

# HOLLAND ISD

Monday	Tuesday	Wednesday	Thursday	Friday
				Sep - 1  Sausage Wrap Chicken Nuggets Broccoli Fresh Glazed Carrots Chilled Peaches Fresh Apple Milk Chocolate Fat Fre Milk 1% White Mustard Ketchup Bread 100% Whole W
Sep - 4	Sep - 5  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	Sep - 6  Pepp Pizza Chicken Quesadilla CORN Fresh Garden Salad Pineapple Fresh Orange Chocolate Milk FF White Milk 1% Ranch Dressing 12 gm	Sep - 7  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	Sep - 8  Crispy Fish Sticks Pub Burger Carrot Sticks Burger Salad Fresh Apple PEARS, It syp, canned Chocolate Milk FF White Milk 1% Ketchup Mustard Salad Dressing Bread 100% Whole W
Sep - 11  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	Sep - 12  Beef Nachos Buffalo ChickenFlatbre Pinto Beans Veggie Dippers Fresh Apple Chilled Peaches Milk Chocolate Fat Fre Milk 1% White Salsa	Sep - 13  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	Sep - 14  Grilled Chicken On Bu Mini Corn Dogs Veggie Dippers Sweet Potato Tots Banana Mandarin Oranges Chocolate Milk FF White Milk 1% Ketchup Mustard Salad Dressing	Sep - 15  Hot Dog with Bun Grilled Cheese Sandwi Baked Beans Carrot Sticks FRENCH FRIES Fresh Apple Fresh Pear Milk Chocolate Fat Fre Milk 1% White
Sep - 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	Sep - 19  Chicken Nuggets Steak Fingers Wheat Rolls Mashed Potatoes Green Beans Fresh Pear Mandarin Oranges Milk Chocolate Fat Fre Milk 1% White KETCHUP	Sep - 20  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	Sep - 21  Lasagna with Ground Whole Grain Corn Dog Peas Spinach Salad Banana Applesauce Milk Chocolate Fat Fre Milk 1% White Honey Wheat Roll	Sep - 22  Hot Ham and Cheese Crispy Fish Sticks Glazed Carrots Spinach Salad Veggie Dippers Ranch Style Beans Apple Chilled Fruit Mix Milk Chocolate Fat Fre Milk 1% White 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.**

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Monday	Tuesday	Wednesday	Thursday	Friday
Sep - 25  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	Sep - 26  Beef Spaghetti Hot Dog Fresh Garden Salad Peas & Carrots Fresh Apple Orange Milk Chocolate Fat Fre Milk 1% White KETCHUP Wheat Rolls	Sep - 27  Pizza, Pepperoni Jammin' Turkey Panini Corn Fresh Garden Salad Fresh Pear Rosy Applesauce Chocolate Milk FF White Milk 1% Ranch Dressing 12 gm	Sep - 28  Pulled Pork Sandwich Chicken Nuggets Pork & Beans COLE SLAW Wheat Rolls Fresh Apple Peaches Milk 1% White Milk Chocolate Fat Fre Ketchup	Sep - 29  Sausage Wrap Steak Fingers Mixed Vegetables Carrot Sticks Banana PEARS Milk Chocolate Fat Fre Milk 1% White Mustard Ketchup Bread 100% Whole W

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