

HOLLAND ISD

Monday	Tuesday	Wednesday	Thursday	Friday
		Jan - 5 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	Jan - 6 Barbecue Sandwich Bacon Ranch Chicken Glazed Carrots Spinach Salad Banana Applesauce Milk Chocolate Fat Fre Milk 1% White	Jan - 7 Hot Ham and Cheese Crispy Fish Sticks Veggie Dippers Ranch Style Beans Apple Chilled Fruit Mix Milk Chocolate Fat Fre Milk 1% White Bread 100% Whole W
Jan - 10 Cheeseburger Philly Chicken Sandwic Tater Tots Burger Salad Fresh Orange Chilled Fruit Mix Milk Chocolate Fat Fre Milk 1% White KETCHUP Mustard Salad Dressing Honey Wheat Roll	Jan - 11 Chili Cheese Frito Pie Hot Dog Fresh Garden Salad Peas & Carrots Fresh Apple Orange Milk Chocolate Fat Fre Milk 1% White KETCHUP Wheat Rolls	Jan - 12 Pizza, Pepperoni Jammin' Turkey Panini Corn Fresh Garden Salad Fresh Pear Rosy Applesauce Chocolate Milk FF White Milk 1% Ranch Dressing 12 gm	Jan - 13 Chicken Quesadilla Co Cuban Sandwich Charro Beans Fresh Garden Salad Fresh Apple Peaches Milk 1% White Milk Chocolate Fat Fre Ketchup	Jan - 14 Thai Chicken Flabread Ravioli Beef Yogurt Bag- Carrots Mixed Vegetables Carrot Sticks Banana PEARS Milk Chocolate Fat Fre Milk 1% White Mustard Ketchup Bread 100% Whole W
Jan - 17	Jan - 18 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	Jan - 19 Pepp Pizza Chicken Quesadilla CORN Fresh Garden Salad Pineapple Fresh Orange Chocolate Milk FF White Milk 1% Ranch Dressing 12 gm	Jan - 20 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	Jan - 21 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
Jan - 24 Steak Fingers Chicken Nuggets Mashed Potatoes Fresh Garden Salad Fresh Orange Chilled Fruit Mix Milk Chocolate Fat Fre Milk 1% White Salsa Honey Wheat Roll	Jan - 25 Beef Spaghetti Grilled Cheese Sandwi Iron Man Salad Peas & Carrots Fresh Apple Orange Milk Chocolate Fat Fre Milk 1% White KETCHUP Wheat Rolls	Jan - 26 Pizza, Pepperoni Chicken Alfredo Corn Fresh Garden Salad Fresh Pear Rosy Applesauce Chocolate Milk FF White Milk 1% Ranch Dressing 12 gm Honey Wheat Roll	Jan - 27 Chicken Quesadilla Beef Nachos Pinto Beans Lettuce/Tomato Salad Fresh Orange Fresh Apple MILK,1% Chocolate MILK,2% Lowfat Picante sauce	Jan - 28 Turkey Wrap Grilled Chicken On Bu French Fries Celery Sticks Carrot Sticks Lettuce/Tomato Salad Fresh Orange Fresh Apple 1% Milk Chocolate Milk FF

**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.

HOLLAND ISD

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 31 Chicken Patty on Bun Popcorn Chicken Herb Roasted Broccoli Fresh Garden Salad Fresh Orange Chilled Fruit Mix Milk Chocolate Fat Fre Milk 1% White KETCHUP Mustard Mayonnaise Fat Free P Cornbread Mini Loaf				

Menu subject to change
 This institution is an equal opportunity provider.

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