

HOLLAND ISD

Monday	Tuesday	Wednesday	Thursday	Friday
				Oct - 1 Turkey Wrap Grilled Chicken On Bu French Fries Celery Sticks Carrot Sticks Lettuce/Tomato Salad Fresh Orange Fresh Apple 1% Milk Chocolate Milk FF
Oct - 4 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 Salad Dressing CORNBREAD	Oct - 5 Cheeseburger Fuego Chicken Wrap French Fries Burger Salad Fresh Orange Fresh Apple Milk Chocolate Fat Fre Milk 1% White KETCHUP Mustard Salad Dressing	Oct - 6 Pizza, Pepperoni Jammin' Turkey Panini Corn Fresh Garden Salad Fresh Pear Rosy Applesauce Chocolate Milk FF White Milk 1% Ranch Fat Free	Oct - 7 Grilled Chicken On Bu Mini Corn Dogs Green Beans Sweet Potato Tots Banana Mandarin Oranges Chocolate Milk FF White Milk 1% Ketchup Mustard Salad Dressing	Oct - 8 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
Oct - 11 	Oct - 12 Grilled Chicken On Bu Ranch Parmesan Chic Fresh Garden Salad CUCUMBER,RAW Peas & Carrots Fresh Apple Orange Milk Chocolate Fat Fre Milk 1% White KETCHUP Wheat Rolls Salad Dressing	Oct - 13 Pepp Pizza Pub Burger Corn Fresh Garden Salad Fresh Apple Chilled Fruit Mix Chocolate Milk FF White Milk 1% Ranch Fat Free	Oct - 14 Beef Spaghetti Meatball Hoagie Peas Spinach Salad Banana Applesauce Milk Chocolate Fat Fre Milk 1% White Honey Wheat Roll Ranch Fat Free	Oct - 15 Cheeseburger Chicken Fajita Sweet Potato Tots Pinto Beans Burger Salad Fresh Orange Chilled Fruit Mix Milk Chocolate Fat Fre Milk 1% White KETCHUP Mustard Salad Dressing Honey Wheat Roll
Oct - 18 Steak Fingers Chicken Nuggets Mashed Potatoes Green Beans Fresh Orange Chilled Fruit Mix Milk Chocolate Fat Fre Milk 1% White Ketchup Honey Wheat Roll	Oct - 19 Chicken Patty on Bun Pub Burger Doritos- Cool Ranch R Carrot Sticks Broccoli Fresh Fresh Pear Fresh Apple Milk Chocolate Fat Fre Milk 1% White Salad Dressing Mustard Ranch Fat Free	Oct - 20 Pizza, Pepperoni Jammin' Turkey Panini Corn Fresh Garden Salad Fresh Pear Rosy Applesauce Chocolate Milk FF White Milk 1% Ranch Fat Free	Oct - 21 BEEF SOFT TACO- EI Chicken Fajita Pinto Beans Lettuce/Tomato Salad Fresh Orange Fresh Apple Milk Chocolate Fat Fre Milk 1% White Picante sauce	Oct - 22 ITALIAN CHICKEN FL Rib Q on Bun Mixed Vegetables Carrot Sticks Banana PEARS Milk Chocolate Fat Fre Milk 1% White Mustard Ketchup

**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
Oct - 25 Popcorn Chicken orangeChicken Herb Roasted Broccoli Asian Fried Rice Fresh Carrot Sticks Chilled Fruit Mix Fresh Orange Milk 1% White Milk Chocolate Fat Fre Ketchup Ranch Fat Free	Oct - 26 Pulled Pork Sandwich Chicken Nuggets Pinto Beans CUCUMBER,RAW Broccoli Fresh PEARS, It syp, canned Applesauce Chocolate Milk FF White Milk 1% Ranch Dressing 12 gm Honey Wheat Roll	Oct - 27 Pizza, Pepperoni Mexacali chicken Corn Fresh Garden Salad Broccoli Fresh PEARS, It syp, canned Applesauce Chocolate Milk FF White Milk 1% Ranch Dressing 12 gm Honey Wheat Roll	Oct - 28 Beef Spaghetti Meatball Hoagie Peas Spinach Salad Banana Applesauce Milk Chocolate Fat Fre Milk 1% White Honey Wheat Roll Ranch Fat Free	Oct - 29 Whole Grain Corn Dog Crispy Fish Sticks Roasted Potatoes Green Beans Chilled Pineapple Chilled Fruit Mix Bread 100% Whole W Milk Chocolate Fat Fre Milk 1% White KETCHUP Mustard TARTAR SAUCE

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

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