;">3.9 mg</td></tr> <tr><td>Calcium</td><td style="text-align: right;">657.5 mg</td></tr> <tr><td>Vit A</td><td style="text-align: right;">3477 IU</td></tr> <tr><td>Vit C</td><td style="text-align: right;">32.8 mg</td></tr> <tr><td>Sugar</td><td style="text-align: right;">30.1*g 18.2%Cal</td></tr> <tr><td>Prot</td><td style="text-align: right;">30.3g 18.3%Cal</td></tr> <tr><td>Carb</td><td style="text-align: right;">93.2g 56.4%Cal</td></tr> <tr><td>T.Fat</td><td style="text-align: right;">21.3g 29.0%Cal</td></tr> <tr><td>S.Fat</td><td style="text-align: right;">8.7g 11.9%Cal</td></tr> </tbody> </table>	Nutrients	Target	Cals...	661	102%		Chol...	49 mg	Sodium...	1226 mg	Fiber...	7.7 g	Iron...	3.9 mg	Calcium	657.5 mg	Vit A	3477 IU	Vit C	32.8 mg	Sugar	30.1*g 18.2%Cal	Prot	30.3g 18.3%Cal	Carb	93.2g 56.4%Cal	T.Fat	21.3g 29.0%Cal	S.Fat	8.7g 11.9%Cal	<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;">570</td></tr> <tr><td>95%</td><td></td></tr> <tr><td>Chol...</td><td style="text-align: right;">51 mg</td></tr> <tr><td>Sodium...</td><td style="text-align: right;">1026 mg</td></tr> <tr><td>Fiber...</td><td style="text-align: right;">7.5 g</td></tr> <tr><td>Iron...</td><td style="text-align: right;">3.8 mg</td></tr> <tr><td>Calcium</td><td style="text-align: right;">407.5 mg</td></tr> <tr><td>Vit A</td><td style="text-align: right;">5031 IU</td></tr> <tr><td>Vit C</td><td style="text-align: right;">38.4 mg</td></tr> <tr><td>Sugar</td><td style="text-align: right;">18.8*g 13.2%Cal</td></tr> <tr><td>Prot</td><td style="text-align: right;">27.6g 19.4%Cal</td></tr> <tr><td>Carb</td><td style="text-align: right;">78.7g 55.2%Cal</td></tr> <tr><td>T.Fat</td><td style="text-align: right;">17.3g 27.3%Cal</td></tr> <tr><td>S.Fat</td><td style="text-align: right;">4.3g 6.8%Cal</td></tr> </tbody> </table>	Nutrients	Target	Cals...	570	95%		Chol...	51 mg	Sodium...	1026 mg	Fiber...	7.5 g	Iron...	3.8 mg	Calcium	407.5 mg	Vit A	5031 IU	Vit C	38.4 mg	Sugar	18.8*g 13.2%Cal	Prot	27.6g 19.4%Cal	Carb	78.7g 55.2%Cal	T.Fat	17.3g 27.3%Cal	S.Fat	4.3g 6.8%Cal	<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;">626</td></tr> <tr><td>100%</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;">1099 mg</td></tr> <tr><td>Fiber...</td><td style="text-align: right;">15.1 g</td></tr> <tr><td>Iron...</td><td style="text-align: right;">4.3 mg</td></tr> <tr><td>Calcium</td><td style="text-align: right;">540.3 mg</td></tr> <tr><td>Vit A</td><td style="text-align: right;">6432 IU</td></tr> <tr><td>Vit C</td><td style="text-align: right;">16.1 mg</td></tr> <tr><td>Sugar</td><td style="text-align: right;">24.9*g 15.9%Cal</td></tr> <tr><td>Prot</td><td style="text-align: right;">25.2g 16.1%Cal</td></tr> <tr><td>Carb</td><td style="text-align: right;">109.9g 70.2%Cal</td></tr> <tr><td>T.Fat</td><td style="text-align: right;">12.0g 17.3%Cal</td></tr> <tr><td>S.Fat</td><td style="text-align: right;">3.7g 5.4%Cal</td></tr> </tbody> </table>	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	25.2g 16.1%Cal	Carb	109.9g 70.2%Cal	T.Fat	12.0g 17.3%Cal	S.Fat	3.7g 5.4%Cal																																																												
Nutrients	Target																																																																																																																																																									
Cals...	661																																																																																																																																																									
102%																																																																																																																																																										
Chol...	49 mg																																																																																																																																																									
Sodium...	1226 mg																																																																																																																																																									
Fiber...	7.7 g																																																																																																																																																									
Iron...	3.9 mg																																																																																																																																																									
Calcium	657.5 mg																																																																																																																																																									
Vit A	3477 IU																																																																																																																																																									
Vit C	32.8 mg																																																																																																																																																									
Sugar	30.1*g 18.2%Cal																																																																																																																																																									
Prot	30.3g 18.3%Cal																																																																																																																																																									
Carb	93.2g 56.4%Cal																																																																																																																																																									
T.Fat	21.3g 29.0%Cal																																																																																																																																																									
S.Fat	8.7g 11.9%Cal																																																																																																																																																									
Nutrients	Target																																																																																																																																																									
Cals...	570																																																																																																																																																									
95%																																																																																																																																																										
Chol...	51 mg																																																																																																																																																									
Sodium...	1026 mg																																																																																																																																																									
Fiber...	7.5 g																																																																																																																																																									
Iron...	3.8 mg																																																																																																																																																									
Calcium	407.5 mg																																																																																																																																																									
Vit A	5031 IU																																																																																																																																																									
Vit C	38.4 mg																																																																																																																																																									
Sugar	18.8*g 13.2%Cal																																																																																																																																																									
Prot	27.6g 19.4%Cal																																																																																																																																																									
Carb	78.7g 55.2%Cal																																																																																																																																																									
T.Fat	17.3g 27.3%Cal																																																																																																																																																									
S.Fat	4.3g 6.8%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	25.2g 16.1%Cal																																																																																																																																																									
Carb	109.9g 70.2%Cal																																																																																																																																																									
T.Fat	12.0g 17.3%Cal																																																																																																																																																									
S.Fat	3.7g 5.4%Cal																																																																																																																																																									
Aug - 26  Chicken Patty on Bun TACO PIE WITH BEA Tater Tots Burger Salad Fresh Orange Chilled Fruit Mix Milk Chocolate Fat Fre Milk 1% White KETCHUP Mustard Salad Dressing CORNBREAD	Aug - 27  Beef Nachos Buffalo ChickenFlatbre Pinto Beans Veggie Dippers Fresh Apple Chilled Peaches Milk Chocolate Fat Fre Milk 1% White Salsa	Aug - 28  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	Aug - 29  Pulled Pork Sandwich Chicken Nuggets Pork & Beans COLE SLAW Wheat Rolls Fresh Apple Peaches Milk 1% White Milk Chocolate Fat Fre Ketchup	Aug - 30  Sausage Wrap Ravioli Beef Mixed Vegetables Carrot Sticks Banana PEARS Milk Chocolate Fat Fre Milk 1% White Mustard Ketchup Bread 100% Whole W																																																																																																																																																						
<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;">757</td></tr> <tr><td>116%</td><td></td></tr> <tr><td>Chol...</td><td style="text-align: right;">65 mg</td></tr> <tr><td>Sodium...</td><td style="text-align: right;">1785 mg</td></tr> <tr><td>Fiber...</td><td style="text-align: right;">7.3 g</td></tr> <tr><td>Iron...</td><td style="text-align: right;">5.3 mg</td></tr> <tr><td>Calcium</td><td style="text-align: right;">552.7 mg</td></tr> <tr><td>Vit A</td><td style="text-align: right;">4980 IU</td></tr> <tr><td>Vit C</td><td style="text-align: right;">40.4 mg</td></tr> <tr><td>Sugar</td><td style="text-align: right;">14.5*g 7.6%Cal</td></tr> <tr><td>Prot</td><td style="text-align: right;">29.3g 15.5%Cal</td></tr> <tr><td>Carb</td><td style="text-align: right;">107.9g 57.0%Cal</td></tr> <tr><td>T.Fat</td><td style="text-align: right;">24.4g 29.1%Cal</td></tr> <tr><td>S.Fat</td><td style="text-align: right;">7.7g 9.2%Cal</td></tr> </tbody> </table>	Nutrients	Target	Cals...	757	116%		Chol...	65 mg	Sodium...	1785 mg	Fiber...	7.3 g	Iron...	5.3 mg	Calcium	552.7 mg	Vit A	4980 IU	Vit C	40.4 mg	Sugar	14.5*g 7.6%Cal	Prot	29.3g 15.5%Cal	Carb	107.9g 57.0%Cal	T.Fat	24.4g 29.1%Cal	S.Fat	7.7g 9.2%Cal	<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;">602</td></tr> <tr><td>100%</td><td></td></tr> <tr><td>Chol...</td><td style="text-align: right;">64 mg</td></tr> <tr><td>Sodium...</td><td style="text-align: right;">1004 mg</td></tr> <tr><td>Fiber...</td><td style="text-align: right;">17.7 g</td></tr> <tr><td>Iron...</td><td style="text-align: right;">4.8 mg</td></tr> <tr><td>Calcium</td><td style="text-align: right;">692.8 mg</td></tr> <tr><td>Vit A</td><td style="text-align: right;">2891 IU</td></tr> <tr><td>Vit C</td><td style="text-align: right;">8.0 mg</td></tr> <tr><td>Sugar</td><td style="text-align: right;">15.9*g 10.6%Cal</td></tr> <tr><td>Prot</td><td style="text-align: right;">36.1g 24.0%Cal</td></tr> <tr><td>Carb</td><td style="text-align: right;">85.9*g 57.1%Cal</td></tr> <tr><td>T.Fat</td><td style="text-align: right;">17.8g 26.5%Cal</td></tr> <tr><td>S.Fat</td><td style="text-align: right;">7.9g 11.8%Cal</td></tr> </tbody> </table>	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	36.1g 24.0%Cal	Carb	85.9*g 57.1%Cal	T.Fat	17.8g 26.5%Cal	S.Fat	7.9g 11.8%Cal	<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;">656</td></tr> <tr><td>101%</td><td></td></tr> <tr><td>Chol...</td><td style="text-align: right;">44 mg</td></tr> <tr><td>Sodium...</td><td style="text-align: right;">993 mg</td></tr> <tr><td>Fiber...</td><td style="text-align: right;">10.3 g</td></tr> <tr><td>Iron...</td><td style="text-align: right;">5.2 mg</td></tr> <tr><td>Calcium</td><td style="text-align: right;">498.2 mg</td></tr> <tr><td>Vit A</td><td style="text-align: right;">3317 IU</td></tr> <tr><td>Vit C</td><td style="text-align: right;">29.5 mg</td></tr> <tr><td>Sugar</td><td style="text-align: right;">11.7*g 7.2%Cal</td></tr> <tr><td>Prot</td><td style="text-align: right;">33.0g 20.1%Cal</td></tr> <tr><td>Carb</td><td style="text-align: right;">98.4*g 60.0%Cal</td></tr> <tr><td>T.Fat</td><td style="text-align: right;">16.3g 22.3%Cal</td></tr> <tr><td>S.Fat</td><td style="text-align: right;">5.8g 8.0%Cal</td></tr> </tbody> </table>	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	33.0g 20.1%Cal	Carb	98.4*g 60.0%Cal	T.Fat	16.3g 22.3%Cal	S.Fat	5.8g 8.0%Cal	<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;">769</td></tr> <tr><td>118%</td><td></td></tr> <tr><td>Chol...</td><td style="text-align: right;">78* mg</td></tr> <tr><td>Sodium...</td><td style="text-align: right;">1444 mg</td></tr> <tr><td>Fiber...</td><td style="text-align: right;">11.8 g</td></tr> <tr><td>Iron...</td><td style="text-align: right;">5.8* mg</td></tr> <tr><td>Calcium</td><td style="text-align: right;">513.1* mg</td></tr> <tr><td>Vit A</td><td style="text-align: right;">2567* IU</td></tr> <tr><td>Vit C</td><td style="text-align: right;">21.8* mg</td></tr> <tr><td>Sugar</td><td style="text-align: right;">24.6*g 12.8%Cal</td></tr> <tr><td>Prot</td><td style="text-align: right;">40.3g 21.0%Cal</td></tr> <tr><td>Carb</td><td style="text-align: right;">108.6*g 56.5%Cal</td></tr> <tr><td>T.Fat</td><td style="text-align: right;">18.1g 21.2%Cal</td></tr> <tr><td>S.Fat</td><td style="text-align: right;">4.4g 5.2%Cal</td></tr> </tbody> </table>	Nutrients	Target	Cals...	769	118%		Chol...	78* mg	Sodium...	1444 mg	Fiber...	11.8 g	Iron...	5.8* mg	Calcium	513.1* mg	Vit A	2567* IU	Vit C	21.8* mg	Sugar	24.6*g 12.8%Cal	Prot	40.3g 21.0%Cal	Carb	108.6*g 56.5%Cal	T.Fat	18.1g 21.2%Cal	S.Fat	4.4g 5.2%Cal	<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;">540</td></tr> <tr><td>90%</td><td></td></tr> <tr><td>Chol...</td><td style="text-align: right;">44* mg</td></tr> <tr><td>Sodium...</td><td style="text-align: right;">1014 mg</td></tr> <tr><td>Fiber...</td><td style="text-align: right;">7.3 g</td></tr> <tr><td>Iron...</td><td style="text-align: right;">3.5* mg</td></tr> <tr><td>Calcium</td><td style="text-align: right;">395.5* mg</td></tr> <tr><td>Vit A</td><td style="text-align: right;">6594* IU</td></tr> <tr><td>Vit C</td><td style="text-align: right;">9.3* mg</td></tr> <tr><td>Sugar</td><td style="text-align: right;">21.3*g 15.8%Cal</td></tr> <tr><td>Prot</td><td style="text-align: right;">29.3g 21.7%Cal</td></tr> <tr><td>Carb</td><td style="text-align: right;">81.0*g 60.0%Cal</td></tr> <tr><td>T.Fat</td><td style="text-align: right;">11.4g 19.0%Cal</td></tr> <tr><td>S.Fat</td><td style="text-align: right;">4.7g 7.9%Cal</td></tr> </tbody> </table>	Nutrients	Target	Cals...	540	90%		Chol...	44* mg	Sodium...	1014 mg	Fiber...	7.3 g	Iron...	3.5* mg	Calcium	395.5* mg	Vit A	6594* IU	Vit C	9.3* mg	Sugar	21.3*g 15.8%Cal	Prot	29.3g 21.7%Cal	Carb	81.0*g 60.0%Cal	T.Fat	11.4g 19.0%Cal	S.Fat	4.7g 7.9%Cal
Nutrients	Target																																																																																																																																																									
Cals...	757																																																																																																																																																									
116%																																																																																																																																																										
Chol...	65 mg																																																																																																																																																									
Sodium...	1785 mg																																																																																																																																																									
Fiber...	7.3 g																																																																																																																																																									
Iron...	5.3 mg																																																																																																																																																									
Calcium	552.7 mg																																																																																																																																																									
Vit A	4980 IU																																																																																																																																																									
Vit C	40.4 mg																																																																																																																																																									
Sugar	14.5*g 7.6%Cal																																																																																																																																																									
Prot	29.3g 15.5%Cal																																																																																																																																																									
Carb	107.9g 57.0%Cal																																																																																																																																																									
T.Fat	24.4g 29.1%Cal																																																																																																																																																									
S.Fat	7.7g 9.2%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	36.1g 24.0%Cal																																																																																																																																																									
Carb	85.9*g 57.1%Cal																																																																																																																																																									
T.Fat	17.8g 26.5%Cal																																																																																																																																																									
S.Fat	7.9g 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	33.0g 20.1%Cal																																																																																																																																																									
Carb	98.4*g 60.0%Cal																																																																																																																																																									
T.Fat	16.3g 22.3%Cal																																																																																																																																																									
S.Fat	5.8g 8.0%Cal																																																																																																																																																									
Nutrients	Target																																																																																																																																																									
Cals...	769																																																																																																																																																									
118%																																																																																																																																																										
Chol...	78* mg																																																																																																																																																									
Sodium...	1444 mg																																																																																																																																																									
Fiber...	11.8 g																																																																																																																																																									
Iron...	5.8* mg																																																																																																																																																									
Calcium	513.1* mg																																																																																																																																																									
Vit A	2567* IU																																																																																																																																																									
Vit C	21.8* mg																																																																																																																																																									
Sugar	24.6*g 12.8%Cal																																																																																																																																																									
Prot	40.3g 21.0%Cal																																																																																																																																																									
Carb	108.6*g 56.5%Cal																																																																																																																																																									
T.Fat	18.1g 21.2%Cal																																																																																																																																																									
S.Fat	4.4g 5.2%Cal																																																																																																																																																									
Nutrients	Target																																																																																																																																																									
Cals...	540																																																																																																																																																									
90%																																																																																																																																																										
Chol...	44* mg																																																																																																																																																									
Sodium...	1014 mg																																																																																																																																																									
Fiber...	7.3 g																																																																																																																																																									
Iron...	3.5* mg																																																																																																																																																									
Calcium	395.5* mg																																																																																																																																																									
Vit A	6594* IU																																																																																																																																																									
Vit C	9.3* mg																																																																																																																																																									
Sugar	21.3*g 15.8%Cal																																																																																																																																																									
Prot	29.3g 21.7%Cal																																																																																																																																																									
Carb	81.0*g 60.0%Cal																																																																																																																																																									
T.Fat	11.4g 19.0%Cal																																																																																																																																																									
S.Fat	4.7g 7.9%Cal																																																																																																																																																									

Menu subject to change  
 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.*

**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.**